

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES**

FINAL EXAMINATION MAY 2005

**COURSE TITLE: HEALTH ASSESSMENT DIAGNOSIS
AND TREATMENT**

COURSE CODE: NUR 402

TIME ALLOWED: THREE (3) HOURS

INSTRUCTIONS:

- 1. ANSWER ALL QUESTIONS**
- 2. EACH QUESTION CARRIES 25 MARKS**
- 3. TOTAL MARKS FOR THE EXAMINATION IS 100**
- 4. ONE MARK FOR EACH CORRECT FACT UNLESS OTHERWISE INDICATED**

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GRANTED BY THE INVIGILATOR***

QUESTION 1

For the following multiple choice questions write one most appropriate answer. Write the question number then the letter representing the answer. Example 1 – b

1. One of the following is an objective assessment tool:
 - a) Screening test
 - b) Interviewing
 - c) History taking
 - d) Record reviewing

2. An example of a medical diagnosis in contrast to a nursing diagnosis is:
 - a) Fever of an unknown origin
 - b) Fluid volume excess
 - c) Ineffective breathing patterns
 - d) Sleep pattern disturbance

3. One of the following is a characteristic of the nursing process:
 - a) It is dynamic in nature
 - b) It is purposeful, carefully thought out and rational
 - c) It is nurse oriented
 - d) It only involves the nurse and the client

4. The treatment of syndromic genital ulcer is as follows:
 - i) Benzathine penicillin plus tetracycline or
 - ii) Doxycycline plus sulfasoxazole or
 - iii) Erythromycin plus benzathine penicillin or
 - iv) Tetracycline plus ceftriazone or
 - v) Ciprofloxacin plus benzathine penicillin:
 - a) i or ii or iii
 - b) iii only
 - c) iii or iv or v
 - d) iv or v
 - e) iv only

5. A sixteen year old female is admitted to hospital with a history of pain in right lower quadrant (RLQ), elevated temperature, vomiting and constipation. What are some of the diagnostic test you would do?
- Test for rebound tenderness at McBurney's site
 - Auscultate for bowel sounds
 - Deep palpation of right lower quadrant
 - Ask for red blood cell count
 - None of the above
 - A, b and d only
6. When receiving her laboratory reports back you find that her red blood cell count is elevated. You also find RLQ tenderness on rebound, thinking of her other objective and subjective symptoms you suspect that her diagnosis is:
- Gastro intestinal virus
 - Chronic constipation
 - Appendicitis
 - Pregnancy
7. One of the lactating mothers says she has lumps in her nipples and it is painful to breastfeed. You can examine her for:
- Swollen lymph nodes
 - Blocked lactiferous gland
 - Tumours
 - A and b
 - All of the above
8. You are routinely examining the breast of a forty year old woman. You notice dimpling, retraction and "peau de le orange" (orange skin effect) on her left lower quadrant (LLQ). On palpation you find a mass that is encapsulated, not freely movable and hard. The breast is asymmetrical. What should be your first action?
- Refer to physician
 - Ask her to come after next menses
 - Examine left axillary lymph nodes
 - None of the above

9. The target cell for the Human Immune Virus (HIV) is:
- a) Haematocytes
 - b) T- lymphocytes
 - c) B – lymphocytes
 - d) Immunoglobulin D
10. This drug is recommended for the treatment of sexually transmissible disease when the woman is pregnant:
- a) Tetracycline
 - b) Thalidomide
 - c) Erythromycin
 - d) Penicillin.
11. Syphilis, gonorrhoea, chancroid and granuloma inguinale are linked together because of similar:
- a) Tissue reaction
 - b) Causative agents
 - c) Mode of transmission
 - d) Symptoms
12. Pregnant women are usually given folic acid in the clinic to prevent:
- a) Iron deficiency anemia
 - b) Hemorrhagic anemia
 - c) Pernicious anemia
 - d) Megaloblastic anemia
13. Lesions that are red, raised patches of skin covered with silvery scales are a manifestation of:
- a) Dermatitis
 - b) Psoriasis
 - c) Pemphigus
 - e) Herpes
14. The following are **objective** characteristic behaviours of a client experiencing pain **except**:
- a) Jumping when palpated
 - b) Groaning when palpated
 - c) Guarding the painful area
 - d) Verbalising pain

