

**UNIVERSITY OF SWAZILAND**

**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION**

**MAY 2013**

**COURSE CODE: GNS 212**

**TITLE OF PAPER: HEALTH ASSESSMENT II**

**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  
**Note:** Each question carries one mark.

**Situation:** Mr. Sihlase is a 55year old male who comes to your health facility with trembling of both hands and inability to hold things with his hands. Mr. Sihlase admits taking a few drinks before coming to hospital. He smells alcohol and stumbles, and denies smoking. His vital signs were: BP 140/90mmHg, Pulse 79 b/m, Respiration 18 b/m, Temperature 37 degrees Celsius.

**Question 1 -2 relate to the above situation.**

1. In your assessment you find that Mr. Sihlase is too drunk. Which one of the following abnormal postures refers to his stumbling?
  - A. Foot drop
  - B. Scissors gait
  - C. Cerebellar ataxia
  - D. Parkinsonian gait
  
2. Your focus on assessing Mr. Sihlase should be on which one of the following?
  - i. Assess cranial nerve XI
  - ii. Assess sensitivity to position
  - iii. Perform Romberg test
  - iv. Assess Balance
  - A. i and iii
  - B. ii and iv
  - C. ii and iii
  - D. iii and iv

**Situation:** You are assessing a 75 year old Mrs. Ntima who suffers from urinary incontinence. Mrs. Ntima reports that she is not able to get to the bathroom in time.

**Question 3 – 5 relate to the above situation.**

3. Which one of the following incontinences is Mrs. Ntima most likely to be suffering from?
  - A. Stress incontinence
  - B. Functional incontinence
  - C. Overflow incontinence
  - D. Urge incontinence
  
4. Mrs. Ntima's problem could be related to which one of the following conditions?
  - A. Cerebrovascular accident
  - B. Relaxed muscle from effects of child birth
  - C. Diabetic neuropathy
  - D. Cognition and mobility problems
  
5. The following assessments are all suitable for Mrs. Ntima's condition **EXCEPT:**
  - A. Fluid intake
  - B. Mental status
  - C. Mobility
  - D. Fiber intake

**Situation:** Mrs. Kelly, a 61 year old female client comes to your clinic with a diagnosis of Deep Vein Thrombosis (DVT). Her vital signs were: BMI= 20, BP 159/110 mmHg, Pulse 68 b/m, Resp 19 b/m, Temp 37<sup>8</sup>°C.

**Question 6 and 7 relate to the above situation.**

6. Which one of the following could be possible signs and symptoms of Mrs. Kelly's diagnosis?
  - i. Leg fatigue
  - ii. Pitting edema

iii. Swelling and tender in one or both legs

iv. Invisible surface veins

- A. i and iii
- B. ii and iii
- C. i and iv
- D. i, ii and iv

7. The following conditions are all risk factors for Mrs. Kelly's diagnosis **EXCEPT**:

- A. Post-menopausal hormone therapy
- B. Overweight
- C. 60 years of age or older
- D. Having more than one DVT risk factors

**Situation:** You are assigned to do a Trendelenburg test on Ms. Gule who has varicose veins.

**Question 8 -10 relate to the above situation**

8. The following maneuvers are all necessary for the test **EXCEPT** to:

- A. Lie the client in a supine position
- B. Apply a tourniquet to the upper thigh
- C. Elevate the leg to 30 degrees for about a second
- D. Have a client assisted to a standing position to observe venous filling

9. When observing a venous filling on Ms. Gule which one of the following would suggest incompetent valve in her leg vein?

- A. Rapid filling of superficial varicose veins from above leg after the tourniquet has been removed.
- B. Swelling from the above leg with the tourniquet in place and client standing.
- C. Saphenous vein filling from below leg in 30 seconds
- D. Rapid filling of veins from below leg after the tourniquet has been removed.

10. In order to control Ms. Gule's varicose veins you need to advise her on all of the following behaviours **EXCEPT** to:

- A. Avoid crossing the legs
- B. Avoid wearing tight socks or stockings
- C. Sleep with foot elevated below the heart level
- D. Avoid sitting in chairs that are too high allowing the feet to dangle

**Situation:** Mr. Sengwayo is a 50 year old male client who has a leg ulcer. Mr Sengwayo, a chain smoker, reports of cramping leg pain in the calf muscles during ambulation and the pain disappears with 1 to 2 minutes of rest.

