

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**SEMESTER TWO FINAL EXAMINATION PAPER**  
**PAPER 2009**

**COURSE CODE : NUR 421**  
**TITLE OF COURSE: HEALTH ASSESSMENT, DIAGNOSIS &  
TREATMENT**  
**TIME ALLOCATED: 2 HOURS**  
**MARKS ALLOCATED: 75**

*Number of pages including cover: 6*

**INSTRUCTIONS:**

- 1. ANSWER ALL QUESTIONS.**
- 2. EACH QUESTION CONSISTS OF 25 MARKS.**
- 3. WRITE CLEARLY.**
- 4. EACH CORRECT STATEMENT OR FACT WITH RATIONALE CARRIES ONE MARK UNLESS INDICATED OTHERWISE.**

**DO NOT OPEN UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR.**

## QUESTION 1

For each of the following statements, select the most appropriate answer and write it in your answer book e.g 1. A

. Mrs. T. comes to the out patients department to do breast examination because she heard on the radio that nurses were checking any body who came to the clinic that month for free. On examination they discovered a lump in her left breast. She tells the nurse that she has never performed a breast self examination.

1. Such an examination should be done:
  - A. bimonthly
  - B. Just before the monthly period
  - C. Just after the monthly period, monthly
  - D. Every two weeks
  
2. Mammography is best described as:
  - A. A measurement of the heat emitted by the breast
  - B. Roentgenography of the breast
  - C. Thermography of the breast
  - C. A type of CAT scan
  
3. One of the most significant signs of breast malignancy is:
  - A. Nipple discharge in pregnancy
  - B. Nipple engorgement
  - C. Cracking nipples
  - D. Dimpling
  
- 4 .The incidence of breast cancer is highest in:
  - A. Unmarried girls in their late teens
  - B. Married women in their early twenties
  - C. Childless women of menopausal age
  - D. Multiparous women in their late thirties
  
5. Primary syphilis may be marked by a:
  - A. Chancroid
  - B. Chancre
  - C. Rash
  - D. Bubo

6. This drug is recommended for the treatment of sexually transmitted diseases when the woman is pregnant:
- A. Tetracycline
  - B. Thalidomide
  - C. Ciprofloxacin
  - D. Erythromycin
7. The basic pathophysiologic reaction that occurs in hypertension is at the level of the:
- A. Heart
  - B. Arterioles
  - C. Kidney
  - D. Aorta
8. The thiazide diuretics are often prescribed for hypertension. They act on:
- A. Block the alpha-beta response
  - B. Cause vasodilation
  - C. Suppress the adrenal hormone release
  - D. Prevent reabsorption of sodium chloride and water from the renal tubules
9. Which of the following diuretics utilized in the treatment of hypertension is potassium sparing?
- A. Lasix
  - B. Aldactone
  - C. Diuril
  - D. Hydrodiuril
10. The chief pharmacological action of nitroglycerine is to:
- A. Constrict cardiac chamber.
  - B. Stimulate myocardial contractions
  - C. Accelerate cardiac contraction
  - D. Dilate coronary arteries
11. Pregnant women are usually given folic acid in the clinic to prevent:
- A. Iron deficiency anaemia
  - B. Haemorrhagic anemia
  - C. Pernicious anaemia
  - D. Megaloblastic anemia

12. A 21-year old female is having severe asthma exacerbation. Which of these physical findings may be absent during an asthma attack?
- A. Tachypnoea
  - B. Wheezing
  - C. Prolonged inspiration
  - D. Tachycardia
13. A 58 year-old client has a blood pressure reading of 162//90 mmHg. The nurse practitioner should:
- A. Have the client return for successive blood checks
  - B. Have the client return for a total three successive blood pressure checks and reduce sodium intake
  - C. Initiate treatment with 25mgm hydrochlorothiazide
  - D. Plan to check the client in three months
14. Which of the following is not likely to elevate blood pressure?
- A. Oral contraceptives
  - B. Corticosteroids
  - C. Decongestants
  - D. Paracetamol
15. Viral hepatitis A (infectious hepatitis) is transmitted mainly through the:
- A. Genital route
  - B. Oral route
  - C. Potential route
  - D. Respiratory route
16. The history of a patient with cirrhosis of the liver reveals:
- A. Jaundice, oedema, ascites, and bleeding tendencies
  - B. Tachypnoea, jaundice and diarrhea
  - C. Abdominal distention and absence of bowel sounds, ascites.
  - D. Hyperglycaemia, jaundice and maelena
17. Hepatitis B is spread mainly through :
- A. Drinking contaminated water
  - B. The faecal oral route
  - C. Consumption of contaminated food
  - D. Contact with contaminated blood or body fluids

18. Nursing intervention for the hypoglycaemic patient may include administration of:

- A. Oral glycogen
- B. Oral dextrose
- C. IV sucrose
- D. IV calcium gluconate

19. Which of the following is a complication of gonorrhoea that can lead to sterility?

- A. Vulvitis
- B. Vaginitis
- C. Pelvic inflammatory disease
- D. Urethritis

20. A 65 year-old client complains of malaise and dysesthesia and has vesicular eruptions on one side of the back. There is itching, pain, and tingling in the area of the rash. The client's oral temperature is 101 degrees F. The diagnosis most likely would be:

- A. Herpes zoster
- B. Herpes simplex virus infection
- C. Impetigo
- D. An allergic reaction

**Questions 21 to 25 answer true or false for the following statements**

- 21. High blood pressure can increase the risk that TB infection will progress to TB disease.
- 22. Relapse in TB is a patient who previously received treatment and was declared cured or treatment completed and has once again developed sputum-smear positive TB.
- 23. Injection of illicit drugs cannot increase the risk that TB infection will progress to TB disease.
- 24. Tuberculosis (TB) is curable regardless of site of disease or HIV status.
- 25. The best way to measure the effectiveness of treatment is to obtain specimens for culture at least monthly.

## QUESTION (2) TWO.

Compare Hyperglycemia and Hypoglycemia under the following:

1. Clinical Manifestations (8 marks)
2. Causes (4 marks)
3. Treatment ( 4 marks)
4. Preventive measures ( 9 marks)

**(25 Marks)**

## QUESTION (3) THREE

- a). A 23 year old sexually active male presents with a 4 – 5 day history of dysuria. He feels it is caused by a urinary tract infection. History of present illness is thus: Denies frequency in passing urine, fever, flank pain, haematuria, and history of urinary tract infection.

**Describe the management of this client under the following:**

- |   |         |
|---|---------|
| i) Additional information that will help you evaluate this client | 3 Marks |
| ii) Differential diagnosis  | 1 Mark  |
| iii) Diagnostics tests  | 2 Marks |
| iv) Pharmacological and non-pharmacological management            | 9 Marks |
- b) Describe the Multi-Drug Resistance (MDR) TB management based on DOTS-PLUS policy
- 10 Marks

**Total 25 Marks**