

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
NURSING SCIENCE DEPARTMENT**

**SEMESTER 1
DECEMBER 2009
FINAL EXAMINATION**

**COURSE CODE: NUR 420
COURSE TITLE: HEALTH ASSESSMENT
TIME ALLOWED: 3 HOURS
MARKS ALLOCATED: 75**

INSTRUCTIONS

- 1. ANSWER THREE QUESTIONS OUT OF FOUR**
- 2. EACH QUESTION CARRIES 25MARK**
- 3. ONE MARK IS ALLOCATED FOR EACH CORRECT FACT
UNLESS OTHERWISE INDICATED**

**THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION HAS
BEEN GRANTED BY THE INVIGILATOR.**

QUESTION 1

MULTIPLE CHOICE QUESTIONS

1. The nursing history provides information to assist the nurse primarily in
 - a. diagnosing a medial problem
 - b. investigating patient symptoms
 - c. classifying subjective and objective data
 - d. supporting identification of nursing diagnoses.

2. The nurse would place information that the patient revealed about his concern that his illness is threatening his job security in which of the functional health patterns?
 - a. role-relationship
 - b. cognitive-perceptual
 - c. coping-stress tolerance
 - d. health perception health management

3. To examine the skin of a patient who has a full-thickness burn, the nurse primarily uses the technique of:
 - a. inspection
 - b. palpation
 - c. percussion
 - d. auscultation

4. The piece of examination equipment that is used during auscultation is a/an:
 - a. stethoscope
 - b. blood pressure cult
 - c. watch with a second hand
 - d. ophthalmoscope/autoscope

5. After performing a screening history and physical, the first information the nurse records is the:
 - a. general survey
 - b. health history
 - c. patient symptoms
 - d. abnormal findings

6. Reflection in data-collecting interview is used:
 - a. to give the client the opportunity to think, organise his thoughts, use his initiative or to indicate that he should elaborate on the subject.
 - b. encourage the client to continue with his account, and indicate that he is being listened to.
 - c. when a word, sentence or phrase is repeated to the client I precisely the same was as it is said.
 - d. to give a resume of and to organise and check what has already been said, especially after a detailed discussion.

7. The implementation phase of the nursing process involves a variety of nursing actions, including:
 - a. monitoring client's responses of nursing care
 - b. prioritise nursing diagnoses
 - c. fostering a client's self-care and independence
 - d. initiate client interaction.

8. A nurse is teaching a middle-aged Swazi woman in a clinic about various methods to relieve the patient's symptoms of menopause. The goal of this teaching would be to:
 - a. prevent disease
 - b. maintain health
 - c. alter the patient's cultural belief regarding the use of herbs.
 - d. provide information for selection and use of treatment options.

9. When evaluating the blood pressure of an older adult, the nurse needs to know that:
 - a. systolic blood pressure decreases and diastolic pressure increase with aging.
 - b. blood pressure should decrease with age because of decreased heart rate and cardiac output.
 - c. the systolic blood pressure tends to rise with aging because of loss of elasticity of the arteries.
 - d. dilation of the aorta and rigid arterial pulses make the blood pressure more difficult to measure accurately

10. The majority of the body's water is contained in which of the following fluid compartment?
 - a. interstitial
 - b. intracellular
 - c. extracellular
 - d. intravascular

11. The nurse should always assess the patient with an ophthalmic problem for:
 - a. visual acuity
 - b. papillary reactions
 - c. intraocular pressure
 - d. confrontation visual fields

12. The primary function of the skin is:
 - a. insulation
 - b. protection
 - c. sensation
 - d. absorption

13. To assess the skin for temperature and moisture, the most appropriate technique is:
 - a. auscultation
 - b. inspection
 - c. palpation
 - d. percussion

14. If diagnostic procedure done to remove fluid for analysis is:
 - a. thoracentesis
 - b. bronchoscopy
 - c. pulmonary angiography
 - d. sputum culture and sensitivity

15. The vibration of tactile fremitus is best assessed using the nurses:
 - a. palms
 - b. fingertips
 - c. stethoscope
 - d. index fingers

16. When assessing the lymph nodes, the nurse:
 - a. applies gentle firm pressure to deep lymph nodes
 - b. palpates the deep cervical and supra-clavilar nodes last
 - c. lightly palpates superficial lymph nodes with the pads of the fingers
 - d. uses the tips of the second, third and fourth fingers to apply deep palpation.

