

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION MAY 2008**

**COURSE TITLE: HEALTH ASSESSMENT**

**COURSE CODE: NUR 421**

**TIME ALLOWED: TWO HOURS**

**TOTAL MARKS: 75**

**INSTRUCTIONS:**

- 1. ANSWER ALL QUESTIONS**
- 2. EACH QUESTION CARRIES 25 MARKS**
- 3. ONE MARK ALLOCATED FOR EACH CORRECT FACT UNLESS OTHERWISE INDICATED**

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## QUESTION 1

Choose the most appropriate answer and write the corresponding letter e.g. 1.1 C.

- 1.1 A 60-year old woman with a five year history of hypertension was admitted with complaints of right-sided weakness. Bladder and bowel control are normal. Admission BP 180/110, pulse 76. No loss of speech or comprehension. The most common cause of cerebro vascular accident (CVA) is:
- a) Thrombosis
  - b) Vasodilation
  - c) Intracranial haemorrhage
  - d) Head trauma
- 1.2 The nursing goals for rehabilitation of the stroke patient do not include:
- a) Prevention of contractures
  - b) Plans for self care
  - c) Use of sling to support weakened arm
  - d) Regular exercise programme
- 1.3 Which of the following conditions, in addition to hypertension, are considered high risk factors for stroke (CVA):
- a) Hiatus hernia
  - b) Obesity and diabetes mellitus
  - c) Smoking and hepatitis
  - d) Ulcerative colitis and hypocholesterolemia
- 1.4 Which of the following statements about epilepsy is not true:
- a) Epilepsy often follow brain trauma, some infectious diseases or drug or alcohol intoxication
  - b) Epilepsy may be inherited in some cases
  - c) Epileptics are frequently mentally retarded
  - d) The cause is idiopathic
- 1.5 What are the nursing actions indicated during a seizure episode:
- a) Observe and record characteristics of the seizures
  - b) Take vital signs
  - c) Protect the patient from injury
  - d) Maintain a patient airway
  - e) a, c, and d are correct
  - f) a, b, c, and d are correct.

- 1.6 usual symptom of acute renal failure is:
- Polyuria
  - Oliguria
  - Neocturia
  - All of these
- 1.7 Which below involves inflammation of the synovial membrane and accumulation of excess synovial fluid
- Osteoarthritis
  - Gout
  - Rheumatoid arthritis
  - Tophi
- 1.8 Osteoarthritis differs from rheumatoid arthritis in that :
- It is a systemic disease
  - The disease process is confined to the joint
  - Men are affected more than women
  - It is not associated with aging or obesity.
- 1.9 In terms of general nutrition, elderly patients should:
- Decrease their fibre intake
  - Decrease their calorie intake but not protein intake
  - Increase their fat intake by 10% to 15%
  - Supplement their diets with massive amounts of Iron and Vitamin C
- 1.10 Which of the following is not a common problem of the elderly?
- Depression
  - Scoliosis
  - Incontinence
  - Lack of compliance when taking medication.
- 1.11 Hepatitis B is spread mainly through:
- Drinking contaminated water
  - The faecal oral route
  - Eating contaminated food
  - Contact with contaminated blood or body fluids
- 1.12 Stage 3 of WHO classification of AIDS is characterized by
- The patient being bedridden >50% of the time
  - The patient having mild symptoms of HIV related disease and being ambulant
  - Signs of acute retroviral syndrome, but generally asymptomatic
  - The patient having HIV related conditions and being bedridden <50% of the time.

1.13 The clinical criteria according to WHO (2006) guidelines for initiating ART therapy are:

- i) CD4 count < 200 cells/ mm irrespective of stage
- ii) WHO stage IV AIDS defining illness irrespective of CD4 count
- iii) WHO stage III disease irrespective of CD4 count
- iv) CD4 cell count <350 cells/ mm

- a) i), ii), and iii).
- b) i) and iv)
- c) i) and ii)
- d) iii) and iv)

1.14 Blindness in HIV patients is caused by

- a) Severe hepatitis
- b) Cryptococcus neoformans
- c) Frequent vomiting
- d) Cytomegalo virus.

1.15 The following ARVs should not be given to pregnant women because they are teratogenic

- i) DDI
- ii) AZT
- iii) Nevirapine
- iv) Efaviren 3
- v) Tenofovir

- a) i), iii) and v)
- b) i) and v).
- c) iv)
- d) v)

For Question 1.16 to 1.25 indicate which of the following statements is TRUE or FALSE.

1.16 HIV transmission through sexual intercourse is less likely when both partners have an STI.

1.17 Palliative care embraces the physical, emotional, social and spiritual needs of a patient with incurable disease.

1.18 Chlamydia trachomatis signs and symptoms are purulent profuse urethral / cervical discharge, dysuria, fever and rash.

1.19 The drug of choice for long term control of grand mal seizures is valium (diazepam).

- 1.20 Most infants who develop eczema outgrow it, but may show allergic reactions or manifestations late in life.
- 1.21 White kopliks spots on the mucous membrane of the mouth may indicate diphtheria.
- 1.22 A typical rice watery stool is diagnostic of typhoid.
- 1.23 HIV uses the T-lymphocytes to replicate itself and in the process destroy the very cell.
- 1.24 Gonorrhoea is a gram-negative intracellular diplococci.
- 1.25 The major subtype of the HIV virus that cause disease in Central and Southern Africa is HIV subtype C

25 marks

## QUESTION 2

### Case Study

Mr. L.M. is a 30 year old male who presents with chief complaint of jaundice. L.M. states that his girlfriend noticed that his eyes and skin were turning yellow and urged him to seek help. He states that he cannot play basket ball after work as he becomes so tired. He passes clay coloured stools and dark urine. He is having a right upper quadrant discomfort and is avoiding cigarettes. He has nausea, vomiting and loss of appetite. The symptoms plus his laboratory tests indicate that he has hepatitis B virus (HBV).

- a) Describe the nursing interventions and rationale for Mr. L.M. under the following nursing diagnosis.
  - i) Activity intolerance related to decreased metabolic energy production secondary to liver dysfunction 10 marks
  - ii) Imbalanced nutrition less than body requirements related to anorexia, nausea and vomiting. 10 marks
  - iii) Deficient knowledge related to causes of disease (hepatitis) and modes of transmission 05 marks

**Total 25 marks**

### QUESTION 3

A 28 year old married woman comes to the out patient department with lower abdominal discomfort, dysuria and intermenstrual (breakthrough bleeding), which she has had for 1 month. She also reports new vaginal discharge for the last week but seem reluctant to discuss her symptoms further.

- a) Describe the possible findings / manifestations on physical assessment of the client with pelvic inflammatory disease. 09 marks
- b) Explain the treatment for this client in the out patient department 08 marks
- c) Describe the health teaching for this client on oral antibiotic therapy 08 marks

**TOTAL 25 marks**