

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

DECEMBER 2012

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 – ESSAY QUESTIONS.**
- 2. ANSWER ALL QUESTIONS IN ALL SECTIONS.**
- 3. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.**
- 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

Instructions: For each of the following questions/statements, write the letter that corresponds with the most appropriate answer in your answer sheet, e. g. 1. B

1. In order to become proficient in physical assessment, a nurse needs basic knowledge on which of the following?
 - i. Physical examination techniques
 - ii. Preparation for examination
 - iii. Equipment
 - iv. None of the above
 - A. i and iii
 - B. iii and ii
 - C. iv
 - D. iii, i and ii,

2. Inspection continues throughout examination of a client. All the statements below support effective inspection **EXCEPT**:
 - A. Being systematic
 - B. Relying on the sense of touch only
 - C. Maintaining a comfortable room temperature
 - D. Fully exposing the area to be inspected

3. Using moderate palpation of any body part, the depth from the surface palpated should be:
 - A. 1-3cm
 - B. 3-4cm
 - C. 1-2cm
 - D. 1-4cm

4. Bimanual palpation involves using which of the following manoeuvres?
 - A. One hand and a supporting tool
 - B. Both hands to trap a structure
 - C. One hand from the nurse and the other from the client
 - D. None of the above

5. When percussing over the stomach and intestines which sound is most likely to be heard?
 - A. Tympany
 - B. Flatness
 - C. Dullness
 - D. Hyperresonance

6. A normal lung percussion sound should reflect:
- Flatness
 - Resonance
 - Tympany
 - Hyperresonance
7. The bell of the stethoscope is used to auscultate which body sound?
- High pitched sounds
 - Low pitched sounds
 - Resonance
 - Tympany
8. Which of the following is a definitive characteristic of religion?
- Informal
 - Ritualistic
 - Non-organised
 - Subjective
9. Hydration is another indicator of the client's general health status. Adequate hydration can be affected by various situations. The following situations affect hydration **EXCEPT:**
- Exposure to excessively high environmental temperatures
 - Low metabolic rate
 - Impaired thirst mechanisms
 - Excess intake of alcohol
10. Mrs. Des is an 85 year old lady brought to your clinic by family members with a history of talking to herself and getting lost for days. Which assessment tool(s) could you use for Mrs. Des?
- Depression questionnaire
 - Saint Louis University Mental Status Examination tool
 - Alzheimer's guide of early warning signs
 - None of the above
- iv
 - i and iii
 - iii and i
 - ii, i and iii
11. When assessing culture, there are main belief categories which a nurse should include in her assessment. Which of the following categories should be included?
- Those that affect the health care provider
 - Those that affect the disease, illness or health state
 - Those that affect the health care system

- iv. Those that affect the illness and the client
 - A. iii, i and iv
 - B. i, ii and iii
 - C. iv, ii, iii and i
 - D. i and iv

- 12. When assessing hydration during physical examination, all of the following are indicators for hydration **EXCEPT:**
 - A. Measuring weight
 - B. Measuring height
 - C. Assessing body build and muscle mass
 - D. Measuring head circumference

- 13. A Glasgow coma scale includes the following observations **EXCEPT:**
 - A. Eye opening response
 - B. Verbal response
 - C. Motor response
 - D. Vital signs

- 14. Which of the following types of pain is resistant to pain relief medication?
 - A. Visceral pain
 - B. Cutaneous pain
 - C. Intractable pain
 - D. Phantom pain

- 15. Pain assessment tools are appropriate for the client. The following are tools for assessing pain **EXCEPT:**
 - A. Verbal rating scale
 - B. Faces pain scale
 - C. Glasgow coma scale
 - D. Visual analog scale

- 16. Which of the following suggests psychological abuse?
 - A. Using violence during sexual intercourse
 - B. Controlling knowledge of family finance
 - C. Threatening to hurt children or pets
 - D. Preventing the victim from getting a job

- 17. Which type of headache has symptoms of anxiety and depression?
 - A. Tumor
 - B. Frontal
 - C. Migraine
 - D. Tension

18. When assessing the eye muscle strength and the cranial nerve function, a nurse should perform which of the following tests?
- A. Corneal light reflex test
 - B. Cover test
 - C. Positions test
 - D. None of the above
19. Abnormalities of an optic disc include all of the following, **EXCEPT**:
- A. Glaucoma
 - B. Cataract
 - C. Papilledema
 - D. Optic atrophy

Situation: A young man Mr Lee comes to your clinic complaining of diminished or loss of hearing in one ear.

