

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION
DECEMBER 2017

COURSE CODE: GNS 207
TITLE OF PAPER: HEALTH ASSESSMENT I
DURATION: 2 HOURS
MARKS: 80

INSTRUCTIONS

- 1. THIS PAPER CONSISTS OF TWO (2) SECTIONS: SECTION 1 – MULTIPLE CHOICE AND SECTION 2 – ESSAY QUESTIONS.**
- 2. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.**
- 3. ANSWER ALL QUESTIONS IN SECTION ONE (1).**
- 4. CHOOSE THREE (3) QUESTIONS IN SECTION TWO: QUESTION ONE (1) IS COMPULSORY**
- 5. 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

MULTIPLE CHOICE QUESTIONS

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

1. The following are common abnormalities of the mouth **EXCEPT**
 - A. Leukoplakia
 - B. Darwin's tubercle
 - C. Canker sore
 - D. Herpes simplex

2. Stenson's ducts are located on the -----
 - A. Hard palate on the anterior
 - B. Soft palate next to palatine tonsils
 - C. Buccal mucosa across from the second lower molar
 - D. Buccal mucosa across from the second upper molar

3. Which of the following is an indication for severe malnutrition in children?
 - A. Copper red hair color
 - B. Excessive scaliness
 - C. Pustules
 - D. Folliculitis

4. A weak or absent femoral pulse during palpation indicates which one of the following conditions?
 - A. Hypothermia
 - B. Too much exercising
 - C. Partial or complete venous occlusion
 - D. Partial or complete arterial occlusion

5. Which of the following signs indicates discomfort in the upper calf on forced dorsiflexion?
- A. Psoas sign
 - B. Homan's sign
 - C. Allen's sign
 - D. Obturator sign
6. Which one of the following conditions presents with spoon shaped nails in children?
- A. Chronic cyanosis
 - B. Iron deficiency anemia
 - C. Poor hygiene
 - D. Paronychia
7. Which of the following arteries protect the feet and toes from arterial occlusion?
- i. Anterior tibial artery
 - ii. Posterior tibial artery
 - iii. Popliteal artery
 - iv. Dorsalis pedis artery
- A. i only
 - B. i and iv only
 - C. ii and iv only
 - D. ii and iii only
8. A test that is appropriate to determine the backward filling of the superficial veins in the legs is called -----
- A. Homan's sign
 - B. Allen
 - C. Trendelenburg
 - D. Manual compression
9. Which of the following tests evaluates the patency of the ulnar and the radial arteries?
- A. Trendelenburg
 - B. Homan's sign
 - C. Manual compression
 - D. Allen

10. The following are major divisions of the brain **EXCEPT**
- A. Spinal cord
 - B. Brain stem
 - C. Cerebrum
 - D. Cerebellum
11. Which lobe of the following cerebral hemispheres influences the ability to read with understanding?
- A. Temporal
 - B. Frontal
 - C. Occipital
 - D. Parietal
12. Which of the following lobes contains the Broca's area which is responsible for speech?
- A. Temporal
 - B. Frontal
 - C. Occipital
 - D. Parietal
13. Diaphoresis may occur in which of the following conditions?
- i. Hypotension
 - ii. Dehydration
 - iii. Fever
 - iv. Hyperthyroidism
- A. i, ii & iv
 - B. i, iii, iv
 - C. ii, & iii
 - D. iii & iv
14. A clammy skin is typical in which of the following conditions?
- A. Hypotension
 - B. Dehydration
 - C. Fever
 - D. Hyperthyroidism

Match each of the following conditions with the correct corresponding characteristics e.g. 26.

A. NOTE: There is only **one (1)** answer for each question.

Condition	Characteristic
15. Arterial insufficiency	A. A rounded thoracic convexity
16. Kyphosis	B. Aching and cramping pain with reddish-blue skin color of the leg ulcer
17. Osteoarthritis	C. Intermittent claudication of pain with cool to cold temperature of the skin around the leg ulcer
18. Scoliosis	D. An exaggerated lumbar curve often seen in pregnancy
19. Venous insufficiency	E. Lateral curvature of the spine with an increase in convexity on the side
20. Lordosis	F. Painless and hard nodules over distal interphalangeal joints

Total: 20 Marks

SECTION 2

SHORT ESSAY QUESTIONS

Instructions: In this section answer only three (3) questions. Question 1 is compulsory. Then choose any other two questions. Each point carries a mark.

Question 1

Situation: Mrs Dlamini is 89 years old and comes to your clinic complaining of persistent pain in the back. On examination, you observe that Mrs Dlamini leans forward towards you during the interview.

Question A and B relate to the above situation

- A. Discuss any five (5) points you will consider when communicating with Mrs Dlamini during the interview. (10)
- B. State the importance of collecting the following biographic data in Mrs Dlamini: (10)
- Name
 - Age
 - Address
 - Gender
 - Marital status
 - Religious practices
 - Educational level
 - Occupation
 - Significant others
 - Nationality

Total: 20 Marks

Question 2

Situation: You are caring for Mr Mlotsa who is 38 years old in Ward 12. Mr Mlotsa reports severe headache and sensitivity to light after a head injury. The physician suspects meningeal inflammation and requests you to assess the client.

Question A - C relate to the above situation

- A. Discuss how you will assess Mr Mlotsa's neck mobility to rule out the meningeal inflammation (5)
- B. Discuss how you will assess Kernig's sign in Mr Mlotsa (5)
- C. Describe how you will use the reflex hammer when assessing Mr Mlotsa for deep tendon reflexes (10)

Total: 20 Marks

Question 3

Situation: A client visits your clinic with complaints of painful neck and chronic headache. He gives a history of insomnia. Upon examination you note moderate swelling in his cervical nodes. **Question A and B relate to the situation.**

- A. Explore the client's complaint "headache" by asking questions with rationale using the COLDSPA mnemonic. (14)
- B. State any three (3) things you will note when palpating the lymph nodes in this client and explain possible abnormal finding in each. (6)

Total: 20 Marks

Question 4

- A. Describe the two (2) normal heart sounds and state where they are best heard in the precordium (4)
- B. Describe how to palpate the carotid arteries in a client (3)
- C. Describe the technique for palpating the apical impulse (3)
- D. State any two (2) body parts used when inspecting for cyanosis (2)

Situation: An adolescent boy is being seen in the health clinic for epistaxis. He states that his nose has been bleeding “on and off” for several days. He also reports frequent use of cocaine.

- E. Describe how you will inspect the clients’ internal nose using an otoscope (4)
- F. State any four (4) possible abnormal findings that you may elicit during your inspection of the client’s internal nose (4)

Total: 20 Marks