

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION MAY 2007**

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

**COURSE CODE: NUR 402**

**TIME ALLOWED: THREE HOURS (3)**

**TOTAL MARKS: 100**

**INSTRUCTIONS: 1. THIS PAPER HAS A TOTAL OF FOUR (4)  
QUESTIONS**

**2. ANSWER ALL THE FOUR QUESTIONS**

**3. EACH QUESTION IS WORTH 25 POINTS**

**4. READ ALL THE QUESTIONS WITH  
UNDERSTANDING**

**5. WRITE LEGIBLY**

***THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION HAS BEEN  
GRANTED BY THE INVIGILATOR***

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## QUESTION 1

**For the following multiple choice questions write one most appropriate response as follows: 1. b, 2. a, etc.**

1. All the following are the purposes of the introductory phase in the interviewing process EXCEPT:
  - a) Defining expectations
  - b) Ensuring comfort
  - c) Verifying the client's perceptions
  - d) Establishing rapport
  
2. Data analysis in health assessment leads to the following conclusions EXCEPT:
  - a) Establishment of good client-nurse rapport
  - b) Identification of the client's strengths
  - c) Affirmation of the client's wellness state
  - d) Formulation of nursing diagnosis
  
3. Percussion of the abdomen for shifting dullness is performed to detect:
  - a) Splenomegally
  - b) Pancreatitis
  - c) Uterine fibroids
  - d) Ascites
  
4. The scope of health assessment is influenced by:
  - a) The health assessor's ability to do health assessment
  - b) The client's ability to communicate
  - c) The client's health status
  - d) All of the above
  
5. List in order of performance the methods of assessing the abdomen:
  - a) 1/4 marks
  - b) 1/4 marks
  - c) 1/4 marks
  - d) 1/4 marks
  
6. A protruding navel in an ill-looking child is most suggestive of:
  - a) Intestinal obstruction
  - b) Intestinal worms
  - c) Intestinal cancer
  - d) Umbilical hernia

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7. Sacral oedema is mostly noted in clients with:
- Severe high blood pressure
  - Pulmonary embolism
  - Congestive cardiac failure
  - Pneumothorax
8. Elisa screening test measures:
- Bands of proteins specific for the virus
  - Antibodies to HIV in the serum
  - Chain reaction the DNA or RNA in the virus
  - CD<sub>4</sub> lymphocyte counts
9. An unconscious client is brought to the out-patient's department (OPD) by people who found him already lying unconscious along the roadside. On assessment he was found to be having a cold and clammy skin, a feeble but fast pulse rate, a very low blood pressure and very pale mucous membranes. The assessment techniques used in the assessment of this client were as follows:
- Inspection, palpation and auscultation
  - Palpation, auscultation and inspection
  - Inspection, percussion and auscultation
  - Palpation, percussion and inspection
10. On analysing the data in question 9 above, the health assessor concluded that the client's condition was caused by:
- Diabetic coma
  - Insulin coma
  - Hypovolumic shock
  - Stroke
11. The following are the objective characteristics of a client experiencing pain EXCEPT:
- Jumping when palpated
  - Verbalising pain
  - Guarding the painful site
  - All of the above
12. Assessing the client's health perception includes all the following EXCEPT:
- Checking the client's vital signs
  - Detecting how the client defines health
  - Determining the value the client places on health
  - Checking the client's keenness on screening diagnostic tests
13. All of the following are not signs of breast cancer EXCEPT:
- Movable breast lumps
  - Cracking nipples
  - Nipple discharge in pregnancy

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14. Being HIV positive means that:
- One is having AIDS
  - One has only a virus that cause AIDS
  - One's blood is having antibodies against the human immune deficiency virus
  - All of the above
15. Herpes zoster is a skin condition that is:
- Caused by bacterial agents
  - Associated with any condition that depresses the immune system
  - Associated with AIDS
  - Caused by a fungus
16. The following are cardinal symptoms of pulmonary tuberculosis EXCEPT:
- Heamoptisis
  - Prolonged coughing
  - Noctural sweating
  - Anorexia
17. One of the following is not a condition associated with a change in the colour and distribution of hair:
- Pulmonary tuberculosis
  - Marasmus
  - Anaphylactic shock
  - Acquired Immuno Deficiency Syndrome
18. An otoscope is an instrument used to assess:
- The ears
  - The nose
  - The throat
  - The eyes
19. A damage to the olfactory nerves leads to problems affecting
- The sense of hearing
  - The sense of sight
  - The sense of smell
  - The sense of taste
20. The health assessor's hands during liver palpation are directed to:
- The left upper quadrant
  - The right upper quadrant
  - The left lower quadrant
  - The right lower quadrant

