

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION MAY 2006**

<b>COURSE TITLE</b>	<b>HEALTH ASSEMENT DIAGNOSIS AND TREATMENT</b>
<b>COURSE CODE</b>	<b>NUR 402</b>
<b>TIME ALLOWED</b>	<b>THREE (HOURS)</b>
<b>TOTAL MARKS</b>	<b>: 100</b>
<b>INSTRUCTIONS</b>	<b>1. ANSWER ALL QUESTIONS</b> <b>2. EACH QUESTION CARRIES 25 MARKS</b> <b>3. ONE MARK ALLOCATED FOR EACH CORRECT FACT UNLESS OTHERWISE INDICATED</b>

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GRANTED BY THE INVIGILATOR***

## QUESTION 1

For each of the following statements, select the most appropriate answer and write it in your answer book e.g. 1. C.

1. A 75 year-old client complains of malaise and dysesthesia and has vesicular eruptions on one side of the back. There is itching, pain, and tingling in the area of the rash. The client's oral temperature is 101 degrees F. The diagnosis most likely would be:
  - a. Herpes zoster
  - b. Herpes simplex virus infection
  - c. Impetigo
  - d. An allergic reaction
  
2. A mother reports that her 14-year-old child has developed generalised itching and hives after being stung by a bee. Further assessment for more serious signs indicating the need for emergency intervention would be:
  - a. Fluid oozing from lesions
  - b. Pain, erythema, and honey-coloured crusting of lesions.
  - c. Angioedema, shortness of breath and wheezing.
  - d. Tachycardia
  
3. Your 7 year old patient is brought in with a complaint of itching on her arms and legs and waist. After finding small, scattered excoriations at the waist, antecubital fossa and between the webs of the fingers and toes, you diagnose her with scabies, a skin infestation by the *sarcoptes scabies* mite. Your patient's mother asks how her daughter got this and is this common. You inform her that scabies is spread through which of the following:
  - a. Infected food products and is common in young children
  - b. Infected bodily fluids and is common in elderly only
  - c. Contaminated water and is common in all ages
  - d. Skin to skin contact and is common in young children.
  
4. A 34-year-old male presents to your care with what appears to be obvious oral candidiasis. You treat him with nystatin oral suspension 500,000 units swish and swallow 3-5 times a day for 10 days. His infection clears, but he returns with the same symptoms in one month. Which of the following would not be part of your evaluation for this patient.
  - a. Diabetes mellitus
  - b. HIV infection
  - c. Malnutrition or substance abuse
  - d. Multiple Sclerosis
  
5. A cataract usually presents as:
  - a. Complaint of glare from bright lights at night and clouding of lens on examination.
  - b. Pain, photophobia, and sensations of foreign body
  - c. Sluggish pupil and ciliary flush

- d. Progressive loss of central vision, no change in appearance of the eye.
6. The most important activities to teach a client regarding self-management of congestive heart failure would be to emphasise.
- Recording body weight and assessing symptoms on a daily basis.
  - Recording body weight daily and measuring ventricular function regularly
  - Assessing symptoms of electrolyte imbalance on a regular basis.
  - Checking potassium levels regularly and recording body weight daily.
7. A 58-year-old client has a blood pressure reading of 162/90 mmHg. The nurse practitioner should:
- Have the client return for successive blood pressure checks
  - Have the client return for a total of three successive blood pressure checks and reduce sodium intake.
  - Initiate treatment with 25mgm hydrochlorothiazide daily.
  - Plan to recheck the client in three months.
8. Which of the following is NOT likely to elevate blood pressure.
- Oral contraceptives
  - Corticosteroids
  - Decongestants
  - Paracetamol
9. A 21-year-old female is having a severe asthma exacerbation. Which of these physical findings may be absent during a asthma attack:
- Tachypnaea
  - Wheezing
  - Prolonged expiration
  - Tachycardia
10. Which of the following statements indicate a client's understanding of what should be done to care for the diabetes mellitus client when s/hent is ill?
- "I should take my usual dose of insulin"
  - "I should avoid eating sweets, especially when I am sick"
  - "I should check for ketones if my blood sugar is over 150"
  - "I should alter my regular insulin but take my usual NPH insulin"
11. Insulin need is increased with fever because of a (an):
- Decreased gluconeogenesis
  - Increased metabolic rate
  - Increased secretion of adrenocortical hormones in response to stress
  - Decreased endogenous insulin production

Answers:

- 1,2,3
- 2,3,4
- 2,3
- All of the above

12. Nursing intervention for a patient in diabetic ketoacidosis includes:
1. Accurate administering of large doses of regular insulin
  2. Careful restriction of fluids
  3. Cautious monitoring of potassium replacement
  4. Administration of hydrocortisone

