

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

NOVEMBER 2013

COURSE CODE: GNS 207

TITLE OF PAPER: HEALTH ASSESSMENT I

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.**

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: Mr Zulu is a 21 year old client who has come to your clinic for a medical check-up following his recruitment for military training at Mbuluzi Barracks. He also complains of severe productive cough. Mr Zulu tells you that the medical record is wanted within 3 days at the Barracks.

Questions 1 - 4 relate to the above situation.

1. Which type of assessment is most suitable for Mr Zulu?
 - A. Partial assessment
 - B. Focused assessment
 - C. Emergency assessment
 - D. Initial comprehensive assessment

2. The following are aspects of nonverbal communication that may occur during your interview with Mr Zulu, **EXCEPT:**
 - A. Facial expression
 - B. Attitude
 - C. Inferring
 - D. Appearance

3. When exploring Mr Zulu's symptom "**productive cough**" which one of the following COLDSPA format relates to the question "**what triggers the cough to start?**"
 - A. Pattern
 - B. Duration
 - C. Characteristic
 - D. Associated factor

4. Which is the most appropriate sequence for examining Mr. Zulu's chest?
 - A. Inspection, auscultation, palpation and percussion
 - B. Inspection, percussion, palpation and auscultation
 - C. Inspection, palpation, percussion and auscultation
 - D. Inspection, palpation, auscultation and percussion

Situation: Your client Mrs Luke is 75 years old admitted in your medical unit. Mrs Luke is on wheel chair for the past two years following a cardiovascular accident /stroke. She presents with pressure ulcers and dermatitis. Upon inspection you note a full thickness tissue loss wound on buttocks, and visible subcutaneous fats.

Questions 5 -6 relate to the above situation.

5. The following are risk factors for Mrs. Luke's pressure ulcers **EXCEPT:**
- A. Gender
 - B. Skin infection
 - C. Poor circulation
 - D. Infrequent position changes
6. When palpating Mrs Luke's general body's skin, you notice that there is poor skin turgor. Which of the following is the appropriate definition of **skin turgor**?
- A. How easily the skin can be pinched in adults
 - B. How easily the skin can be pinched following fluid loss
 - C. Muscle elasticity and how slowly it returns to its original shape
 - D. Skin elasticity and how quickly it returns to its original shape after being pinched
7. The skin is a physical barrier which protects the underlying tissues and structures from _____?
- A. Dehydration
 - B. Physical trauma
 - C. Microorganisms
 - D. All of the above

Situation: A client Mr Kunene comes to your health care facility wearing eye glasses and tells you he has impaired far vision.

Question 8 relates to the above situation.

8. Which one of the following terms refers to his condition?
- A. Hordeolum
 - B. Myopia
 - C. Presbyopia
 - D. Cataract

Situation: You are examining Mr. Lukhele who is your client with severe headache. During the interview, Mr. Lukhele reports that the headache is accompanied by nausea, vomiting, and sensitivity to noise or light and has lasted for the past 3 days.

Questions 9 – 10 relate to the above situation.

9. Which one of the following kinds of headache is Mr. Lukhele experiencing?
- A. Tumor related headache
 - B. Tension headache
 - C. Cluster headache
 - D. Migraine headache
10. Mr. Lukhele's headache may be precipitated by _____?
- i. Sudden movement of the head
 - ii. Anxiety or emotional disturbances
 - iii. Depression and sneezing
 - iv. Ingestion of alcohol
- A. i and iv
 - B. ii and iv
 - C. i and ii
 - D. iii only

For each of the following statements indicate if it is True or False by writing in your answer sheet the answer you think is correct e.g. 1. False.

- 11. Mid-arm muscle circumference evaluates skeletal muscle mass and fat stores.
- 12. A nutritional assessment in a client should begin with the clients' dietary habits.
- 13. The body's protein stores are affected in a malnourished client.
- 14. The body mass index does not accurately reflect body fat in tall adult clients.
- 15. Clients taking diuretic medications may have fluid deficit.

Fill in the blanks. In your answer sheet write the correct missing word e.g. 22. Coughing

16. Excessive fat storage deep within the client's abdominal cavity is called _____ fat.

17. The amount of _____ tissue includes concern for fat distribution throughout the body.

18. In current times, _____ is considered to be the fifth vital sign.

19. An unusual client gait may prompt a nurse to perform a detailed _____ assessment.

20. The difference between systolic and diastolic pressure is termed _____ pressure.

TOTAL: 20 MARKS

Section 2

Note: Each point carries half a mark.

Question 1

Situation: An 18 year old female comes to your clinic with complains of feeling pain when swallowing and fever. She tells you that she has sore throat based on her previous experience.

- A. Discuss how you will assess the client's oral cavity and throat in order to come up with a conclusive diagnosis. (15)
- B. Describe any five (5) risk factors for oral cancer and the ways of reducing those risk factors. (5)

Question 2

Situation: A 10-year-old girl child has been rescued from an alcoholic father who had been abusing her physically and psychologically. The child appears to be scared, insecure, and withdrawn when asked about the abuse.

- A. Define family violence. (2)
- B. Describe the four (4) types of family violence. (4)
- C. Discuss any five (5) points to consider when interviewing this abused child. (10)
- D. What are the four (4) signs you should look for during your assessment on this child to determine the extent of injury? (4)

Question 3

Situation: A mother brings her 4-year-old daughter to the health care facility. The girl has pain and purulent discharge mixed with blood from her left ear. The mother says that her daughter is very active but recently she is not able to hear with her left ear.

- A. Discuss how you will assess the client's ears to come up with a final diagnosis. (10)
- B. Discuss any five (5) points to consider when giving health education to the mother on how to care for the child at home. (5)

TOTAL: 55 MARKS