21. The causative agent of gonorrhoea is the:
- Staphylococcus gonorrhoea
  - Nisseria gonorrhoea
  - Treponema pallidum
  - Streptococcus gonorrhoea
22. The target cells for HIV are the:
- Heamatocytes
  - B-Lymphocytes
  - T-Lymphocytes
  - Immunoglobulin D
23. DOTS is the most effective strategy currently used to ensure adherence to:
- Diabetic treatment
  - Antiretroviral therapy
  - Anti tuberculosis treatment
  - All of the above
24. One of the following nursing diagnostic statements is not related to poor nutritional functions:
- Altered nutritional intake
  - Altered growth and development
  - Body volumes deficit
  - Impaired skin integrity
25. A specific diagnostic investigation that confirms the existence of pulmonary tuberculosis:
- Chest x-ray
  - Sputum culture and sensitivity
  - Full blood count
  - Sputum for Acid Fast Bacilli

(25 marks)

## QUESTION 2

As a senior nurse working at a rural clinic you have an influx of adolescent students coming to you for advice on the prevention of sexual transmitted infections (STIs).

- Name the three most prevailing STI syndromes in Swaziland. 3 marks
- Discuss three most important points of advice you would give to the students in order for this group to prevent the occurrence of STIs. 12 marks

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- c) Explain four factors that may predispose adolescents to contracting STIs. 8 marks
- d) Describe the syndromic chemotherapeutic management of genital ulcers. 2 marks  
(25 marks)

### QUESTION 3

Mr Dlamini age 65 years is brought to the emergency department by his wife, because she could not arouse him this morning and he was so weak that he could barely stand by himself. He has a history of 5 years with type 2 diabetes mellitus and hypertension for more than 20 years. For the last 2 to 3 days, both Mr Dlamini and his wife have had vomiting and diarrhoea that they thought was caused by a virus. His wife reports that he usually takes Daonil for diabetes and captopril for his hypertension, but has not been taking them since he was not eating.

On assessment: His skin is hot and dry with poor turgor, and he is stuporous.  
Vital signs: Blood pressure – 92/50 mmhg  
Heart rate 112 b/m  
Respirations 28 b/m  
Temperature 38.2  
Capillary blood glucose 35 mmol/l  
Urine dipstick ketones is negative

Laboratory test are ordered and treatment is initiated.

- a) Based on Mr Dlamini's history and your initial assessment what would be your diagnostic impression? Motivate your answer 2 marks
- b) Explain what could be your best management for Mr Dlamini's condition? 8 marks

#### Situation

Dennis, is a 47 year old male who presents with a chief complaint of blurred vision, increased thirst, and fatigue of 6 months duration. He states that his vision has declined. He reports double vision. Dennis weight loss, frequent infections, numbness or tingling in extremities, and sexual dysfunction.

- c) Describe the questions specific to the chief complaint of blurred vision, increased thirst and fatigue. 10 marks
- d) Explain the concept diabetic ketoacidosis. 5 marks  
(25 marks)

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#### QUESTION 4

A male client who worked as a long-distance driver for a long time comes to your clinic complaining of loss of strength, gradual weight loss, whitish painful marks in the mouth, diarrhoea which has been there for a month and an unexplained skin condition. He also tells you that he suspects that he has "this disease".

- a) When he says "this disease" what do you think he is referring to and why do you think so? 2 marks
- b) Discuss three points of the subjective data you are going to gather from this client to help you confirm his suspicions. 12 marks
- c) What laboratory investigations would you order to confirm the diagnosis and what would be the results? 2 marks
- d) Describe three most important points of advice you would give the client in order to control the spread of the diagnosis suspected by the client and confirmed by the lab investigations. 9 marks

**(25 marks)**

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