

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

DECEMBER 2014

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.**

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. D

Note: Each question carries one mark.

Situation: Mrs Mbuli is an 80 year old lady who comes to you at the Out Patient Department (OPD) for health screening. She is brought on a wheelchair and looks fatigued. She tells you she has pains on the lower back.

Questions 1 - 4 relate to the above situation

1. In which phase of the nursing interview will you assure Mrs Mbuli that her confidential information will remain confidential?
 - A. Working phase
 - B. Introductory phase
 - C. Summary phase
 - D. Closing phase

2. When collecting Mrs Mbuli's biographic data, the following should be inquired **EXCEPT:**
 - A. Gender
 - B. Birth date
 - C. Major complaint
 - D. Record number

3. Another way of asking questions to Mrs Mbuli is to provide her with a choice of words to choose. This is known as -----.
 - A. Rephrasing questions
 - B. Inferring questions
 - C. Demeanour list
 - D. Laundry list

4. When interviewing Mrs Mbuli which one of the following verbal communication techniques should be avoided?
 - A. Using open ended questions
 - B. Using closed ended questions
 - C. Reading the questions
 - D. Providing information

5. Which of the following types of behaviour suggests psychological abuse?
- A. Using violence during sexual intercourse
 - B. Controlling knowledge of family finance
 - C. Isolating the victim from friends or relatives
 - D. Preventing the victim from getting a job
6. The ----- involves attacking the victim with household items.
- A. Elder mistreatment
 - B. Physical abuse
 - C. Psychological abuse
 - D. Child abuse
7. The skin color that is seen in arterial insufficiency or anaemia is known as -----.
- A. Cyanosis
 - B. Pallor
 - C. Acanthosis nigricans
 - D. Jaundice
8. The ----- are located at the angle between the mandible and the anterior edge of the sternomastoid muscle.
- A. Submandibular nodes
 - B. Submental nodes
 - C. Superior cervical nodes
 - D. Tonsillar nodes
9. Which one of the following concepts of culture separates people based on their looks and color?
- A. Ethnicity
 - B. Stereotyping
 - C. Race
 - D. Minority
10. The following measures are indicators for hydration **EXCEPT:**
- A. Weight
 - B. Intake and output
 - C. Body build and muscle mass
 - D. Head circumference

11. Which one of the following conditions does **NOT** affect hydration?
- A. Severe hypoglycaemia
 - B. Severe hyperglycaemia
 - C. Excessive intake of diuretic fluids
 - D. Excessive intake of alcohol
12. The following observations are included in the Glasgow coma scale **EXCEPT**:
- A. Vital signs
 - B. Eye opening
 - C. Verbal response
 - D. Motor response
13. Which one of the following eye tests is suitable for assessing the eye muscle strength?
- A. Corneal light reflex
 - B. Positions test
 - C. Cover test
 - D. Visual fields
14. Abnormalities of an optic disc include all of the following, **EXCEPT**:
- A. Glaucoma
 - B. Cataract
 - C. Papilledema
 - D. Optic atrophy
15. Which type of headache occurs along the eyebrow ridge and below the cheek bone?
- A. Tension
 - B. Cluster
 - C. Sinus
 - D. Migraine

INSTRUCTIONS: Match each of the following major world Religions with their correct corresponding common health belief(s). Write the letter accompanying the correct response/responses e.g. 30. A, B, D. **NB:** Answers may be equal or less than three (3) in each religion.

Major World Religion	Common Health Belief(s)
16. Hinduism	A. Views illness as a testing of faith
17. Christianity	B. Psalms and the last prayer of confession are held at bedside
18. Islam	C. Western medicine is usually held in high regard
19. Buddhism	D. Many holy days include fasting
20. Judaism	E. Consumption of pork is prohibited
	F. The clergy are known as Rabbi
	G. Prayers may be directed to one or all of the Holy Trinity
	H. Nirvana is the primary purpose of the religion
	I. Mohammed is believed to be the greatest of all prophets
	J. Suffering is part of human existence

TOTAL: 25 MARKS

SECTION 2

SHORT ESSAY QUESTIONS

Instructions: Each point carries a mark.

Question 1

Situation: You are on a home visit assessing an elderly client who is confined to bed due to fracture of the hip. The client's family members have been providing care to the client. On examination, you observe a small, reddened area in the gluteal region of the client.

- A. Describe any **five points** (with rationale) you will consider when giving health education to the caregivers on the prevention of pressure ulcers? (10)

Question 2

Situation: Mr Nhleko is a 76 year old man who comes to your clinic complaining of chest pains when coughing and when taking a deep breath. He also complains of shortness of breath (SOB) and coughing up blood stained sputum. O/E; hypoxic, labored respirations noted.

- A. Explain with rationale how you will prepare Mr Nhleko for the assessment of the thorax and lungs. (6)
- B. Describe your auscultation (with rationale) of Mr Nhleko's posterior thorax to assess for breath sounds. (12)
- C. State any three (3) **actual** nursing diagnoses relevant for Mr Nhleko's condition. (3)
- D. List any three (3) abnormalities found on inspection of the posterior chest with regard to shape and configuration of the chest wall. (3)

Question 3

Situation: Mr Zulu is an 85 year old man coming to your care accompanied by his 74 year old wife. His wife tells you that Mr Zulu has history of inability to see with his right eye and getting lost to familiar places. Upon general inspection Mr Zulu is wearing his trouser and shirt inside out, very inquisitive, wearing eye glasses, tearing and blood filled eyes noted.

- A. Explain the five (5) basics of operation of the ophthalmoscope you will follow when viewing Mr Zulu's internal eye structures. (10)
- B. State any six (6) warning signs for Alzheimer's disease. (6)

TOTAL: 50 MARKS