

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

SUPPLEMENTARY EXAMINATION

JULY 2013

COURSE CODE: GNS 212

TITLE OF PAPER: HEALTH ASSESSMENT II

DURATION: 2 HOURS

MARKS: 75

INSTRUCTIONS

- 1. THIS PAPER CONSISTS OF TWO (2) SECTIONS: SECTION 1 – MULTIPLE CHOICE AND SECTION 2 – ESSAY QUESTIONS.**
- 2. ANSWER ALL QUESTIONS IN ALL SECTIONS.**
- 3. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.**
- 4. EACH QUESTION IS TO BE ANSWERED ON A SEPERATE SHEET OF PAPER.**

THIS PAPER IS NOT TO BE OPENED UNTIL THE INVIGILATOR HAS GRANTED PERMISSION.

SECTION 1

Instructions: For each of the following questions/statements, write the letter that corresponds with the most appropriate answer in your answer sheet, e. g. 1. B

Note: Each question carries one mark.

Situation: You are assessing a newborn baby who has been delivered 6 hours ago at home.

Question 1 -2 relate to the above situation.

1. Which one of the following newborn's reflexes is a response to sudden stimulation or an abrupt change in position?

- A. Sucking reflex
- B. Moro reflex
- C. Babinski reflex
- D. Stepping reflex

2. The normal head circumference for this new born baby should range between which one of the following measurements?

- A. 33 cm – 35.5 cm
- B. 30 cm – 33 cm
- C. 35 cm – 39 cm
- D. 35 cm – 42 cm

Situation: You are assigned to assess a Dlamini family under Magomu chiefdom. In that family you find Mr. Dlamini the head of the family, complaining to his wife that none of his friends have visited him, although he has a big circle of friends and neighbours.

Question 3 relates to the above situation.

3. The following are all family interactions which you are going to assess in this Dlamini homestead

EXCEPT:

- A. Family composition
- B. Family neighbours
- C. Family friends
- D. Family assets

4. Rank order in a family structure refers to which one of the following?

- A. Influences of each member on the family processes and function
- B. Keep subsystems separate and distinct
- C. Each member belong to several subsystems
- D. A sibling rank of each family member

5. The following are all theoretical concepts of a family function **EXCEPT**

- A. Communication Theory
- B. Nanda's Theory
- C. Systems Theory
- D. Bowen's Family system Theory

Situation: A 26 year old young man Mr. Ndlala comes to your clinic with penile discomfort. On assessment you noticed a foul smelling, yellowish discharge from the urethra, multiple fleshy papules and a foreskin that is difficult to retract.

Questions 6 – 8 relate to the above situation.

6. Mr. Ndlala's penile discharge may be related to which one of the following conditions?

- A. Urethral stricture
- B. Gonorrhoea
- C. Rectus syndrome
- D. Epispadiasis

7. Which one of the following is an associated factor for Mr. Ndlala's problem?

- A. Wearing tight underwear
- B. Not shaving his private parts
- C. Eating too much fats
- D. Engaging in unprotected sex

8. The following are all healthy behaviours to advise Mr Ndlala to do **EXCEPT**

- A. Taking a HIV test
- B. Going for circumcision
- C. Eating less fruits and vegetables
- D. Using protection during sexual intercourse

9. The abnormalities of a penis include all of the following **EXCEPT**

- A. Hydrocele
- B. Phimosis
- C. Hypospadias
- D. Paraphimosis

10. Correct client positioning is important when performing an anorectal examination. All of the following positions can be assumed for anorectal examination **EXCEPT** the _____ position.

- A. Left lateral
- B. Lithotomy
- C. Knee-chest
- D. Supine

11. A peritoneal protrusion into the rectum is also known as _____.

- A. Rectal polyps
- B. Rectal prolapse
- C. Rectal shelf
- D. Rectal cancer

Situation: Mrs. Lubhedzi is a 72 year old female who comes to your health facility with hard painless nodules over her proximal interphalangeal joints.

Question 12 – 14 relate to the above situation.

12. Which one of the following is related to Mrs. Lubhedzi's problem?

- A. Acute rheumatoid arthritis
- B. Osteoarthritis
- C. Acute gouty arthritis
- D. Chronic rheumatoid arthritis

13. On assessment you find that Mrs. Lubhedzi's Range of Motion (ROM) is decreased. Which one of the following would be the cause for the decreased ROM?

- i. Synovial fluid thickening
- ii. Crepitation
- iii. Exercising
- iv. Dislocation

- A. i and iii
- B. i and ii
- C. ii and iv
- D. iii and iv

14. All the following are appropriate range of motion for Mrs. Lubhedzi's hands **EXCEPT**

- A. Abduction
- B. Flexion
- C. Adduction
- D. Dorsiflexion

15. An exaggerated lumbar curve often seen in pregnancy or obesity is known as _____.

- A. Kyphosis
- B. Flattening of lumber curve
- C. Lordosis
- D. Scoliosis

Instructions: State if each of the following statements is TRUE or FALSE by writing in your answer sheet T or F as appropriate, e. g. 1. T

- 16. A change in bowel pattern is one of the warning signs of cancer.
- 17. Lack of circumcision may possibly lead to prostate cancer.
- 18. It is normal for the examination finger not to be able to enter the anus during palpation.
- 19. Anal fissure is evidenced by a small, round opening in the skin that surrounds the anal opening.
- 20. Mucus in the stool may indicate steatorrhea.

TOTAL: 20 MARKS

SECTION 2

Answer all questions

Question 1

Situation: A 28-year-old female client presents to the clinic for evaluation of itching and discomfort in the genital area, accompanied by painful urination. During the interview, the client states that she had a urinary infection 3 years ago. She is sexually active. Upon physical examination, the nurse notes mild reddening of the vaginal walls and a foul-smelling discharge.

- A. Discuss the nursing assessments and relevant interventions indicated in this client? (10)
- B. Discuss any five (5) possible clients teaching indicated in this situation? (5)

Situation: A 40-year-old client visits your health care facility with complaints of weakness and pain in the calves that occurs with walking and is relieved with rest.

- C. Assuming that the client's symptoms may be due to arterial insufficiency, discuss how you would elicit the related assessment findings? (10)

TOTAL: 25MARKS

Question 2

Situation: An elderly client visits the primary health care center with complaints of pain and swelling in the joints. The client says that the pain decreases during ambulation and increases when sitting.

- A. Discuss what you would focus on when collecting data from this client. (12)

Situation: A 34 year old female client visits your health care facility for a physical assessment. Her diagnosis reveals that she is not pregnant, but her cervix appears to be slightly bluish in color.

B. State any twelve (12) questions you will ask the client in order to obtain a comprehensive health history? (Note: do not apply COLDSPA). (12)

Situation: On assessment of a rural community, you find that the health status of the people is poor due to lack of health care facilities. Even the few Health Care Centres available are not readily accessible. The community does not seem concerned about their lack of health care facilities.

C. State any six (6) factors that can affect the health care assessment in this community? (6)

TOTAL: 30 MARKS