

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
SEMESTER 1
FINAL EXAMINATION
DECEMBER 2014

COURSE TITLE : HEALTH ASSESSMENT AND DIAGNOSIS
COURSE CODE : NUR 420
TIME ALLOWED : 2 HOURS
MARKS ALLOCATED : 75

INSTRUCTIONS:

1. READ INSTRUCTIONS AND QUESTIONS CAREFULLY AND WITH UNDERSTANDING
2. ANSWER ALL QUESTIONS
3. WRITE NEATLY AND CLEARLY

Do not open this question paper until you are told to do so by the invigilator

For the following multiple choice questions write the most appropriate answer by writing the question number and the letter of the answer e. g 1. G

1. Nursing health assessment is a vital process that provides nurses with data that:
 - A. Help nurses plan client care appropriately
 - B. Describe the client's response to actual or potential health problems
 - C. Enable the nurses determine the client's strength and weakness
 - D. All of the above (1)
2. Nursing is:
 - A. A process of assisting clients to do activities contributing to their health unaided
 - B. A judgement describing the client's response to ill health reached by a nurse
 - C. Process that defines the client's health in its present state
 - D. None of the above (1)
3. Nursing diagnosis is :
 - A. A statement that describes the client's medical health problem
 - B. Similar to a medical diagnosis
 - C. A judgement, that describes the client's response to actual or potential health situations, made by the nurse
 - D. All of the above (1)
4. Nursing prescriptions:
 - A. Are medical prescriptions implemented by nurses
 - B. Prescriptions independently made by nurses as a cadre of health professionals
 - C. Prescriptions made by a nurse in consultation with a medical practitioner
 - D. Prescriptions made to determine the client's health needs (1)
5. One of the following is the phase of the nursing health assessment process :
 - A. Introductory phase
 - B. Working phase
 - C. Measurement and judgement phase
 - D. Termination phase (1)
6. To perform an accurate nursing health assessment, the nurse health assessor must have the ability to:
 - A. Communicate effectively
 - B. Observe systematically
 - C. Interpret data accurately
 - D. All of the above (1)
7. The following are methods of objective data collection in nursing health assessment EXCEPT:
 - A. Interviewing
 - B. Observing
 - C. Listening
 - D. Touching (1)

8. Florence Nightingale emphasized one of the following as a very important function in initiating the nursing health assessment process:
- A. Closely observing the sick client
 - B. Measuring the sick person's vital signs
 - C. Observing the vital human body functions of the sick person
 - D. History taking (1)
9. In a health assessment interview, the client's cultural beliefs and practices are to be considered for one of the following reasons:
- A. Cultural beliefs and practices hinder realistic planning of relevant interventions
 - B. They assist the nurse to promote the health status of the client
 - C. They have a strong negative or positive influence on the client's health
 - D. None of the above (1)
10. One of the following determines the SCOPE of the nursing health assessment on individual clients:
- A. The nurse health assessor's meal times
 - B. The number of clients to be assessed
 - C. The nurse health assessor's particular interest in certain clients
 - D. The nurse health assessor's assessment goal and the client's health status (1)
11. All the following are the characteristics of a nurse health assessor who is a critical thinker EXCEPT:
- A. A critical thinker does not blindly accept any kind of information
 - B. He/she is always sympathetic to his/her clients
 - C. He/she is always aware of his/her knowledge limits
 - D. He/she is always willing and open to listen to other people's ideas (1)
12. A nurse assesses a client's capillary refill and finds it to be less than two (2) seconds. Which of the following would the nurse do next?
- A. Document these findings
 - B. Recheck after elevating the arm
 - C. Reassess after applying warm compresses
 - D. Refer the patient for medical follow up (1)
13. The preceptor is evaluating a new nursing graduate's ability to perform rebound tenderness for suspected appendicitis. The preceptor determines the correct technique when the new graduate is observed pressing deeply at which anatomic location?
- A. Right upper quadrant
 - B. Left upper quadrant
 - C. Right lower quadrant
 - D. Left lower quadrant (1)
14. To examine the Bartholin's glands in a female client the nurse would palpate at which anatomic location
- A. On both sides of the clitoris
 - B. Just inside the urethral office
 - C. Between the vaginal opening and labia minora