Questions 20 – 21 relate to the above situation.

20. Which ear test is suitable for Mr Lee's problem?
- A. Whisper test
 - B. Weber's test
 - C. Rinne test
 - D. Romberg test
21. All of the following equipment are necessary for testing the inner ear **EXCEPT**
- A. Tuning fork
 - B. Ophthalmoscope
 - C. Watch with a second hand
 - D. Otoscope
22. Which of the following is a major risk factor for oral cancer?
- A. Female gender
 - B. Vitamin C insufficiency
 - C. Excessive caffeine intake
 - D. Tobacco use
23. When auscultating the lungs you may identify abnormal sounds. Which of the following is an abnormal breath sound?
- A. Bronchial
 - B. Bronchovesicular
 - C. Vesicular
 - D. Adventitious

Instructions: State if each of the following statements is TRUE or FALSE by writing in full in your answer sheet e. g. 1. False

24. Fruity or acetone breath is associated with diabetic ketoacidosis.
25. The side of the tongue is the most common site of tongue cancer.
26. Stenson's ducts are visible when saliva is not flowing and with no redness, swelling, pain, or moistness in area.
27. A pigskin-like or orange-peel appearance results from oedema, which is seen in pregnancy.
28. Yellow or green sputum is often associated with pulmonary edema.

TOTAL: 28 MARKS

SECTION 2

QUESTION 1

Situation: A 15-year-old girl Esihle is suspected by her mother to be a victim of physical and sexual abuse is brought to the health care facility for assessment. Upon examination, Esihle appears scared, tense, and nervous. Esihle requests the nurse not to examine certain parts of her body and asks whether her mother could be present during the examination.

Questions A and B relate to the above situation.

A. Describe five (5) actions the nurse should take during the physical examination to make Esihle more comfortable while collecting the required assessment data.

(5)

B. What five (5) questions must the nurse ask Esihle in order to facilitate analysis of data and identification of areas where additional physical examination data are needed?

(5)

Situation: A 42-year-old female client Mrs Mathe visits a health care facility with complaints of tenderness and pain in her breasts. Several weeks earlier, the client had noticed a lump in her left breast that subsided after her menstrual period. Mrs Mathe is worried because her mother and aunt were both diagnosed with breast cancer.

Questions C and D relate to the above situation.

C. What data should be collected by the nurse from Mrs Mathe to assess for various risk factors of breast cancer?

(5)

D. What three (3) clinical manifestations should the nurse assess for in Mrs Mathe?

(3)

E. Explain the term “fremitus” and discuss the technique involved in assessing fremitus. (2)

F. List the two (2) abnormalities found on inspection of the chest with regard to shape, configuration of the chest wall and position of the scapula. (2)

TOTAL: 22 MARKS

QUESTION 2

Situation: The nurse is conducting vision acuity test for a 55 year-old client, Mr. Moyi who wears vision glasses. The nurse positions Mr. Moyi 18 feet away and instructs him to remove the glasses and read the Snellen chart. Mr. Moyi leans forward to read the chart. The nurse notes that Mr. Moyi is able to read until the fifth line in the Snellen chart and documents vision as 20/50.

Questions A and B relate to the above situation.

A. What is the purpose of the Snellen chart? (1)

B. What five (5) interventions are required by the nurse to accurately assess Mr. Moyi’s vision? (5)

Situation: Mr. Torn is a 60 year old man discharged from hospital after being hospitalized for 12 days with acute respiratory failure secondary to Chronic Obstructive Pulmonary Disease (COPD). He tells you he is “feeling great” and that he is “able to walk without assistance for a few minutes today without his oxygen”. He uses oxygen at 2L/min when he exercises and for shortness of breath. He reports “chronic cough as usual” and no sputum production. He also reports difficulty in breathing and “just don’t have strength”

Upon inspection you note that his lips are bluish but nail beds are pink, his breathing pattern is irregular with slightly labored respirations of 25 breaths per minute, has barrel chest, and is

not using accessory muscles to breathe. On auscultating his lungs, you note diminished breath sounds bilaterally in lower lobes and crackles in upper portion of left lower lobe. You also smell the odor of cigarettes from his breath.

Questions C and D relate to the above situation.

C. Identify six (6) possible abnormal data and client's strengths for Mr. Torn. (6)

D. Formulate three (3) actual nursing diagnoses for Mr. Torn. (3)

E. Describe the five (5) levels of consciousness. (5)

F. Explain five (5) risk factors of pressure ulcers and means to reduce these risk factors. (5)

TOTAL: 25 MARKS