

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION
DECEMBER 2015

COURSE: HEALTH ASSESSMENT 1

COURSE CODE: GNS 207

DURATION: 2 HOURS

MARKS: 75

INSTRUCTIONS

1. THIS PAPER CONSISTS OF TWO (2) SECTIONS: SECTION 1 –OBJECTIVE QUESTIONS 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. A

1. In which one of the following interviewing phase do you listen, observe cues and use critical thinking skills to interpret information?
 - A. Pre-summary phase
 - B. Working phase
 - C. Introductory phase
 - D. Summary phase

2. The following are non-verbal communication to avoid during the interview **EXCEPT**:
 - A. Reading questions
 - B. Standing
 - C. Distraction
 - D. Silence

3. When using “**COLDSPA**” mnemonic for symptom analysis, which one of the following components asks “what makes your symptom better or worse”?
 - A. Associated factors
 - B. Duration
 - C. Pattern
 - D. Character

4. Which type of pain is located in the abdominal cavity, thorax, and cranium?
 - A. Visceral pain
 - B. Cutaneous pain
 - C. Deep somatic
 - D. Phantom pain

5. The following are all dimensions of pain **EXCEPT**:
 - A. Spiritual
 - B. Cognitive
 - C. Effective
 - D. Sensory

6. Which one of the following cultural groups believes that pain is natural and honourable?
 - A. African-American
 - B. Hindu
 - C. Jewish
 - D. Asian and Asian-American

7. The physiologic pain processes involved in pain perception sequentially include -----
- A. Transduction, transmission, perception, and modulation
 - B. Transduction, transmission, modulation, and perception
 - C. Perception, modulation, transmission, and transduction
 - D. Perception modulation, transduction, and transmission
8. Which one of the following aspects of pain location is perceived in body areas away from the pain source?
- A. Phantom
 - B. Radiating
 - C. Intractable
 - D. Referred
9. Which of the following tool is **NOT** used for pain assessment?
- A. Verbal rating scale
 - B. Faces pain scale
 - C. Glasgow coma scale
 - D. Visual analog scale
10. Which of the following is palpated using the palmar or ulnar surfaces of the hands?
- i) Fremitus
 - ii) Temperature
 - iii) Crepitus
 - iv) Vibrations
- A. i and ii
 - B. ii and iii
 - C. i and iv
 - D. ii and iv
11. A superficial linear abrasion of the epidermis which have a visible sign of itching such as in atopic dermatitis is known as-----
- A. Fissure
 - B. Excoriation
 - C. Scar
 - D. Atrophy
12. Anaphylactic shock is an example of which one of the following conditions?
- A. Coma
 - B. Irritation
 - C. Asthma
 - D. Allergy

13. A skin color that is seen in arterial insufficiency or anaemia is known as-----.
- A. Cyanosis
 - B. Pallor
 - C. Acanthosis nigricans
 - D. Jaundice
14. The ----- nodes are located at the angle between the mandible and the anterior edge of the sternomastoid muscle.
- A. Submandibular
 - B. Submental
 - C. Superior cervical
 - D. Tonsillar
15. Which one of the following is **NOT** a characteristic of a lymph node?
- A. Mobility
 - B. Delimitation
 - C. Consistency
 - D. Color

TOTAL: 15 MARKS

SECTION 2

SHORT ESSAY QUESTIONS

Instructions: Each point with rationale carries a mark.

Question 1

Situation: Mr Fakudze is a 50 yr old man admitted to the medical ward with history of severe chest pains. On examination, Mr Fakudze looks wasted, dyspneic and coughing continuously. He admitted to have defaulted anti-tuberculosis treatment six months ago. The ward physician ordered you to assess Mr Fakudze's chest and lungs, take the sputum for test and send the client for chest x- ray.

- A. Explain any five (5) points with rationale on how you will prepare the client for thorax and lungs examination. (5)
- B. Discuss how you will auscultate Mr Fakudze's thorax and lungs for breath sounds and adventitious sounds to rule out tuberculosis. (12)
- C. Briefly explain the importance of the sputum and chest x-ray as diagnostic tests used to evaluate Mr Fakudze's condition. (4)
- D. Formulate any three (3) **actual** nursing diagnoses for Mr Fakudze. (3)
- E. Explain and give rationale for any five (5) points you will consider when giving health education to Mr Fakudze. (10)

Total: 34 Marks

Question 2

Situation: You are performing an examination of the oral cavity and throat on a client who complains of a sore throat and difficulty in swallowing fluids and foods. As you depress the tongue with the tongue depressor to visualize the pharynx, the client gags, making the examination difficult.

- A. Briefly explain with rationale on how you will maintain comfort when conducting the examination on this client? (5)
- B. Discuss how you will inspect the client's uvula, tonsils and the posterior pharyngeal wall and state possible findings. (6)

Total: 11 Marks

Question 3

Situation: Mrs Hlanze is a 50-year-old female admitted to your health care facility with mitral valve prolapse. She is a known cardiac disorder client. Her symptoms include fatigue, headaches, and sharp chest pains.

- A. Explain the kind of heart sound that may be heard in this client? (1)
- B. Based on the symptoms and history in the scenario above, what is the correct landmark for auscultating the heart sounds in Mrs Hlanze? (1)
- C. Explain the three (3) examination techniques that you will use to assess the precordium and the heart sounds? (6)

Situation: Ms Simelane is an ex- professional model who visits your clinic with severe backache. Ms Simelane’s profession required her to wear high-heeled shoes. Her prolonged use of such footwear has resulted in osteoporosis and impaired mobility.

- D. State any seven (7) questions you will ask Ms Simelane when analyzing her **pain** using the “COLDSPA” format. (7)

Total: 15 Marks

TOTAL: 60 MARKS