

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

MAY 2016

COURSE CODE: GNS 212

TITLE OF PAPER: HEALTH ASSESSMENT II

DURATION: 2 HOURS

MARKS: 75

INSTRUCTIONS

- 1. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.**
- 2. THIS PAPER CONSISTS OF TWO (2) SECTIONS: SECTION 1 – MULTIPLE CHOICE AND SECTION 2 – ESSAY QUESTIONS.**
- 3. ANSWER ALL QUESTIONS IN ALL SECTIONS.**
- 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 a mark.

Situation: Mr Fakudze is a 64-year-old male client who visits your health care facility for a physical assessment. He reports urinating frequently and dribbling urine after finishing. At times, he also has trouble in urinating. Mr Fakudze also reports low levels of activity.

Questions 1 – 4 relate to the above situation.

1. Which one of the following conditions is related to Mr Fakudze's problem?
 - A. Pilonidal cyst
 - B. Hemorrhoids
 - C. Prostate cancer
 - D. Colorectal cancer

2. When preparing Mr Fakudze for a physical examination, the following positions may be appropriate **EXCEPT**
 - i. Supine position
 - ii. Left lateral position
 - iii. Knee-chest position
 - iv. Prone position
 - A. i only
 - B. ii and iii only
 - C. i and iv only
 - D. iv only

3. To confirm Mr Fakudze's condition which one of the following examination is correct?
 - A. Palpate the anterior surface of the rectum by turning the hand counterclockwise with pad of finger facing towards clients umbilicus.
 - B. Palpate the posterior surface of the rectum by turning the hand counterclockwise with pad of finger facing towards clients back.
 - C. Palpate in the area of rectum and turn your finger clockwise and then counterclockwise

D. Palpate the peritoneal area by turning the hand anticlockwise with pad of finger facing the back.

4. The following are risk factors for Mr Fakudze's condition **EXCEPT**

- i. Family history
 - ii. Diabetes mellitus
 - iii. High intake of red meat
 - iv. Poor bowel habits
- A. i. only
 - B. iv. only
 - C. i. and iii only
 - D. ii. and iv only

Situation: Mrs Mwelase is a 71 year old female client who comes to your clinic with a diagnosis of Deep Vein Thrombosis (DVT) in her right leg. She also reports that recently her vision is becoming cloudy. V/S: BMI= 20, BP 160/120 mmHg.

Question 5 and 8 relate to the above situation.

5. Which of the following conditions are risk factors for Mrs. Mwelase?

- i. Cataract
 - ii. Overweight
 - iii. 60 years of age or older
 - iv. Having more than one DVT risk factor
- A. i. and ii
 - B. ii and iii
 - C. iii and iv
 - D. ii, iii and iv

6. When inspecting Mrs Mwelase's right leg for edema which one of the following may be found?

- i. Bilateral edema
 - ii. Dilated veins in the affected leg
 - iii. Unilateral edema distal to the affected site
 - iv. Muscular atrophy in affected leg
- A. i. and ii

- B. ii. and iii
 - C. ii. and iv
 - D. i, ii and iv
7. When performing a Trendelenburg test in Mrs Mwelase, the following maneuvers are appropriate **EXCEPT**
- A. Lie the client in a supine position
 - B. Apply a tourniquet to the upper thigh
 - C. Elevate the leg to 30 degrees for about a second
 - D. Have the client assisted to a standing position to observe venous filling
8. When observing venous filling in Mrs Mwelase, which of the following would suggest incompetent valve in the affected leg vein?
- A. Rapid filling of superficial varicose veins from above leg after the tourniquet has been removed.
 - B. Swelling from the above leg with the tourniquet in place and client standing.
 - C. Saphenous vein filling from below leg in 30 seconds
 - D. Rapid filling of veins from below leg after the tourniquet has been removed
9. Which one of the following behaviours is **NOT** a key factor in preventing varicose veins:
- A. Avoid crossing the legs
 - B. Take precautions against injury to the extremities
 - C. Maintain ideal body weight
 - D. Elevate swollen legs below heart level
10. The cramping leg pain in the calves, thighs or weakness with activity is known as -----
- A. Renaulds pain
 - B. Jerking pain
 - C. Claudication pain
 - D. Intermittent claudication

Instructions: Match each of the following cranial nerves with the correct corresponding function e.g 16. A. NOTE: There is only one answer for each question.

Cranial nerve	Function
11. Spinal accessory	A. Innervates tongue muscles that promote movement of food and talking
12. Facial	B. Influences clenching and lateral jaw movement such as chewing
13. Hypoglossal	C. Promotes swallowing movement and gag reflex
14. Olfactory	D. Controls lateral eye movement
15. Oculomotor	E. Supplies facial muscles and affects facial expression such as frowning
16. Glossopharyngeal	F. Innervates neck muscles that promote head rotation and movement of shoulders
17. Optic	G. Carries smell impulses from nasal mucous membrane to brain
18. Trigeminal	H. Promotes swallowing, talking, and production of digestive juices
19. Abducens	I. Contracts eye muscles to control eye movement
20. Vagus	J. Carries visual impulses from eye to brain

Total: 20 Marks

Section 2

Instruction: Each point carries one mark

Question 1

Situation: Ncaba is a 21 year old male client who comes to your clinic with complaints of severe abdominal pains, which started around the umbilical area then progressed to the right lower quadrant. He also reports nausea and vomiting, mild abdominal distension. Lying still with right leg flexed lessen the pain. V/S: BP 130/80mmHg, Temp 38⁰ Celsius, Pain 8/10.

- A. Describe any four (4) things you will inspect in Ncaba's abdomen during your physical assessment (4)
- B. State five (5) special tests appropriate for Ncaba's condition and explain how you will perform these tests. (15)

Total: 19 Marks

Question 2

Situation: Mr Shongwe is a 71 year old client who reports mild tremors and numbness in his left hand. He is scared because his friend, who had similar symptoms, was diagnosed with cerebrovascular accident (CVA)/stroke.

- A. Define CVA (1)
- B. Explain how you will perform a deep tendon reflexes test in Mr Shongwe's arms. (9)

Total: 10 Marks

Question 3

- A. Explain the normal genitalia changes that occur during pregnancy (8)

Situation: Ms Lukhele is a 35 year old client, Para 2, who visits your health care facility for a Papanicolaou (Pap) smear test. She reports to be sexual active and having regular menses.

- B. State any three (3) questions with rationale you will ask Ms Lukhele when collecting her present health history. (6)
- C. Discuss your inspection of Ms Lukhele's internal genitalia when using a vaginal speculum for a Pap smear test. (12)

Total: 26 Marks

Grand Total: 55 Marks