**Questions 11 -13 are related to the above situation.**

11. Which one of the following conditions could be related to Mr. Sengwayo's problem?

- A. Venous insufficiency
- B. Left ventricular failure
- C. Arterial insufficiency
- D. Alveoli incompetence

12. The cramping leg pain in the calf muscles of Mr. Sengwayo is also known as -----

- A. Intermittent pain
- B. Jerking pain
- C. Intermittent claudication
- D. Nocturnal pain

13. In order to control Mr. Sengwayo's pain you need to advise him to do which one of the following activities?

- A. Raise the leg above the heart level while in a supine position
- B. Sleep upright with legs dependent/below heart level.
- C. Apply elastic wrap/bandage from toe to groin
- D. Apply warm pack on the affected leg



14. A weak or absent femoral pulse during your assessment may indicate which one of the following conditions?

- A. Hypothermia
- B. Too much exercising
- C. Partial or complete venous occlusion
- D. Partial or complete arterial occlusion

15. The discomfort in the upper calf during forced dorsiflexion of the foot is known as which one of the following?

- A. Psoas sign
- B. Homan's sign
- C. Allen's sign
- D. Obturator sign

**Instructions: State if each of the following statements is TRUE or FALSE by writing in your answer sheet T or F as appropriate, e. g. 1. T**

16. Loss of visual fields may be seen in retinal damage or detachment with a lesion of the parietal cortex.

17. Morning headaches that subside after arising may be an early sign of decreased intracranial pressure such as that with a brain tumor.

18. Imbalance and difficulty coordinating or controlling movements are seen in neurologic diseases involving the cerebrum.

19. Peripheral neuropathy can result from a deficiency in niacin, folic acid, and vitamin B<sub>12</sub>.

20. The cerebrospinal fluid cushions the central nervous system (CNS), provides nourishment to the CNS, and removes wastes.

**TOTAL: 20 MARKS**

## SECTION 2

### Question 1

**Situation:** As part of the assessment of an adolescent client, you are conducting an interview. The client seems to be withdrawn and not participating in the interview.

A. Discuss how you will encourage the client to communicate. (5)

**Situation:** A 55 year old male client visits your health care facility with complaints of abdominal distention and dull pain. The client denies symptoms of nausea, vomiting, diarrhea, and constipation. His vital signs were: BP 130/90 mmHg, Temp 37.4 degrees Celsius, Pulse 71 b/m, and Respirations 19 b/m.

B. Discuss how you will perform the assessment of this client's abdomen in order to elicit the cause of his distention? (15)

**Situation:** Mrs. Tembe is a 28-year-old female client admitted to the gynecology unit with lower abdominal pain, vomiting and nausea. During palpation, Mrs. Tembe experiences severe pain in the right lower quadrant, and she describes the pain as sharp and gnawing.

C. Which condition is Mrs. Tembe most likely to be suffering from? (2)

D. State any four (4) related assessments of Mrs Tembe's problem and discuss how you will perform those assessments to confirm her condition? (8)

**TOTAL: 30 MARKS**

## Question 2

**Situation:** A 70-year-old client Mrs. Dube is admitted to your heart unit with mitral valve prolapse. On auscultation of the heart, murmurs were detected. The client's symptoms include fatigue, headaches, and sharp chest pains.

- A. State any four (4) conditions that could contribute to Mrs. Dube's turbulent blood flow or heart murmurs? (4)
- B. Discuss how you will assess Mrs Dube's heart in order to elicit different heart sounds. (9)
- C. Describe the pathways of the electrical conduction system of the heart. (4)

**Situation:** Mr. Dlamini is a 20 year old client who complains of pain and swelling in the right knee after a fall while playing basketball. The client shows decreased range of motion in the knee.

- D. Discuss the areas that you will focus on when performing your physical assessment on Mr Dlamini. (8)

**TOTAL: 25 MARKS**