- D. Deep inside the vaginal orifice (1)
15. The nurse is explaining a pap smear to a client. The nurse would include information about cells being obtained from one of the following areas:
- A. Clitoris
 - B. Labia majora
 - C. Uterus
 - D. Cervix (1)
16. A nurse is beginning the physical examination of a male client's genitals. The nurse is sitting on a stool in front of the client. Which position would be best to place the client in?
- A. Lying position
 - B. kneeling position
 - C. Standing position
 - D. Sitting position (1)
17. During a scrotal examination, the nurse notes an enlarged scrotal sac that easily transilluminates. Which of the following would the nurse suspect?
- A. Tumor
 - B. Hydrocele
 - C. Varicocele
 - D. Hernia (1)
18. One of the following is identified as external genitalia in males:
- A. Scrotum
 - B. Testis
 - C. Vas deferens
 - D. Spermatic cord (1)
19. Inspection of the client's penis reveals that the urethral meatus is located on the ventral side of the penis. The nurse documents this finding as:
- A. Epispadias
 - B. Hypospadias
 - C. Paraphimosis
 - D. Phimosis (1)
20. When preparing a client for an anorectal examination, the nurse would most frequently place the client in which of the following positions;
- A. Knee – chest
 - B. Standing
 - C. Lithotomy
 - D. Left lateral (1)
21. You are preparing for a health education session for a group of men. Which of the following information would you discuss on reducing the risk of prostate cancer?
- A. Maintaining diet high in fruits and vegetables
 - B. Decreasing weight gain by 10%
 - C. Limiting intake of soy products
 - D. Getting treatment for depression (1)

For the following statements write True or False and in your answer sheet write the question number and your response e. g 15. True

22. To demonstrate how to test for the range of motion of the elbow you should include rotation T/F (1)
23. The screening health assessment is conducted for both preventive and case finding purposes T/F (1)
24. A temporo-mandibular joint pain cannot be determined by difficulty in chewing T/F (1)
25. When nurse health assessors interact with anxious clients, they must provide them with a lot of unstructured questions to relieve their anxiety T/F (1)

Total marks = 25

Question 2

- A. When conducting an abdominal examination, one has to inspect it for several things. Mention four things the abdomen is inspected for (4)
- B. During abdominal palpation, both light palpation and deep palpation are performed. Differentiate light palpation from deep palpation stating when each is conducted (2)
- C. Mention four things you would do when palpating the liver of an obese patient (4)
- D. A 50 year-old male client, who is suspected of suffering from a musculo-skeletal problem, reports to your health facility. Mention seven things you would ask the client to do in order to assess his gait (7)
- E. Describe how plantar response (Babinski reflex) is assessed (3)
- F. A client who comes complaining of palpitations and chest pains is usually auscultated for heart sounds. Mention two parts of the chest you will auscultate to determine the first (S1) and two parts for the second (S2) heart sounds (4)
- G. Mention the cause of a heart murmur (1)

Total marks = 25

Question 3

A 40 year old man comes to your clinic complaining of cough, nocturnal sweats, weight loss, appetite loss, and severe chest pains. On physical examination his weight is 45Kg, his temperature 39°C, his hair is thinly distributed and his mucous membranes are pale. You then plan to refer this client to hospital for further investigations. The doctor who sees the client concludes that he has pulmonary tuberculosis.

- A). Arrange this information in a SOAP format. (12)

B). Utilizing the "COLDSPA" mnemonic find more about the symptoms he mentioned. (7)

C). Mention, systematically, four physical examination techniques you would follow when assessing this client. (4).

D). State two laboratory investigations you deem the doctor would order for the client. (2)

Total marks = 25