

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
SEMESTER I
DECEMBER 2012
FINAL EXAMINATION

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

COURSE CODE: NUR 420

TIME: 2HRS

MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.**
- 2. ANSWER ALL QUESTIONS.**
- 3. WRITE NEATLY AND CLEARLY.**

**DO NOT OPEN THIS QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO
BY THE CHIEF INVIGILATOR**

QUESTION 1

A. FOR THE FOLLOWING MULTIPLE CHOICE QUESTIONS CHOOSE THE MOST APPROPRIATE ANSWER. WRITE THE LETTER CORRESPONDING WITH THE CORRECT RESPONSE IN YOUR ANSWER SHEET E.G. 21. A

1. An elderly client comes to your facility in a very ill condition. You are assigned to conduct a comprehensive physical assessment. Determine what you would assess first:
 - A. Nutritional status
 - B. Mental confusion
 - C. Visual acuity
 - D. Hearing acuity

2. Data validation is crucial before formulating a nursing diagnosis. Which of the following suggests the purpose of validation:
 - A. To differentiate objective and subjective
 - B. To identify objective data
 - C. To identify subjective data
 - D. To prevent documentation of inaccurate data

3. Following assessment of a client who has diabetes mellitus the student nurse reserves her final opinion or judgment until she collects more information to enable her to analyze the data: This could be attributed to the following stage of the nursing process;
 - A. Initial phase of the nursing process
 - B. Second phase of the nursing process (nursing diagnosis)
 - C. Crucial phase of the nursing process
 - D. Critical phase of the nursing process (1)

4. Critical thinking in health assessment includes the following **EXCEPT**:
 - A. Cognitive abilities
 - B. Intuition
 - C. Past experience
 - D. Interaction with others (1)

5. When interviewing a 35 year old woman you observe that she is angry. The following statements suggest how you would deal with the client **EXCEPT**:
- A. Approach the client in a calm, reassuring and an in - control manner
 - B. Allow the client to vent feelings
 - C. Avoid any arguments with or touching the client
 - D. Differentiate between manipulation and a reasonable request

(1)

6. A 40 year old man comes to your ward complaining of abdominal pain. You suspect a mass on the Left Lower Quadrant (LLQ) of the abdomen. When using the palpation technique which would be the most appropriate depression to detect the mass;
- A. 1.5 – 2.0 cm
 - B. 2.5 – 3.0 cm
 - C. 2.5 – 5.0 cm
 - D. 1.5 – 3.0 cm
7. A client comes to your facility complaining of chest pain. During assessment you observe that she is presenting with nasal flaring and labored breathing. Furthermore, on examination you detect hyperresonance.

The observed nasal flaring from the client is indicative of which one of the following?

- A. Hyperemia
- B. Hypotention
- C. Hypoxia
- D. Hyperpyrexia

8. The hyperresonance was elicited when the examiner used the following technique/s:
- A. Palpation and inspection
 - B. Palpation only
 - C. Percussion only
 - D. Percussion and auscultation
9. Mr Gwebu is 65 years old and has been scheduled for examination of the prostate gland. The examination would enable him to have his rectum assessed as well. The technique to be applied for examining Mr Gwebu would be;
- A. Inspection
 - B. Percussion
 - C. Palpation
 - D. Auscultation
10. Mr Gwebu was fortunate to have his rectum assessed. Under normal circumstances what would have been the indication for examining the rectum?
- i) Bowel movement inconsistency (Constipation)
 - ii) Rectal bleeding
 - iii) Problems with urinary or faecal continence
 - iv) Urinary fistula
- A. i and iii
 - B. i, ii and iv
 - C. ii, iii and iv
 - D. i, ii and iii
11. Ballottement of the patella is used to assess which one of the following?
- A. Fluid in the knee
 - B. Pain with knee flexion
 - C. Crepitus with palpation of the knee joint

D. Presence of an audible pop or click

12. Zanele is admitted to an orthopaedic ward having sustained a sprain on the right wrist. Nurse Zulu collects subjective data from Zanele which includes all **EXCEPT**;

- A. Supination of the right arm
- B. Cramps on the right arm
- C. Spasm on the right arm
- D. Muscle weakness of the right arm

13. Mrs Sigwane is 50 years old and has five (5) children. She reports that she has been bleeding intermittently over the past 2 months. During inspection the nurse will inspect the external genitalia which includes all the following **EXCEPT**;

