

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING
FINAL EXAMINATION
MAY 2018

COURSE CODE: GNS 212

TITLE OF PAPER: HEALTH ASSESSMENT II

DURATION: 2 HOURS

MARKS: 85

INSTRUCTIONS

1. THIS PAPER CONSISTS OF TWO SECTIONS: SECTION 1 – MULTIPLE CHOICE AND SECTION 2 – ESSAY QUESTIONS
2. ANSWER ALL QUESTIONS IN SECTION ONE
3. IN SECTION TWO, ANSWER ONLY TWO QUESTIONS, QUESTION ONE IS COMPULSORY
4. READ QUESTIONS AND INSTRUCTIONS CAREFULLY
5. 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. 4. B

Note: Each question carries one mark.

1. Which of the following is **MOST** appropriate when assessing the client's level of concentration?
 - A. Ask where client lives
 - B. Ask client to follow some directions
 - C. Ask about today's weather
 - D. Ask about client's birthday

2. When a client opens up the eyes, answers questions and suddenly falls back to sleep, this is known as-----
 - A. Lethargy
 - B. Obtuded
 - C. Alert and awake
 - D. Stupor

3. When a client awakes to vigorous shake or painful stimuli but returns to unresponsive sleep, this is -----
 - A. Lethargy
 - B. Obtuded
 - C. Alert and awake
 - D. Stupor

4. Before you assess the mental status of an older client, which of the following needs to be checked first?
 - i. Hygiene
 - ii. Vision

- iii. Hearing
 - iv. Speech
 - A. i, and ii
 - B. i, and iii
 - C. ii, and iii
 - D. iii, iii and iv
5. When assessing a client's level of consciousness, the sequential order is -----
- i. Verbal
 - ii. Tactile
 - iii. Speech
 - iv. Painful stimulus
 - A. i, ii, iii
 - B. ii, iv, i, iii
 - C. i, ii, iv, iii
 - D. iii, ii, iv
6. The following conditions can be aggravated by consuming caffeine, **EXCEPT**-----
- A. Stress
 - B. Weight gain
 - C. Cognitive arousal
 - D. Mood disorder
7. The following are recreational drugs, **EXCEPT**-----
- A. Tranquilizer
 - B. Marijuana
 - C. Supplements
 - D. Barbiturates

8. Which of the following types of pain is perceived in nerves left by a missing body part?
- A. Neuropathic
 - B. Phantom
 - C. Intractable
 - D. Deep somatic
9. The pain that is felt when blood vessels, tendons, nerves and ligaments are damaged is known as-----
- A. Neuropathic
 - B. Intractable
 - C. Phantom
 - D. Deep somatic
10. Which pain dimension is related to the beliefs, attitudes and motivations towards pain?
- A. Cognitive
 - B. Affective
 - C. Socio-cultural
 - D. Behavioural
11. Which of the following tips is **NOT** applicable when collecting data in a client with pain?
- A. Ask about his past experience with pain
 - B. Believe the client's expression of pain
 - C. Maintain privacy and ensure confidentiality
 - D. Put some words in the client's mouth to speed up the interview
12. The following are pain scales **EXCEPT**-----
- A. Visual analogue
 - B. Glasgow scale
 - C. Graphic rating scale

D. Verbal rating scale

13. The following are your responsibilities in pain management **EXCEPT**-----
- A. Assess pain intensity
 - B. Educate client about pain
 - C. Assess the cause of pain
 - D. Promote immediate use of analgesia
14. A pill that looks like a medication but has no medicinal properties is called a (n) -----
- A. Supplement
 - B. Placebo
 - C. Organic
 - D. Mineral
15. Which of the following brain structures is responsible for the emotional aspect of pain?
- A. Medulla
 - B. Cortex
 - C. Hypothalamus
 - D. Thalamus
16. Which type of pain is resistant to a pain relief medication?
- A. Neuropathic pain
 - B. Intractable pain
 - C. Deep somatic pain
 - D. Cutaneous pain
17. A deceleration of a fetal heart rate could indicate-----
- A. Shoulder presentation
 - B. Retroverted uterus
 - C. Poor placental perfusion

D. False pregnancy

18. The absence of fetal heart tones when using a fetal Doppler may indicate -----

A. Fetal demise

B. Macrosomia

C. Macrocephaly

D. Polyhydraminous

19. Abdominal contractions lasting too long and occurring too frequently with increased fetal heart rate after 37 weeks may indicate -----

A. False labor

B. Premature labor

C. Maternal distress

D. Fetal distress

Total: 19 Marks

SECTION 2

Instructions: Answer only two (2) questions. Question one (1) is compulsory.

Question 1

Situation: You are alone at Mkhiweni clinic in the Manzini region. Mr Mdluli is your client who reports severe chest pains. On examination, Mr Mdluli is hot on touch and restless. His family health history shows two deaths related to respiratory disorders. You decide to do a chest examination on him.

Question A-E relate to the above situation.

- A. Analyze the symptom **chest pain** using the COLDSPA format by writing down the key seven (7) questions with rationale you will ask Mr Mdluli (14)
- B. State any five (5) questions with rationale you will ask Mr Mdluli on his lifestyle and health practices to complete your health history taking (5)
- C. Discuss how you will auscultate Mr Mdluli's posterior chest for breath sounds (6)
- D. State the two (2) breath sounds of the posterior thorax and their location you may elicit in Mr Mdluli (4)
- E. With aid of examples, describe how you will document Mr Mdluli's information using the SOAPIE format (12)

Total: 41 Marks

Question 2

- A. Define ethnocentrism (1)
- B. Describe how the following factors affect disease, illness and health state: (12)
- Pain
 - Death rituals
 - Causes of illness
 - Family roles
 - Pregnancy or child birth
 - Blood products
- C. Describe the Theory of Walker's Cycle of Violence and its three (3) phases (8)
- D. State any four (4) categories of family violence (4)

Total: 25 Marks

Question 3

Situation: Mrs Simelane is 85 years old and visits your clinic. She tells you about not feeling well for the last 2 weeks and loss of memory. You observe that her speech is slow and incongruent with flight of ideas; she also has a dishevelled/unkept appearance and maintains poor eye contact with you.

Question A-B relate to the above situation

- A. Describe how you will observe the level of consciousness in Mrs Simelane (7)
- B. Describe any four (4) abnormal findings that you may elicit when observing Mrs Simelane's speech and state what each would indicate (8)
- C. Illustrate the five (5) differences between Alzheimer's and typical age-related changes in a table (10)

Total: 25 marks