

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING
FINAL EXAMINATION
MAY 2019

COURSE CODE: GNS 212

TITLE OF PAPER: HEALTH ASSESSMENT II

DURATION: 2 HOURS

MARKS: 75

INSTRUCTIONS

1. THIS PAPER CONSISTS OF TWO SECTIONS: SECTION 1 – MULTIPLE CHOICE AND SECTION 2 – ESSAY QUESTIONS
2. ANSWER ALL QUESTIONS IN SECTION ONE AND TWO QUESTIONS IN SECTION TWO
3. READ QUESTIONS AND INSTRUCTIONS CAREFULLY
4. EACH QUESTION IS TO BE ANSWERED ON A SEPARATE 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. 4. B

Note: Each question carries one mark.

1. The following are your responsibilities in pain management **EXCEPT**-----
 - A. Educate client about pain and its complications
 - B. Draw your plan of care and reassure the patient
 - C. Promote immediate use of pharmacological intervention
 - D. Assess pain intensity and associated factors

2. A pill that looks like a medication but has no medicinal properties is called a (n) -----
 - A. Supplement
 - B. Herb
 - C. Organic
 - D. Placebo

3. During an assessment of an elderly male client, the client tells you that he has difficulty urinating for the past few weeks and urine comes in drips and drops. You refer the client for possible -----
 - A. Testis enlargement
 - B. Urinary tract infection
 - C. Prostate enlargement
 - D. Sexual transmitted infection

4. During an examination of the anus, you observe a small opening in the skin that surrounds the anal opening. How should you document this finding?

- A. Anal cancer
- B. Haemorrhoids
- C. Anorectal Polyps
- D. Anorectal fissure

5. A normal prostate gland is characterised by which of the following?

- A. Heart shaped, smooth with two distinct lobes
- B. Heart shaped, irregular with one big lobe
- C. Round shaped, smooth with two distinct lobes
- D. Round shaped, irregular with one big lobe

6. In males, aching pain in the suprapubic region is most likely caused by abnormalities of the ---

- A. Appendix
- B. Prostate
- C. Coccyx
- D. Sacroiliac joints

7. Which of the following male clients is most in need of immediate medical attention?

- A. A boy in with swollen testis
- B. A boy with painful testes that are retracted upwards
- C. A boy with a history of bed wetting
- D. A boy with swollen inguinal areas

8. When a child is frequently subjected to belittling, rejection, threats, and withholding of love and support, the child is -----

- A. Physically abused
- B. Socially abused
- C. Financially abused
- D. Emotionally abused

9. The following are causes of violence **EXCEPT**

- A. Frustration
- B. Superstitions
- C. Gender equality
- D. Cultural beliefs

10. Which of the following values for vital signs needs to be addressed first?

- A. Temperature of 37.5 degrees Celsius
- B. Oxygen saturation of 79%
- C. Respirations of 21 b/m
- D. Blood pressure of 150/79mmHg

11. A 45-year-old patient who reports pain in the foot that moves up along the calf says: "My right foot feels like it is on fire." The patient reports that the pain started yesterday, and he or she has no prior history of injury or falls. Which components of pain assessment has the patient reported?

- A. Medical history, duration, location, aggravating factors
- B. Location, characteristic, onset, medical history
- C. Intensity, characteristics, functional impact, and medical history
- D. Location, quality, onset with associated signs and symptoms

12. A nurse is assessing a trauma patient's readiness for discharge, by determining the level of comfort the patient prefers. The nurse completes this portion of the pain assessment by asking about the patient's:

- A. Characteristic of pain
- B. Intensity of pain
- C. Location of pain
- D. Aggravating and alleviating factors

13. Before giving a client digoxin medication, what is the first action you should take?

- A. Take blood to verify if the client is infected
- B. Check blood pressure and if high do not give
- C. Check pulse and if abnormal do not give
- D. Assess pain and if it is severe withhold the drug

14. Which of the following types of pain is perceived in the nerves left by a missing body part?

- A. Neuropathic
- B. Intractable
- C. Phantom
- D. Deep somatic

15. Which pain dimension is related to the beliefs, attitudes and motivations towards pain?

- A. Affective
- B. Cognitive
- C. Socio-cultural
- D. Behavioural

16. Which non-pharmacological pain intervention is difficult to use with older adults who are cognitively impaired?

- A. Aromatherapy
- B. Distraction
- C. Guided imagery
- D. Heat application

17. You notice a male patient grimacing as he moves from bed to a chair. The patient tells you that he is not experiencing any pain. What is your immediate action?

- A. Confront the patient's denial of pain and reassure him
- B. Obtain an order for pain medication immediately
- C. Support the patient's stoic behaviour and give pain medication
- D. Clarify the patient's report by reviewing the patient nonverbal behaviour

18. You observe a first year student nurse taking care of a patient with an abnormal high temperature. The student nurse needs more training and supervision when she -----

- A. Removes blankets, and opens rooms and windows
- B. Further assess for possible sites of localized infection
- C. Monitor patient's temperature at least every 4 hours or PRN
- D. Discourages a patient from drinking fluids to avoid excessive activity

19. Which of the following scales is used to assess pain in an alert and oriented adult patient?

- A. FLACC scale
- B. FACES scale
- C. Numeric rating scale
- D. Graphic rating scale

20. When assessing the chest, how do you determine the number of intercostal space?

- A. It corresponds with adjacent rib
- B. It correspond with the sternal border
- C. It corresponds with the rib just above it
- D. It corresponds with the rib just below it

Total: 20 Marks

SECTION 2

Instructions: Answer only two (2) questions. Question one (1) is compulsory.

Question 1

- A. Define ethnocentrism (2)
- B. Describe how the following factors affect disease, illness and health state: (12)
 - Pain
 - Death rituals
 - Causes of illness
 - Family roles
 - Pregnancy or child birth
 - Blood products
- C. Describe the Theory of Walker's Cycle of Violence and its three (3) phases (8)
- D. State the three (3) categories of family violence (3)
- E. List any five (5) long term effects of emotional abuse (5)

Total: 30 Marks

Question 2

Situation: An adult female client visits your clinic and tells you that she feels some chest pains and pain down her left arm.

Question A-E relate to the above situation

- A. State the possible condition that she may be suffering from (2)
- B. State the five (5) precordium areas and their location that you will auscultate when examining the client's heart (10)
- C. State the three (3) abnormal heart sounds and their indication that you may pick when auscultating this client (6)
- D. Describe how you will palpate the apical impulse in this client (4)
- E. Define cardiac cycle and state its two phases (3)

Total: 25 Marks

Question 3

Situation: Mrs Sibisi is 87 years old and visits your clinic. She tells you about not feeling well for the last 2 weeks and loss of memory. You observe that her speech is slow and incongruent with flight of ideas; she also has a dishevelled/unkempt appearance and maintains poor eye contact with you.

Question A-B relate to the above situation

- A. Describe how you will observe the level of consciousness in Mrs Sibisi (7)
- B. Describe any four (4) abnormal findings that you may elicit when observing Mrs Sibisi's speech and state what each would indicate (8)
- C. Illustrate the five (5) differences between Alzheimer's and typical age-related changes in a table (10)

Total: 25 marks