**Answers:**

- a. 1,3
  - b. 1,2,4
  - c. 2,3,4
  - d. All of the above
13. Mrs. S. has hypoglycaemic reaction at 4pm. Signs of hypoglycaemia are:
- a. Flushed skin, nausea and vomiting and increased BP
  - b. Pallor, fatigability, dyspnoea and decreased BP
  - c. Tremulousness, anxiety sweating and elevated BP
  - d. Increased respiration, drowsiness, fever and decreased BP.
14. Nursing intervention for the hypoglycaemic patient may include administration of:
- a. Oral glycogen
  - b. Oral dextrose
  - c. IV sucrose
  - d. IV calcium gluconate
15. The basic pathophysiologic reaction that occurs in hypertension is at the level of the:
- a. Heart.
  - b. Arteriole.
  - c. Kidney.
  - d. Aorta
16. Primary syphilis may be marked by a:
- a. Chancroid
  - b. Chancre
  - c. Rash
  - d. Bubo
17. The sexual partners of women with trichomonas vaginitis are usually treated. The nurse understands that the reason for treating both partners is:
- a. Untreated partners develop gonorrhoea
  - b. Most men will not wear protective condom
  - c. The sexual partner is often the infections contact
  - d. Inflammation and pruritis often afflict the infected partner

18. Which of the following is a complications of gonorrhoea that can lead to sterility.
  - a. Vulvitis
  - b. Vaginitis
  - c. Pelvic inflammatory disease
  - d. Urethritis
  
19. The thiazide diuretics are often prescribed for hypertension. They act to:
  - a. Block the alpha-beta response
  - b. Cause vasodilation
  - c. Suppress the adrenal hormone release
  - d. Prevent reabsorption of sodium chloride and water from the renal tubules.
  
20. The nurse is alert to assess the patient for side effects of the loop and thiazide diuretics. These side effects include:
  - a. Hypokalemia and hyperurecemia
  - b. Gastric ulcers with bleeding tendencies
  - c. Transient ischemic attacks
  - d. Hypernatremia and angina
  
21. Spironolactone (aldactone) is a diuretic that acts on the renal tubules by blocking the sodium- retaining action of aldosterone. The main advantage of this drug is that it:
  - a. Maintains normal uric acid metabolism
  - b. Is potassium sparing
  - c. Produces more potent diuresis
  - d. May be administered orally or parenterally,
  
22. The symptoms of asthma are primarily caused by which one of the following?
  - a. Emotional stress
  - b. Poor nutrition
  - c. A viral infection
  - d. An allergic response
  
23. Viral hepatitis A (infectious hepatitis) is transmitted mainly through the:
  - a. Genital route
  - b. Oral route
  - c. Parenteral route
  - d. Respiratory route
  
24. The nursing history of the patient with cirrhosis reveals:
  - a. Jaundice, oedema, ascites, and bleeding tendencies
  - b. Tachycardia, jaundice and diarrhoea
  - c. Abdominal distention and absence of bowel sounds, ascites.
  - d. Hyperglycaemia, jaundice and melana.

25. One of the most important nursing measures in respect of diarrhoea is:
- a. Assessing the number, frequency and character of stools.
  - b. Encouraging judicious use of antidiarrhoeal agents.
  - c. Giving the patient instructions for preparation of an electrolyte solution to replace lost fluids.
  - d. Disimpacting the patient.

### QUESTION 2

The scope of nursing health assessment may be comprehensive, screening or focused.

- a) What is the goal of the assessor when initiating a comprehensive health assessment. 1 mark
- b) What information do you need to consider before initiating a comprehensive health assessment and why would you consider this kind of information. 2 marks
- c) Describe the factors that have influenced the development of health assessment in nursing 6 marks
- d) Describe three purposes of the screening health assessment. 3 marks
- e) In health assessment, data may be obtained from a variety of sources. Mention two forms of data sources that you know giving examples of each form. 2 marks
- f) A health assessment interview is initiated primarily to collect data from the client
  - i) Mention the data class that is obtained from interviewing. 1 mark
  - ii) Describe the guidelines used for recording chief complaint or reason for visit. 6 marks
  - iii) Describe reflection as interviewing technique. 2 marks
  - iv) Describe confrontation as interviewing technique 2 marks

**TOTAL      25 marks**

### **QUESTION 3**

The responsibility of health promotion and maintenance of the couples' health lies within themselves.

a) In an attempt to prevent and control the occurrence and spread of sexually transmissible infections amongst couples, you will give them advice. Discuss the advice you will give them 12 marks

b) Explain the subjective information you would collect from a 13-year old and suspected to be having gonorrhoea. 8 marks

c) What laboratory investigation is usually ordered for clients who are suspected to be having syphilis? 1 mark

d) What is the causative agent for syphilis? 1 mark

e) What treatment is usually ordered for clients with genital ulcers? 3 marks

**Total 25 marks**

### **QUESTION 4**

a) Hypoglycemia is most prevalent in patients on insulin and sulfonylureas. Describe the symptoms (subjective) data for this condition 4 marks

(each symptom is worth ½ mark)

b) Explain patient education for Diabetes Mellitus under the following

i) Dietary management 8 marks

ii) Exercise 5 Marks

iii) Foot care 8 marks

**TOTAL 25 marks**