

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION
DECEMBER 2018

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 – SHORT ESSAY QUESTIONS.
2. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.
3. ANSWER ALL QUESTIONS IN SECTION ONE (1) AND ONLY TWO (2) QUESTIONS IN SECTION TWO
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

Multiple Choice Questions

Instructions: For each of the following questions/statements, write **CLEARLY** the letter that corresponds with the most appropriate answer, e. g. 7. B

1. After completing your health history, you begin to ask more detailed questions to clarify points and follow up on concerns expressed by the client during the interview. This portion is:
 - A. Interpretation of findings
 - B. Objective data
 - C. Focused interview
 - D. Informal teaching

2. You are documenting the findings from your interview. Which of the following demonstrates the documentation of subjective information?
 - A. It hurts when I put weight on my leg
 - B. Abdomen soft and non-tender to palpation
 - C. Blood pressure 110/68mmHg
 - D. Pulses present in lower extremities

3. You are looking at the information collected during health interview in an effort to cluster or group your data together. You are demonstrating which phase of the nursing process?
 - A. Assessment
 - B. Diagnosis
 - C. Planning
 - D. Evaluation

4. Which of the following types of assessment is performed on admission of a client?
 - A. Partial
 - B. Initial comprehensive
 - C. Problem-oriented
 - D. Emergency

5. Which type of assessment is performed when a client is brought in your clinic unconscious?
- A. Partial
 - B. Initial comprehensive
 - C. Problem-oriented
 - D. Emergency
6. When you listen, observe cues and validate information from the client, this is in the ----- phase of interview
- A. Working
 - B. Introduction
 - C. Closing
 - D. Pre-introduction
7. When you provide a client with list of words to choose from in describing symptoms or feelings, this is referred to as -----
- A. Inferring
 - B. Rephrasing
 - C. Laundry list
 - D. Encouraging

Situation: Gabsile is a level one nursing student at your University. She complains of nausea, vomiting, diarrhoea, and fever. **Question 8-11 relate to this situation.**

8. Which one of her symptoms needs to be assessed first?
- A. Fever
 - B. Diarrhoea
 - C. Vomiting
 - D. Nausea
9. After completing Gabsile's assessment, which of the following statements made by her would require you to ask more questions?
- A. "I think it might be the food I ate in the restaurant that has made me sick because it all started after I ate supper in that restaurant last night"
 - B. "I usually eat three meals a day"
 - C. "I have not taken anything for my symptoms, because I wanted to be checked out first"
 - D. "my roommate did not get sick last night"

10. Based on the interview and physical examination of Gabsile, which of the following diagnosis would be the priority NANDA's diagnosis for her?
- A. Diarrhoea related to constipation
 - B. Fluid volume deficit related to vomiting and diarrhoea
 - C. Fever and pain related to abdominal discomfort
 - D. Altered thermoregulation secondary to vomiting and fever
11. During the interview process and physical assessment of Gabsile, which of the following would alert you of a possible dehydration?
- A. Skin warm
 - B. Lips and mucous membrane dry
 - C. Abdominal tenderness
 - D. Nausea
12. When conducting an abdominal examination in a client, which of the following findings should be immediately reported to the physician?
- A. Symmetrical abdomen
 - B. Skin warm
 - C. Bowel sound present in all four quadrants
 - D. Tenderness of lower quadrants with guarding
13. Which abdominal finding in an elderly client should prompt you to perform an additional assessment to determine the cause?
- A. Negative fluid wave test
 - B. An enlarged liver felt during palpation
 - C. Report of a decrease in appetite
 - D. Tympany percussed over stomach
14. You observe striae on the abdomen of a middle aged female client during your examination of the abdomen. What is an appropriate question to ask a client in regards to this finding?
- A. "Do you have a high blood pressure?"
 - B. "Have you noticed any color change to the skin?"
 - C. "Are you experiencing any abdominal pain?"
 - D. "How many times have you been pregnant?"

15. A client reports severe pain in the left lower quadrant of three (3) days duration. How would you conduct palpation of the abdomen?
- A. The left lower quadrant is palpated last
 - B. This area should be avoided completely
 - C. Encourage the client to relax to minimise pain
 - D. Medicate for pain before beginning the assessment
16. A patient has a history of multiple abdominal surgeries from a gunshot wound three (3) years ago. He is currently reporting severe abdominal pain. Auscultation reveals high pitched, rushing sounds. These sounds could be a sign of what?
- A. Intestinal fluid in a dilated bowel
 - B. Partial bowel obstruction
 - C. Air under tension in a dilated bowel
 - D. Peritonitis
17. You are preparing to assess the abdomen of a client who is complaining of abdominal pain. Which of the following statements will be most appropriate?
- A. "You don't need to worry about anything. I will make sure to be very gently during the examination"
 - B. "Since you are having pain in a certain area, I won't have to do a very thorough exam there"
 - C. "Before I get ready to examine the painful area, I will let you know before I touch it"
 - D. "I will give you some analgesics to lessen the pain before I start the examination"
18. You are performing the distant visual acuity test in a client and the score is 6/6. How would you most accurately interpret this finding?
- A. The client can distinguish what the person with normal vision can distinguish at 6 metres away from the chart
 - B. The client cannot see what a person with good vision can see at 6 metres away from the chart
 - C. A client is able to read only six numbers when the chart is at 6 metres away
 - D. A client can see with corrective lenses at 6 metres away

