

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION, DEC 2010

COURSE : NUR 420

TITLE OF PAPER : HEALTH ASSESSMENT

DURATION : 2 HOURS

MARKS: 75

INSTRUCTIONS

1. DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR
2. ANSWER ALL QUESTIONS
3. EACH QUESTION IS TO BE ANSWERED ON A SEPARATE SHEET OF PAPER

QUESTION 1

MULTIPLE CHOICE QUESTIONS

1. Among the four (4) physical exam techniques, the following is a continuous process with the three others
 - a. auscultation
 - b. percussion
 - c. inspection
 - d. palpation
2. The palpation of the affected tender area of the body is done as follows
 - a. continuously with other examination techniques
 - b. before auscultation
 - c. palpated last
 - d. palpated after percussion
3. Using your fingertips or light palpating any body part, the depth from the surface should be the following;
 - a. 1 – 2cm
 - b. 1 – 4 cm
 - c. 3 – 4 cm
 - d. 1 – 3 cm
4. For bimanual palpation the relaxed outstretched fingers of the bottom hand does the palpation. This technique can be used to;
 - a. palpate deeper organs
 - b. palpate deeper masses
 - c. overcome resistance of tense muscles
 - d. all of the above
5. First percussion is primarily used on;
 - a. lower aspect of chest
 - b. upper aspect of the chest
 - c. lower aspect of abdomen
 - d. lower aspect of back
6. When palpating the thyroid the nurse should palpate standing
 - a. anteriorly to patient's neck
 - b. laterally at patient's neck
 - c. inferiorly to patient's neck
 - d. posteriorly to patient's neck
7. The first heart sound is associated with the closure of;
 - a. mitral valve
 - b. tricuspid valve
 - c. aortic and pulmonary valves
 - d. tricuspid and mitral valves
8. The murmur is best heard;
 - a. during the systolic pressure
 - b. during the diastolic pressure
 - c. over the open valve

- d. over the valve that is involved
- 9. When collecting data on activities of daily living the following is included except;
 - a. relaxation
 - b. sleep
 - c. exercise
 - d. emotional tolerance
- 10. Bilateral palpation of the frontal sinuses is done by placing thumbs as follows;
 - a. above eyebrows and press downwards
 - b. below eyebrows and press downwards
 - c. below eyebrows and press upwards
 - d. above eyebrows and press upwards
- 11. During percussion of the thorax, intensity is determined by
 - a. a number of vibrations per second
 - b. duration of vibrations
 - c. origin of the tone
 - d. amplitude of vibrations
- 12. The right position of the patient whose anterior chest is examined is
 - a. prone position
 - b. sim's position
 - c. semi fowler's position
 - d. lithotomy
- 13. Position of patient for breast examination includes;
 - a. leaning forward
 - b. sitting up with hands on the hips
 - c. sitting with hands above the head
 - d. all the above
- 14. Body balance is tested to detect positive Romberg's sign. The Romberg's sign is detected when the patient does the following;
 - a. steps backwards to maintain balance
 - b. steps forward to maintain his balance
 - c. steps sideways to maintain his balance
 - d. faces upwards to maintain his balance
- 15. Different cranial nerves may be tested using different techniques. The olfactory nerve normal function is done as follows;
 - a. use the Snellens test letters to read
 - b. ask patient to close eyes and identify distinctive smell e.g coffee
 - c. ask patient to move eyes downwards and inwards
 - d. ask patient to look upwards and touch the cornea slightly below the pupil with cotton wool
- 16. The thorax is palpated using the following parts of the hand
 - a. cushions of fingers
 - b. ball of the hand
 - c. fingertips
 - d. dorsum of the hand
- 17. Ballottement is used as palpation technique to determine the following;
 - a. tenderness under the skin

- b. sensitivity of the underlying tissues
 - c. stagnation of foreign body under the skin
 - d. presence of a freely movable mass beneath the abdominal wall
18. The percussion hammer is used to tap
- a. muscle thickness
 - b. muscle relaxation
 - c. muscle stiffness
 - d. muscle tenderness
19. A person's nutritional status is examined by the following features except
- a. height
 - b. weight
 - c. general appearance
 - d. cognitive state
20. The sound wave of percussion travels about the following centimetres towards underlying areas;
- a. 4 – 8 cm
 - b. 5 – 10 cm
 - c. 4 – 10 cm
 - d. 5 – 7 cm
21. Immediate or direct percussion is used to evaluate the following
- a. sinuses and infant thorax
 - b. infant lower back and knees
 - c. sinuses and adult thorax
 - d. sinuses and adult knees
22. If diagnostic procedure is done to remove fluid for analysis from the thorax, such a procedure is called;
- a. pulmonary angiography
 - b. thoracentesis
 - c. paracentesis
 - d. sputum culture and sensitivity
23. A technique for examining the prostate gland is
- a. inspection
 - b. percussion
 - c. palpation
 - d. auscultation
24. Lymph nodes palpation is best done using;
- a. palm of hand
 - b. thumb and index finger
 - c. finger tips
 - d. back of hand
25. Open – ended question permit a person to express himself. Choose a sentence that is no open ended from below;
- a. how did the accident happen
 - b. describe the pain
 - c. is the pain sharp and piercing
 - d. explain the pain

QUESTION 2

2.1 A 50 year old man is admitted to your ward with chief complaint of numbness of the right arm.

- A. Describe the tests needed for the above problem [2 marks]
B. Describe how you would conduct the above mentioned tests [6 marks]

2.2 Describe the physical examination of the following body organs

- A. Inspection of the nose (external aspect) [3 marks]
B. Inspection of the nostrils [2 marks]
C. Palpation of bony portion and soft tissues of the nose [3 marks]
D. How would you examine the nasal passages for patency? [3 marks]
E. How would you test for olfactory nerve functioning sense of smell? [3 marks]

2.3. Mention three (3) cervical lymph nodes you would palpate on the patient's neck [3 mark]

TOTAL – 25 MARKS

QUESTION 3

3.1 Describe the body parts where the following skin lesions are found

- a. Adult atopic eczema [3 marks]
b. Seborrheic dermatitis [6 marks]
c. Herpes Zoster [1 mark]
d. Contact dermatitis [1 mark]

3.2 Classify the following percussion notes or sounds

- Dull sound caused by increased density of underlying tissue
- Absolute dull sound with no vibrations
- A soft drum sound
- A clear hollow sound
- Sound associated with pathology indicating an increase in quantity of air [5 marks]

3.3 Describe how you would palpate a lymph node in the axilla. Explain specifically what you would palpate for. [8 marks]

3.4 State one characteristic you would inspect on a patient's abdomen [1 mark]

TOTAL – 25 MARKS