- A. Enlarged clitoris in masculinising conditions;
- B. Inflammation of the vaginal wall
- C. Lesions of the vulva
- D. Note any discharge from or about the urethral orifice

14. To further explore the cause of Mrs Sigwane's intermittent bleeding you decide to conduct a bimanual examination. The following suggest the genital part (s) you will cover during the bimanual examination **EXCEPT**;

- A. Cervix
- B. Uterus
- C. Ovaries
- D. Bartholin's gland

15. An abnormal gait can be determined by all the following **EXCEPT**:

- A. Forgetfulness
- B. Parkinsonian walk
- C. Footdrop
- D. Ataxia

16. A Doppler probe is an objective data collection instrument which is used for the following diagnostic purpose (s):

- A. Evaluate heart and bowel sounds
- B. Inspect the internal organs
- C. Inspect internal structures of an ear
- D. Evaluate blood flow

For the following statements indicate if True or False by writing the number and True or False in your answer sheet e.g. 3. True

- 17. Deep palpation in abdominal assessment is conducted at the initial stages of this structural assessment.
- 18. Nursing diagnoses are the nurses' judgments about the client's responses to ill health
- 19. A critical thinker has the ability to imagine oneself in another person's situation
- 20. Absence of speech is associated with neurological dysfunction
- 21. Trans - illumination is a technique used for assessing causes of swelling of male genitalia
- 22. A Pap smear is carried out after manipulation of the vagina
- 23. An intact central nervous system is determined by using Babinski's reflex
- 24. A vaginal speculum is used to check the vaginal wall only
- 25. Percussion is used to determine the heart size

TOTAL = [25]

QUESTION 2

- A. A 26 year old male comes to your facility and complains of the genital problems. What would you inspect the scrotum for? Describe the procedure you would undertake (5)
- B. The first part of physical assessment begins when the nurse meets the client for the first time and it involves taking a general survey of the client's health status. Describe five things the nurse will observe generally. (5)
- C. Ms Zabenguni complains of abdominal pains, after consideration you decide to conduct a physical examination by using auscultation. Discuss the process and possible normal and abnormal findings you would detect from the abdominal examination (8)
- D. The nurse has just completed a lymph node assessment on a 60-year-old healthy female patient. What would indicate that the patient has healthy lymph nodes (1)
- E. Your colleague wants to examine the middle ear of a 6 months old child but she is not sure which direction to pull the pinnae. Advise her accordingly (1)
- F. When assessing the tongue of an adult, the nurse realizes that the tongue is not pink. Determine other five (5) possible abnormalities on the tongue (5)

TOTAL = [25]

QUESTION 3

- A. A 40 year old client Mr Zwane comes to you complaining of tiredness and weakness, loss of appetite, night sweats and chest pains. He appears pale, his body weight is less than the expected weight for his age and his hair is thinly distributed with a very poor texture. He also has crepitus, hyper-resonance and chest in - drawing.
- i) Identify subjective and objective data (two of each) from the above scenario (4)
 - ii) State chronologically three physical examination techniques you would use in assessing Mr Zwane's chest. (3)
- B. A 25 year woman comes to your facility and reports that she has a lump on her right breast. Nurse Sigudla is assigned to assess the client.

During the examination of the client by nurse Sigudla what maneuvers for the breast examination should the client be asked to perform to help the nurse detect retraction or dimpling?

(3)

- i) What characteristics of the lump should nurse Sigudla pay particular attention to that would suggest breast cancer?

(2)

- ii) State two (2) reasons for documenting the client's assessment data.

(2)

- C. You are a senior nurse in a medical ward of a training hospital, caring for clients with respiratory disorders. During your health assessment you decide to explain percussion as one of the examination techniques to the nursing students;

- i. How would you best explain percussion? (1)

- ii. Discuss the five (5) uses of percussion (5)

D. Mrs Khumalo arrives in the facility appearing ill, apprehensive and using accessory muscles for breathing.

- i. State four (4) conditions where accessory muscles are used for breathing. (2)

E. Mrs Zulu a 40 year old woman is admitted with palpitations and has a family history of heart disease. As you assess the heart of Mrs Zulu you detect a murmur

- i) Determine where you would best listen to the S1 and S2 when auscultating Mrs Zulu's heart (2)

- ii) Explain one possible cause of the murmur in Mrs Zulu (1)

TOTAL = [25]

GRAND TOTAL = 75 MARKS