19. You are testing a client's pupillary reaction to light, and you note that the pupil constricts when shining light obliquely into it. Which of the following muscle structures adjust to control the amount of light entering the eye through the aperture of the pupil?
- A. Retina
 - B. Lens
 - C. Ciliary
 - D. Iris
20. You observe a middle-aged nurse in Ward 18 fully extending her arm to read the label on a vial of medication. Which of the following age-related changes are you likely to have observed?
- A. Myopia
 - B. Presbyopia
 - C. Phoria
 - D. Strabismus
21. The functional reflex that allows the eyes to focus on near object is termed-----
- A. Consensual
 - B. Position
 - C. Accommodation
 - D. Pupillary reflex
22. You are teaching in the community about the importance of regular eye examination. Which of the following conditions may place them at highest risk of blindness?
- A. Tuberculosis
 - B. Diabetes mellitus
 - C. Arthritis
 - D. Otitis media

23. The thin mucous membrane that lines the inner eyelid and covers the sclera is known as -----

- A. Conjunctiva
- B. Cornea
- C. Retina
- D. Choroid layer

Match each of the following breast characteristics with their correct description e.g. 29.

C. Note: There is only ONE answer for each question.

Breast Characteristic	Description
24. Deviations from normal include---	A. A normal occurrence caused by hormonal fluctuations associated with period
25. Caffeine may cause -----	B. Benign breast disease such as fibrocystic changes
26. Hard, fixed nodules or masses suggest-----	C. Unilateral, small, rubbery lump that does not change premenstrually
27. Noninvasive breast cancer	D. Breast cancer, fibroadenoma, and fibrocystic changes
28. Conditions that may cause lumps or masses	E. Metastatic carcinoma or lymphoma
29. Cyclic bilateral breast edema	F. Nipple edema, redness, ulceration, crusting, erosion, scaling, cracking
30. Clinical manifestation of fibroadenoma	G. Ductal carcinoma in situ and lobular carcinoma in situ

Total: 30 Marks

SECTION 2

Short Essay Questions

Instructions: In this section answer only two (2) questions. Question 1 is compulsory. Each point carries a mark.

Question 1

A 56 year old Mr Dlamini comes to your clinic reporting tight chest pain, cough and difficulty in breathing. He reports family history of asthma. O/E you note bluish finger nails and lips, and maintaining a tripod sitting position. **Question A-D relate to the situation**

- A. Analyse Mr Dlamini's symptom '**chest pain**' by writing a question with a rationale against each component of the COLDSPA mnemonic (14)
- B. State any two (2) questions with rationale that you will ask Mr Dlamini about his lifestyle and health practices (2)
- C. Describe how you will auscultate Mr Dlamini's anterior thorax for adventitious sounds (5)
- D. State any two (2) adventitious sounds with their characteristics that you may elicit in Mr Dlamini's anterior chest (4)

Total: 25 Marks

Question 2

A 9 year old Samu is brought to your health care facility by his mother complaining of left earache with purulent discharge, and swelling of the left auricle. His mother reports that her son likes swimming in a nearby dam after school and he recently reports hearing loss.

Question A-B relates to the above situation

- A. Which ear condition is Samu most likely to be suffering from? (1)
- B. Describe any three (3) things you will note when inspecting the tympanic membrane in Samu's right ear (6)
- C. State any four (4) abnormal findings of the tympanic membrane (4)
- D. When performing a Rinne test, state in their correct order the steps you will perform it (4)
- E. Differentiate between sensorineural hearing loss and conductive hearing loss (2)
- F. State any three (3) functions of the cerumen (3)

Total: 20 Marks

Question 3

Situation: A 15 year old Zodwa comes to your care reporting severe pain when swallowing fluids. She also reports loss of weight. O/E: saliva drooling from the mouth, hot on touch and weak. You suspect tonsillitis and decide to perform the mouth and throat assessment.

Question A-D relate to the above situation

- A. Name any three (3) structures of the mouth that are likely to be affected by Zodwa's condition (3)
- B. Describe how you will inspect Zodwa's tonsils (4)
- C. Describe how you will palpate Zodwa's frontal sinuses (2)
- D. Formulate any three (3) actual nursing diagnoses for Zodwa (3)

- E. State any four (4) abnormal types of odours that you may note when assessing a client's mouth (4)
- F. In the following tonsil grading scale, complete the characteristics of the tonsil in each grade. (4)

	Grade	Characteristic
a.	1+	-----
b.	2+	-----
c.	3+	-----
d.	4+	-----

Total: 20 Marks