

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
SEMESTER 1
FINAL EXAMINATION
DECEMBER 2016

COURSE TITTLE : **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**
- 4. DO NOT OPEN THIS QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO BY THE INVIGILATOR**

QUESTION 1

MULTIPLE CHOICE QUESTIONS

Instructions: For the following multiple choice questions write the number and the most appropriate corresponding letter for the answer/statements in your answer sheet. Example: 25 – A.

1. The nurse is listening to the patient's heart using a stethoscope at the left sternal border of the second intraclavicular space. Which area is being auscultated?
 - A. Aortic area
 - B. Pulmonic area
 - C. Vesicular area
 - D. Broncho-vesicular
2. Three techniques that are used to assess the precordium sequentially are:
 - A. Auscultation, percussion and palpation
 - B. Auscultation, inspection, palpation
 - C. Percussion, inspection, palpation
 - D. Inspection, palpation, auscultation
3. A client with mitral valve prolapse may be auscultated on;
 - A. The fifth intercostal space near the left midclavicular line
 - B. The second intercostal space near the right midclavicular line
 - C. The third intercostal space near the left midclavicular line
 - D. None of the above.
4. Ballottement of the patella is used to assess which of the following?
 - A. Fluid in the knee
 - B. Pain with knee flexion
 - C. Crepitus with palpation of the knee joint
 - D. Presence of an audible pop or click
5. The lymph nodes directly below the chin are
 - A. Submandibular
 - B. Submental
 - C. Tonsillar
 - D. Preauricular

6. The nurse is preparing to assess a hospitalized patient who is experiencing significant shortness of breath. How should the nurse proceed with the assessment?

- A. Have patient lie down to obtain an accurate cardiac, respiratory and abdominal assessment
- B. Obtain a thorough history and physical assessment from patient's family
- C. Perform a complete history and physical assessment immediately to obtain baseline data.
- D. Perform a problem focused assessment, then complete the assessment after the problem has been resolved

7. A 21-year-old woman asks when she should perform breast self-examination during the month. The nurse should say

- A. "Any time you think of it. "
- B. "At the same time each month. "
- C. "On the first day of your menstrual period. "
- D. "On the last day of your menstrual period"

8. The client has abdominal pain of unknown origin. During the abdominal examination, which of the following is most accurate?

- A. The palpation should be performed first.
- B. Auscultation is best done with the client in the sitting position.
- C. Bowel sounds should be heard by examining each quadrant for 5 minutes.
- D. A paralytic ileus would result in low, growling sounds.

9. Joseph was scheduled for a physical assessment. When percussing the client's chest, the nurse would expect to find which assessment data as a normal sign over his lungs?

- A. Dullness
- B. Resonance
- C. Hyperresonance
- D. Tympanic

10. Nurse Rita is about to perform Romberg's test to Pierro. To ensure the latter's safety, which intervention should nurse Rita implement?

- A. Allowing Pierro to keep his eyes open
- B. Having Pierro hold on to furniture
- C. Letting Pierro spread his feet apart
- D. Standing close to Pierro to provide support

11. The patient's ability to identify a certain aroma depends on the function of cranial nerve

- A. Cranial nerve I
- B. Cranial nerve VI
- C. Cranial nerve II
- D. Cranial nerve III

12. Men should be instructed to perform testicular self-examination every

- A. 4 weeks
- B. 6 weeks
- C. 6 months
- D. 1 year

13. The nurse places a key in the hand of a patient and he identifies it correctly. What term would the nurse use to describe this finding?

- A. Extinction
- B. Stereognosis
- C. Graphesthesia
- D. Tactile discrimination

14. The sequence in examining the quadrants of the abdomen is:

- A. Right Upper Quadrant; Right Lower Quadrant; Left Upper Quadrant, Left Lower Quadrant
- B. Right Lower Quadrant; Right Upper Quadrant; Left Lower Quadrant; Left Upper Quadrant
- C. Right Upper Quadrant; Right Lower Quadrant; Left Lower Quadrant; Left Upper Quadrant
- D. Right Lower Quadrant; Right Upper Quadrant; Left Upper Quadrant, Left Lower Quadrant

15. Which of the following is an open ended question?

- A. What brought you in today?
- B. Where does it hurt?
- C. Have you been checking your blood pressure?
- D. When was the last time you were seen by a nurse?

