

**UNIVERSITY OF SWAZILAND**

**FACULTY OF HEALTH SCIENCES**

**RESIT EXAMINATION**

**JULY 2018**

**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

**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. C

**Situation:** Mr. Mdluli is an adult male diagnosed with Chronic Obstructive Pulmonary Disease (COPD). He reports having worked in the mines for the past 20 years. On examination, client uses his accessory muscles when breathing.

**Questions 1- 5 relate to the above situation.**

1. Which of the following conditions are common with COPD?
  - i. Emphysema
  - ii. Tuberculosis
  - iii. Chronic bronchitis
  - iv. Pneumonia
  - A. i & ii
  - B. i & iii
  - C. ii & iv
  - D. i, ii & iv
  
2. To support the breathing patterns, Mr. Mdluli is most likely to assume which one of the following positions?
  - A. Sitting position
  - B. Orthopnea position
  - C. Tripod position
  - D. High Fowler's position
  
3. Which of the following abnormal findings may be elicited in Mr Mdluli when assessing his chest for expansion?
  - A. Decreased chest expansion
  - B. Increased chest expansion
  - C. Unequal chest expansion
  - D. Increase diaphragmatic

4. The -----sound can be elicited when percussing over Mr Mdluli's chest
- A. Dullness
  - B. Resonance
  - C. Hyperresonance
  - D. Flatness
5. The most likely abnormal breath sounds that you may elicit when auscultating Mr Mdluli's posterior thorax is -----
- i. Diminished expiratory
  - ii. Diminished inspiratory
  - iii. Crackles
  - iv. Friction rub
- A. i. & ii
  - B. ii. & iii
  - C. i. & iii
  - D. ii, iii & iv
6. When the intestines contract forcefully, the pain is known as-----
- A. Referred
  - B. Epigastric
  - C. Parietal
  - D. Visceral
7. When pain travels from a primary site to a distant site, it is called-----
- A. Referred
  - B. Epigastric
  - C. Parietal
  - D. Visceral
8. Which of the following bowel sounds may be elicited in a client with paralytic ileus?
- A. Soft clicks
  - B. Hyperactive
  - C. Hypoactive
  - D. Absent

9. Bowel sound normally occur every-----
- A. 2 – 10 seconds
  - B. 3 -14 seconds
  - C. 5 – 15 seconds
  - D. 8 – 20 seconds
10. The normal liver span on percussion on the midclavicular line is -----
- A. 4 - 8 cm
  - B. 4 – 10 cm
  - C. 5 -12 cm
  - D. 6 -12 cm

**INSTRUCTIONS:** Match each of the following abnormalities of the genitals with the correct corresponding characteristic(s). Write the letter accompanying the correct response/responses e.g. 30. A. NB: There is only **ONE (1)** answer for each question.

Abnormal genitalia	Definition
11. Orchitis	A. thick, white, cheesy discharge in the vagina
12. Hydrocele	B. bulging in the posterior vaginal wall
13. Cystocele	C. failure of testicle to descend into scrotum
14. Trichomoniasis	D. collection of serous fluid in the scrotum
15. Vericocele	E. tight foreskin over the glans penis
16. Phimosis	F. yellow-green, frothy & foul smelling vaginal infection
17. Moniliasis	G. inflammation of the testes
18. Myoma	H. dilation of veins in spermatic cord
19. Rectocele	I. bulging in the anterior vaginal wall
20. Cryptorchidism	J. Benign uterine fibroid tumor

**Total: 20 Marks**

## SECTION 2

### SHORT ESSAY QUESTIONS

**Instructions:** Answer three questions in this section. Question 1 is compulsory. Each point carries a mark.

#### Question 1

**Situation:** Nono is 12 years old and a victim of physical abuse by her step mother. She is brought to your clinic by her own mother for a physical examination. The young girl appears scared, tense and nervous. She asks whether her mother could be present during physical examination.

**Question A-B relate to the above situation**

- A. Describe the four (4) phases of interview you will undergo with Nono (12)
- B. Discuss how you will prepare Nono for a physical examination and give rationale (8)

**Total: 20 Marks**

#### Question 2

**Situation:** You are attending a breast cancer campaign for breast awareness and self examination organized by your church in the community. As the only nursing student attending, you are requested to demonstrate to the community the self examination of the breasts.

- A. Discuss the steps you will follow when performing the demonstration (12)
- B. Discuss any four (4) points you will consider when teaching the community about risk factors for breast cancer (8)

**Total: 20 Marks**

**Question 3**

**Situation:** A 24 year old Busi comes to your clinic with history of lower abdominal pains and foul smelling vaginal discharge. Busi reports to be sexually active and does not use any protection. On examination, you note fever of 40 degrees Celsius. You then decide to examine Busi's internal genitalia using a speculum.

**Question A-B relate to the above situation**

- A. Discuss how you will prepare Busi for this examination (10)
- B. Chronologically explain how you will insert the speculum in order to view the internal genitalia (10)

**Total: 20 Marks**

**Question 4**

**Situation:** An 85 year old male client visits your clinic for an annual eye examination. He reports headache, painful left eye and seeing halos around the lights. On examination, you note redness of the eyes. Your senior nurse requests you to examine the clients' eyes.

**Question A-E relate to the above situation**

- A. Based on the client's history, state one (1) condition that is related to the client's problems. (1)
- B. Discuss how you will examine the client's eyes to test for distant visual acuity (6)
- C. Explain how you will use the ophthalmoscope when examining the client's internal eye structures (6)
- D. State any four (4) innermost eye structures you will examine in this client (4)
- E. Explain three (3) abnormal findings that you may elicit when examining the client's optic disc to confirm your diagnosis in A. (3)

**Total: 20 Marks**