17. An appropriate technique to use during physical assessment of the thyroid gland is:
 - a. asking the patient to hyperextend the neck during palpation.
 - b. percussing the neck for dullness to define the size of the thyroid
 - c. having the patient swallow water during inspection and palpation of the gland.
 - d. using deep palpation to determine the extent of a visibly enlarged thyroid gland.

18. When obtaining subjective data from a patient during assessment of the endocrine system, the nurse asks specifically about:
 - a. energy level
 - b. intake of vitamin C
 - c. employment history
 - d. frequency of sexual intercourse

19. The examination technique used to evaluate the prostate involves:
 - a. palpation
 - b. percussion
 - c. inspection
 - d. auscultation

20. Significant information about a patient's past medical history related to the reproductive system should include:
 - a. extent of sexual activity
 - b. general satisfaction with sexuality
 - c. previous sexually transmitted infections
 - d. self-image and relationships with others

21. The nurse teaches a patient that breast self examination involves both the palpation of the breast tissue and
- palpation of cervical lymph nodes
 - hand squeezing of the breast tissue
 - mammogram to evaluate breast tissue
 - inspection of the breasts for any changes
22. The single most important factor in helping the nurse and physician arrive at a diagnosis is the:
- family history
 - history of present illness
 - past health history
 - results of the systems review.
23. Open ended questions permit a person to express himself. Choose the sentence that is not open ended
- “Describe the pain”
 - “Tell me more about your feelings”
 - “How did the accident happen”
 - “Is the pain sharp and piercing?”
24. During a physical examination the nurse noted hyper-resonance over inflated lung tissue in a patient with emphysema. The process used for this assessment was:
- auscultation
 - inspection
 - palpation
 - percussion
25. An examiner needs to determine the upper boarder of the patient’s liver. With the patient in a recumbent position, the examiner would percuss for a:
- dull sound
 - flat sound
 - resonant sound
 - tympanic sound

26. A heart murmur was detected during physical examination. The process used to obtain this information was:
- a. auscultation
 - b. inspection
 - c. palpation
 - d. percussion

Question 27-30 correlate the following statement with the assessment process most likely to obtain the data. Provide the correct assessment process, using inspection, palpation, percussion and auscultation.

27. A friction rub is present with pericarditis
28. Tenderness is present in the area of the thyroid isthmus
29. Clubbing of fingers is a diagnostic symptom of chronic pulmonary disorder.
30. Tympanic or drum like sounds are produced by pneumo-thorax.

QUESTION 2

Mrs. Louis (35 year old lady) was admitted to your ward with a chief complaint of a non tender breast lump which is sometimes movable. Laboratory tests included a biopsy of the breast lump which indicated breast cancer.

Describe the following:

- (a) Possible findings/clinical manifestations of a breast cancer on physical examination (10)
- (b) Lymph nodes which should be palpated during physical examination as these serve as a vehicle for spread of cancer (7)
- (c) Examination guidelines for anthropometric measurement. (8)

TOTAL 25 Marks

QUESTION 3

You are carrying out a physical examination on a patient using palpation technique.

- (a) Describe 5 different parts of the hand and the rationale for using each of these parts on different parts of the body during palpation (10)
- (b) Describe 5 skin lesions and the body areas which each of these lesions affect.
 - adult atopic aczema
 - seborrheic dermatitis
 - psoriasis
 - contact dermatitis
 - herpes zoster (10)

TOTAL 20 Marks

GRAND TOTAL = 75