TRUE AND FALSE

Question 16 – 22 are true or false questions. In your answer book write either T or F. For example: 1 – B.

16. On auscultation of the heart, the nurse expects to find S1 to be louder at apex of the heart. T/F

17. The Rovsing's sign detects rebound tenderness in a patient with acute appendicitis T/F

18. The psoas sign is a test for cholecystitis. T/F

19. Spoon nails are a characteristic feature of iron deficiency anemia. T/F

20. A macule is an elevated, palpable, solid mass with circumscribed borders T/F

21. Hyperresonance can be heard in pneumothorax T/F

22. Most breast tumors occur in the upper outer quadrant. T/F

For question 23 – 25 write the appropriate word missing in your answer sheet.

For example: 26. Fremitus.

23. _____ is the percussion tone elicited over normal lung tissue.

24. A/an _____ assessment is a very rapid assessment performed in life-threatening situations.

25. _____ is a crackling sensation that occurs when air passes through fluid or exudate.

TOTAL – 25 MARKS

QUESTION 2

2.1. State three (3) purposes of using percussion. (3 marks)

2.2. A patient visits your clinic and complains of chest pain. You decide to determine chest expansion.

Describe the method you will use in assessing chest expansion and explain what would be the abnormal findings. (4 marks)

2.3 Scenario: A 32-year-old client visits the health care facility for a routine check - up. Blood pressure is found to be 120/85 mm Hg. However, during the examination the client informs the nurse of having noticed a lump in the right breast, but dismissed it as an allergic reaction. However, after two days, the client noticed that the lump had grown and thickened. The client also complains to the nurse about itching, redness, and soreness of the nipple. The client has since lost weight and appetite. The client's pulse rate is 75 beats per minute and respiratory rate is 16 breaths per minute.

Based on the scenario above what abnormal data should the nurse document? (3 marks)

2.4. Scenario: A nurse is conducting an initial comprehensive assessment of a 25-year-old client who has been admitted to the health care facility with severe pain in the abdomen. During the assessment, the client informs the nurse of being treated for a peptic ulcer. The client tells the nurse of having migraines and taking aspirin to control them. The client is afraid of having taken too much aspirin. The client appears pale, and on examination, the nurse notes that the pain is originating around the stomach area.

a. How should the nurse categorize the information provided by the client into subjective and objective data? (5 marks)

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

a. What data should be collected by the nurse to assess for various risk factors of breast cancer? (5 marks)

b. State five (5) clinical manifestations the nurse should assess in this client? (5 marks)

TOTAL 25 MARKS

QUESTION 3

3.1. Explain the term "tactile fremitus"

(2 marks)

3.2. Discuss the procedure involved in assessing the tactile fremitus. (5 marks)

3.3. Describe how you would inspect the neck

(4 marks)

3.4. Describe the method you should use to demonstrate accommodation of pupils of the eye.

(2 marks)

3.5. What would be the normal reaction of the pupils to light?

(1 mark)

3.6. A client who works in factory visits the health care facility for a routine checkup. During the interview, the nurse notes that the client keeps asking to have questions repeated. The client states being unable to understand conversations in a social circle and avoids socializing.

a. How should the nurse assess hearing in the client?

(4 marks)

b. Explain the method she would perform to determine bone and air conduction

(4 marks)

c. What could be an abnormal finding for the patient for this test? (1 mark)

3.7. You are conducting a prostate examining on a 67 year old man.

a. What would be the possible medical diagnosis if the prostate is swollen and tender?

(1 mark)

b. What could be the possible medical diagnosis if the prostate has a hard, fixed area?

(1 mark)

TOTAL - 25 MARKS

GRAND TOTAL – 75 MARKS