15. A client brought to the OPD in an unconscious state with a history of having been found lying along the road side was assessed and the following was detected: A cold and clammy skin, feeble and fast pulse, pale mucus membranes and a very low blood pressure. The assessment techniques used here were:
- Inspection, percussion and auscultation
 - Palpation, auscultation and percussion
 - Palpation, inspection and auscultation
 - Inspection, palpation and percussion
16. When analyzing data in question 15 above the health assessor concluded that the possible cause of the client's state of unconsciousness is:
- Diabetic coma
 - Hypovolemic shock
 - Epilepsy
 - Insulin coma
17. The following percussion sound is heard when fluid is present in the lungs:
- Tympany
 - Dullness
 - Hyperresonance
 - Flatness
18. Peripheral oedema is most likely noted in clients with:
- Right-sided heart failure
 - Pulmonary oedema
 - Pulmonary thrombosis
 - Left-sided heart failure
19. Assessing the individual client's nutritional status involves:
- Colour and distribution of hair
 - Weight and height checking
 - Oral mucosa inspection
 - All of the above
20. Percussion of the abdomen for shifting dullness is performed to determine:
- Liver enlargement
 - Ascites
 - Pancreatitis
 - Uterine fibroids

21. A "Dub" sound heard on chest auscultation is called:
- a) S₁
 - b) S₂
 - c) S₃
 - d) S₄
22. One of the most significant signs of breast malignancy is:
- a) Dimpling
 - b) Nipple discharge in pregnancy
 - c) Nipple engorgement
 - d) Cracking nipples
23. One of the following nursing diagnosis does not relate to nutritional metabolism:
- a) Fluid volume deficit
 - b) Alteration in nutritional intake
 - c) Body image disturbance
 - d) Alteration in growth and development
24. Which of the following diuretics utilized in the treatment of hypertension is potassium sparing?
- a) Lasix
 - b) Aldactone
 - c) Diuril
 - d) Hydrodiuril
25. The chief pharmacological action of nitroglycerine is to:
- a) Constrict cardiac chambers
 - b) Stimulate myocardial contraction
 - c) Accelerate cardiac contraction
 - d) Dilate coronary arteries
- [1]

25 MARKS

QUESTION 2

- a) Differentiate between primary and secondary hypertension [3 marks]
- b) Listed below are some important considerations for drugs used to treat hypertension. Write rationales for these considerations. **Be specific:**
- i) Drug: chlorothiazide (Diuril)
- a) Increase intake of potassium in the diet. [1 mark]
b) Daily weights. [1 mark]
- ii) Drug: furosemide (Lasix)
- a) Assess for dehydration. [1 mark]
b) Avoid taking drugs before bedtime. [1 mark]
- iii) Drug: Spironolactone (Aldactone)
- a) Do not give potassium supplement. [1 mark]
- iv) Drug: Propranolol (Inderal)
- a) Instruct client on taking own pulse [1 mark]
b) Avoid using on client with asthma [1 mark]
- c) Discuss dietary adjustments that can reduce the severity of hypertension and in some cases reduce the need for medication. The nursing diagnosis is: Altered Nutrition, more than body requirements related to high sodium, fat and total calorie intake. [15 marks]

25 MARKS

QUESTION 3

Read the passage that follows carefully and answer the questions that follow.

Mr. Bhembe, a 25 year old long distance truck driver, comes to your clinic complaining of the following: Painful rash, loss of strength, prolonged productive cough, anorexia, weight loss, falling hair, persistent diarrhea as well as difficulty in swallowing. On physical examination, he appeared grossly emaciated, with thinly distributed hair and enlarged neck glands. He had rash that followed a nerve line on the left side of his face. He also had oral thrush. Symptomatic treatment was ordered for the client who was later referred to hospital, the doctor ordered a blood test and a chest X-Ray for the client. The results of both investigations were positive for the immunosuppressive condition and pulmonary tuberculosis respectively.

- a) Analyse and organize the data from the above passage in a SOAP format
[1/2 mark per point]
[9 marks]
- b) What was the blood investigation that the doctor required and what medical diagnosis do you think he suspected? **[2 marks]**
- c) What condition do you give to the type of rash that follows a nerve line? **[1 mark]**
- d) What micro-organism causes this rash? **[1 mark]**
- e) Identify four (4) conditions that may lead to the occurrence of this type of rash and motivate how these conditions lead to this rash. *[1/2 mark for identification and three marks (3) for motivation]*
[5 marks]
- f) Outline the initial medical treatment that will be ordered in order to treat rash.
[1/2 mark per drug]
[2marks]
- g) Describe five (5) control measures that you would advice the client to take against the spread of HIV infection.
[5 marks]

25 MARKS

QUESTION 4

- a) Describe osteo arthritis under the following:
- i) Brief description [2 marks]
 - ii) Clinical features [3 marks]
 - iii) Management / treatment of this condition [10 marks]
- b) Describe the syndromic management of a woman with vaginal discharge for both young sexually active non pregnant and for pregnant / menopausal. [10 marks]

25 MARKS