

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF GENERAL NURSING**

**FINAL EXAMINATION**

**NOVEMBER 2019**

**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. ANSWER ALL QUESTIONS IN SECTION ONE AND TWO QUESTIONS IN SECTION TWO.
3. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.
4. EACH QUESTION IN SECTION TWO (2) 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. 12. B

1. Which of the following statements is the main purpose of collecting health history?
  - A. To obtain a genetic history to determine susceptibility to disease
  - B. To gather biographic data about a client and family
  - C. To review body systems and make professional clinical judgements
  - D. To determine overall health functioning and make professional clinical judgements
2. The following are roles of a nurse when collecting and analysing data **EXCEPT**:
  - A. Use problem solving tools and analytical models
  - B. Validate the client's data after documentation
  - C. Collect data in a systemic and ongoing process
  - D. Prioritise data collection activities
3. Which of the following is **NOT** subjective data?
  - A. Pain
  - B. Beliefs
  - C. Perceptions
  - D. Hyperventilation
4. Nursing diagnosis is best defined as a (n) -----
  - A. Clinical judgement about the client, family or community responses to actual or potential health problems
  - B. Physiological complication that nurses monitor to detect changes in clients' health status
  - C. Identifying health problem that requires the assistance of other health care professionals
  - D. Clinical judgement about the client and managed by the physicians only

5. At a clinic, you are interviewing a client and asking about his relationship, education and exercise patterns. This is an example of:

- A. Biographic data and health
- B. Lifestyle and health practices
- C. Family health history
- D. Personal health history

6. You are documenting findings from a health assessment. Which of the following demonstrates the documentation of a subjective information?

- A. Client has stinking smell
- B. Client presents with shaky hands and feet
- C. Client has a pulse rate of 79 b/m
- D. Client's migraines have since got worse since last night

7. When you listen closely to a client during an interview and use phrases such as "um-hum" or "yes", this verbal communication is known as-----

- A. Inferring
- B. Rephrasing
- C. Providing information
- D. Well-placed phrases

8. Which of the following skin colours indicates a fever or local inflammation:

- A. Pallor
- B. Erythema
- C. Jaundice
- D. Cyanosis

9. You are observing a senior nurse performing an assessment in the ward. The senior nurse tells the client "push with both arms against my hands so that I can compare the strength of your right and left arms". The senior nurse is demonstrating an example of -----

- A. Goal identification
- B. Informal teaching
- C. Formal teaching
- D. Learning needs

10. Which of the following guidelines should a nurse follow when documenting data?
- A. Write "normal" for normal findings
  - B. Use phrases instead of sentences
  - C. Exclude client's understanding
  - D. Describe how data was obtained
11. Which of the following is a proper recording of a client's reason for seeking health care?
- A. Angina pectoris, duration 3 hrs
  - B. Pleurisy, 2 days duration
  - C. "clutching" chest pain
  - D. Sub sternal pain
12. When you perform an eye examination, which piece of equipment would you use to inspect the internal eye structures?
- A. Otoscope
  - B. Fetoscope
  - C. Ophthalmoscope
  - D. Sphygmomanometer
13. A client comes to your clinic reporting swollen ankles. Which is the most appropriate technique to use to find out more information about this complaint?
- A. Inspection
  - B. Auscultation
  - C. Percussion
  - D. Palpation
14. The nurse is preparing to assess a client with flank pain, discomfort and pink-tinged urine. Which of the following assessment techniques would be appropriate to use?
- A. Blunt percussion
  - B. Reflexive percussion
  - C. Direct percussion
  - D. Indirect percussion

15. During percussion of a client's abdomen, you hear a loud, high-pitched, drum-like tone.

You would document this sound as -----

- A. Resonance
- B. Dullness
- C. Tympany
- D. Hyperresonance

16. After auscultating the bowel sounds of a client, you realize that the sounds were long.

Which of the following would be appropriate when documenting this finding?

- A. Pitch
- B. Intensity
- C. Duration
- D. Quality

17. The two (2) significant alterations in bowel sounds are:

- A. Noisy and loud bowel sounds
- B. Loud and quiet bowel sounds
- C. Decreased and increased bowel sounds
- D. Smelly and scentless bowel sounds

18. You are preparing to use a stethoscope while assessing a client. The bell is placed on the client to assess-----

- A. Lung sounds
- B. Heart murmurs
- C. Normal heart sounds
- D. Abdominal sounds

19. A client is complaining of painful elbows. Which of the following equipment would help you to assess this client?

- A. Penlight
- B. Goniometer
- C. Skin-fold calipers
- D. Reflex hammer

20. When conducting an abdominal examination in a client, which of the following findings should be immediately reported to the physician?

- A. Symmetrical abdomen
- B. Inverted umbilicus and conical shaped
- C. Tenderness of lower quadrants with guarding
- D. Boborygmus present in all four quadrants

21. High pitched and loud normal breath sounds heard best over the trachea and thorax are called-----.

- A. Bronchial
- B. Vesicular
- C. Sonorous
- D. Bronchovesicular

22. During your assessment, client X describes that he vomits moderate amounts that “smell like feces”. You suspect-----

- A. Intestinal paralysis
- B. Large bowel obstruction
- C. Small bowel obstruction
- D. Hypersecretion of acid in the stomach

23. A client comes into the clinic with acute right lower quadrant abdominal pain. During the abdominal assessment of this client, you realise that:

- A. This area should be palpated first
- B. This area should be palpated last
- C. This area should not be palpated
- D. This area should be assessed using deep palpation techniques

