

# GNS 207 Health Assessment I Final Examination 2016

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UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
FINAL EXAMINATION  
DECEMBER 2016

**COURSE CODE:** GNS 207  
**TITLE OF PAPER:** HEALTH ASSESSMENT I  
**DURATION:** 2 HOURS  
**MARKS:** 80

**INSTRUCTIONS**

1. THIS PAPER CONSISTS OF TWO (2) SECTIONS: SECTION 1 – MULTIPLE CHOICE AND SECTION 2 – ESSAY QUESTIONS.
2. ANSWER ALL QUESTIONS IN SECTION ONE(1) AND THREE(3) QUESTIONS IN SECTION TWO (2)
3. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.
4. EACH QUESTION IN SECTION TWO (2) 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**

**MULTIPLE CHOICE QUESTIONS**

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

**Situation:** An 88 year old Mrs Dladla comes to your clinic on a wheelchair. When you interview her, she keeps quiet and suddenly nods her head. Upon general observation, you note a linear streak-like pattern on her neck, unkempt nails and bluish discoloration of nail beds.

**Questions 1-4 relate to the above situation.**

1. What is the first thing that you need to assess in Mrs Dladla during the interview?
  - A. Assess her head and neck system immediately
  - B. Assess the whole body systems immediately
  - C. Assess her mental status before you continue with the interview
  - D. Assess her hearing acuity before you continue with the interview
  
2. The linear streak-like pattern in Mrs Dladla's neck is an indication of which condition?
  - A. Hypertension
  - B. Diabetes mellitus
  - C. Jaundice
  - D. Anaemia
  
3. The bluish nailbeds discoloration of Mrs Dladla may indicate -----
  - i. Paronychia
  - ii. Chronic renal disease
  - iii. Respiratory disorder
  - iv. Cardiovascular disorder

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A. i. & ii

B. i. & iii

C. i, ii, & iv

D. iii. & iv

4. The analysis of Mrs Dladla's subjective and objective data will occur in which nursing process?

A. Assessment

B. Planning

C. Evaluation

D. Diagnosis

5. Microorganisms found in pools or other recreational water venues are common cause of -----

A. Otitis media

B. Otitis externa

C. Deafness

D. Perforated eardrum

6. When a client feels that the room is spinning around him/her, this is known as ---

A. Tinnitus

B. Dizziness

C. Objective vertigo

D. Subjective vertigo

7. The following are spinal abnormalities **EXCEPT:**

i. Scoliosis

ii. Lordosis

iii. Ganglion

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iv. Tenosynovitis

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

8. The common site for nasal bleeding is the -----

- A. Kiesselbach
- B. Vibrissae
- C. Paranasal sinuses
- D. External nose

**Instructions: Match each of the following phases of the electrocardiogram (ECG) with the correct corresponding definition e.g. 13. A. NB: There is only ONE answer for each of the questions.**

Phase of ECG	Definition
9. QT interval	A. Atrial repolarization
10. P wave	B. If present, it represent the final phase of ventricular repolarization
11. QRS complex	C. Total time for ventricular depolarization and repolarization
12. PR interval	D. Period between ventricular depolarization and the beginning of ventricular repolarization
13. U wave	E. Ventricular repolarization
14. ST segment	F. Time from the beginning of the atrial depolarization to the beginning of ventricular depolarization
15. T wave	G. Atrial depolarization

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**Instructions:** For each of the following statements indicate if True /False by writing T or F in your answer sheet, e.g 12. F

16. A visual field refers to what a person sees with one eye.
17. Consistent blind spots are commonly seen in narrow-angle glaucoma.
18. Diabetes mellitus increases the risk of developing cataract.
19. When testing distant vision acuity, the client is placed 51cm from the Snellen chart.
20. Strabismus refers to oscillating movements of the eye.

**Total: 20 Marks**

**SECTION 2**

**Instructions:** In this section, Question 1 is compulsory. Then answer any other two (2) questions in this section.

**Question 1**

- A. Assessment is the first step of the nursing process. Define assessment (2)
- B. Describe the four (4) basic types of health assessment (8)
- C. Discuss any five (5) guidelines with aid of examples you will follow when documenting data (10)

**Total: 20 Marks**

**Question 2**

**Situation:** A 38 year old male client comes to your clinic reporting body weakness, night sweats, productive cough, and pain in the chest. On interviewing the client, you find that the client is a mine worker in one of the neighbouring countries, and does not know his HIV status. His family health history shows two deaths related to respiratory disorders.

- B. State the four (4) key aspects you will note when observing the clients' respirations. (4)
- C. Explain how you will auscultate the client's anterior chest for breath sounds. (6)
- D. After chest X-ray and sputum for AAFB a diagnosis of TB is made and the patient is commenced on treatment. Discuss any five (5) points with rationale you will use when you educate the client regarding his condition. (10)

**Total: 20 Marks**

**Question 3**

**Situation:** Ms Khanyile is a 24 year old female who comes to your clinic reporting generalised abdominal pain, passing loose stools, and nausea. On examination, you note sunken eyes and shivering. When examining the abdomen you note a scaphoid abdomen.

- A. Explain any four (4) questions with rationale you will ask Ms Khanyile regarding her lifestyle and health practices. (8)
- B. Describe the three (3) types of abdominal pains that Ms Khanyile may present with. (6)
- C. Explain how you will perform light palpation in Ms Khanyile. (4)
- D. State any two (2) possible abnormal findings in C above. (2)

**Total: 20 Marks**

**Question 4**

**Situation:** You are assessing muscle strength and joints in an elderly client who complains of mild weakness in the left leg. During your assessment, you note swelling of the left knee, and tenderness. You perform passive movements of the knee joints and the client is unable to cooperate because of pain in the left knee.

- A. Define osteoarthritis. (2)
- B. Describe any three (3) measures you will take to make your physical assessment comfortable for the client. (6)
- C. Discuss how you will perform the ballottement test in this client. (4)
- D. Explain how you will perform the McMurray's test to determine if the client's pain is 'locking' or 'giving in'. (4)
- E. Formulate any four (4) actual nursing diagnoses (using NANDA's diagnoses) for this client. (4)

**Total: 20 Marks**