24. The ----- sound is heard when you percuss the lungs with emphysema.

- A. Dullness
- B. Tympany
- C. Resonance
- D. Hyperresonance

25. The ----- sound is heard when you percuss the liver.
- A. Dullness
  - B. Tympany
  - C. Resonance
  - D. Hyperresonance
26. A client with increased skin turgor in his lower extremities manifested by smooth, taut, shiny skin that cannot be grasped or raised is most likely to have -----
- A. Edema
  - B. Decubitus
  - C. Dehydration
  - D. Emaciation
27. In a client with good cardiac function and distal perfusion, how long should a capillary refill take place?
- A. Approximately 5 seconds
  - B. Less than 5 seconds
  - C. More than 2 seconds
  - D. Less than 2 seconds
28. Which type of headache is usually described as throbbing or pounding, is sudden in onset, sometimes associated with nausea, photophobia, and visual problems?
- A. Sinus
  - B. Migraine
  - C. Tension
  - D. Tumor-related
29. Which of the following conditions would cause pain on flexion or rotation of the neck?
- A. Meningitis
  - B. Hirsutism
  - C. Microcephaly
  - D. Tonsillitis

30. The sternocleidomastoids divide the neck into a portion called the anterior cervical triangle. The following neck structures are found in this physiologic region **EXCEPT**:

- A. Anterior cervical lymph nodes
- B. Cervical spine
- C. Jugular vein
- D. Thyroid gland

31. Trace the location of the tonsillar nodes:

- A. Inside the mouth, on bilateral uvulae
- B. Behind the ears, on mastoid processes
- C. At angle of the mandible, on the anterior edge of the sternomastoid muscles
- D. Deeply within and around the sternomastoid muscles, at anterior triangle

**Situation:** You are assessing a middle-aged male client who reports tension headaches for the past two (2) years. **Questions 32-33 relate to this situation**

32. Upon questioning, which of the following would you assume to be the most likely cause of his headaches?

- A. His recent withdrawal from caffeine
- B. His heavy recent days of alcohol binge
- C. Being on his computer more often
- D. His recent divorce and unemployment

33. What associated symptom would you expect the client to experience along with his tension headaches?

- A. Depression
- B. Febrile illness
- C. Visual disturbances
- D. Stiff neck and fever

34. When assessing a client's scalp, you come across several lumps on the scalp. Which of the following would this finding indicate?

- A. Excess dandruff
- B. Cancer or trauma
- C. Exposure to extreme heat
- D. Neurologic disorder

35. Which client is most likely to have prominent jugular veins?
- A. Pulmonary emboli
  - B. Diabetes mellitus
  - C. Rheumatic fever
  - D. Left ventricular heart failure
36. You are observing your colleague assessing a client's thyroid gland. Which one of the following steps needs to be corrected?
- A. Have the client lower the chin slightly to the right
  - B. Move the finger pads over the tracheal rings
  - C. Note consistency, tenderness and nodularity as the gland moves upward
  - D. Have client lie in supine position with head elevated at 45 degrees angle
37. While performing an assessment on a client, you note an enlarged epitrochlear lymph node. This finding may indicate-----
- A. Injury in the lower legs
  - B. Equality of radial pulses
  - C. Inflammation of the hand and forearm
  - D. Capillary refill and temperature of the extremities
38. While observing gait you would inspect all of the following **EXCEPT**:
- A. Posture
  - B. Base of support
  - C. Skin coloration
  - D. Weight bearing stability
39. Which of the following tests is performed when assessing for risk of falling?
- A. Nudge test
  - B. Bulge test
  - C. Tinel's test
  - D. Straight leg test

40. A female client is admitted in a disoriented and restless state after sustaining concussions on the head which she sustained in an accident. Which nursing diagnosis takes the highest priority in this client's plan of care?

- A. Risk for injury
- B. Self-care deficit: dressing/grooming
- C. Impaired verbal communication
- D. Disturbed sensory perception (visual)

**Total: 40 Marks**

## SECTION 2

**Instructions:** In this section answer only TWO (2) questions. **Question 1 is COMPULSORY** then answer either **Question 2** or **Question 3**. Each point carries 1 mark.

### Question 1

A. What is the purpose of validating data? (2)

**Situation:** A middle-aged female client comes to your care complaining of been sexually abused two days ago. **Questions B - C relate to this situation.**

B. Discuss how you will maintain the following non-verbal communication during interview with this client.

i) Appearance (2)

ii) Demeanor (2)

iii) Listening (2)

iv) Facial expression (2)

C. Discuss any five (5) communication practices to avoid when interviewing this client. (10)

**Total: 20 Marks**

### Question 2

**Situation:** You are assessing muscle strength and joints in an elderly male client who reports mild weakness in his left leg. During your assessment, you note swelling of the left knee, and tenderness. You perform passive movements of the knee joints and the client is unable to cooperate because of pain in the left knee. **Questions A-C relate to this situation.**

A. Describe any four (4) actions you will take to make the physical assessment of the client's legs comfortable. (8)

B. Discuss how you will perform the Ballottement test in this client. (4)

C. List any three (3) movements you will perform to test ROM in the client's right ankle and feet. (3)

**Total: 15 Marks**

### **Question 3**

**Situation:** A 34 year old male client comes to your clinic reporting generalised abdominal pain, occasional loose stools, and nausea. Upon examination, you note mildly sunken eyes, feeling warm and tenderness. **Questions A – C relate to this situation.**

- A. Write any three (3) questions with rationale you will ask the client regarding his lifestyle and health practices. (6)
- B. Explain how you will perform light palpation in this client's abdomen. (3)
- C. State the three (3) possible abnormal palpation findings with their related causes that you may elicit in question B above. (6)

**Total: 15 Marks**