

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

MAY 2014

COURSE CODE: GNS 212

TITLE OF PAPER: HEALTH ASSESSMENT II

DURATION: 2 HOURS

MARKS: 75

INSTRUCTIONS

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

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. 1. B

Note: Each question carries one mark.

Situation: You are assessing a newborn baby who has been delivered 6 hours ago at home.

Questions 1 -2 relate to the above situation.

1. Which of the following newborn's reflexes is a response to sudden stimulation or an abrupt change in position?

- A. Sucking reflex
- B. Moro reflex
- C. Babinski reflex
- D. Stepping reflex

2. The normal head circumference for this new born baby should range between which of the following measurements?

- A. 33 cm – 35.5 cm
- B. 30 cm – 33 cm
- C. 35 cm – 39 cm
- D. 35 cm – 42 cm

Situation: Mr Dlamini an 84-year-old male client visits your health care facility for a physical assessment. Mr Dlamini complains of urinating frequently and dribbling urine after finishing. At times, he also has trouble in urinating. Mr Dlamini has low levels of activity.

Questions 3 – 6 relate to the above situation.

3. Which of the following conditions could be related to Mr Dlamini's problem?

- A. Pilonidal cyst
- B. Hemorrhoids
- C. Prostate cancer
- D. Colorectal cancer

4. When preparing Mr Dlamini for physical examination, the following position(s) are appropriate for the examination **EXCEPT**
- i. Supine position
 - ii. Left lateral position
 - iii. Knee-chest position
 - iv. Prone position
- A. i only
 - B. ii and iii only
 - C. i and iv only
 - D. iv only
5. When palpating Mr Dlamini to confirm his condition which of the following maneuvers is correct?
- A. Palpate in the area of seminal vesicles on the anterior surface of rectum and note any tenderness
 - B. Palpate the anterior surface of the rectum by turning the hand anticlockwise with pad of finger facing towards clients umbilicus.
 - C. Palpate the posterior surface of the rectum with your hand facing towards clients back.
 - D. Palpate the sacrococcygeal area for sinus tract.
6. The following are risk factors for Mr Dlamini's condition **EXCEPT**
- i. Family history
 - ii. Diabetes mellitus
 - iii. High intake of red meat
 - iv. Poor bowel habits
- A. i only
 - B. iv only
 - C. i and iii only
 - D. ii and iv only

Situation: Mrs. Khanya, a 61 year old female client comes to your clinic with a diagnosis of Deep Vein Thrombosis (DVT). Her vital signs were: BMI= 20, BP 159/110 mmHg, Pulse 68 b/m, Resp 19 b/m, Temp 37.8 °C.

Question 7 and 8 relate to the above situation.

7. Which of the following could be possible signs and symptoms of Mrs. Khanya's diagnosis?
- i. Leg fatigue
 - ii. Pitting edema
 - iii. Swelling and tender in one or both legs
 - iv. Invisible surface veins
- A. i and iii
 - B. ii and iii
 - C. i and iv
 - D. i, ii and iv
8. The following conditions are all risk factors for Mrs. Khanya's diagnosis **EXCEPT:**
- A. Post-menopausal hormone therapy
 - B. 60 years of age or older
 - C. Having more than one DVT risk factor
 - D. Overweight
9. The following maneuvers are all necessary for a Trendelenburg test **EXCEPT**
- A. Lie the client in a supine position
 - B. Apply a tourniquet to the upper thigh
 - C. Elevate the leg to 30 degrees for about a second
 - D. Have a client assisted to a standing position to observe venous filling

10. When observing venous filling on a client which of the following would suggest incompetent valve in the leg vein?
- A. Rapid filling of superficial varicose veins from above leg after the tourniquet has been removed.
 - B. Swelling from the above leg with the tourniquet in place and client standing.
 - C. Saphenous vein filling from below leg in 30 seconds
 - D. Rapid filling of veins from below leg after the tourniquet has been removed.
11. The following behaviours are key factors in preventing varicose veins **EXCEPT**
- A. Avoid crossing the legs
 - B. Take precautions against injury to the extremities
 - C. Maintain ideal body weight
 - D. Avoid wearing loose clothing
12. The cramping leg pain in the calf muscles is also known as -----
- A. Intermittent pain
 - B. Jerking pain
 - C. Intermittent claudication
 - D. Nocturnal pain

Situation: Mrs. Khoza is a 72 year old female who comes to your health facility with hard painless nodules over her proximal interphalangeal joints.

Questions 13 – 15 relate to the above situation.

13. Which of the following is related to Mrs. Khoza's problem?
- A. Acute rheumatoid arthritis
 - B. Osteoarthritis
 - C. Acute gouty arthritis
 - D. Chronic rheumatoid arthritis

14. On assessment you find that Mrs. Khoza's Range of Motion (ROM) is decreased. Which of the following could be the cause for the decreased ROM?

- i. Synovial fluid thickening
- ii. Crepitation
- iii. Exercising
- iv. Dislocation

- A. i and iii
- B. i and ii
- C. ii and iv
- D. iii and iv

15. The following are appropriate range of motion for Mrs. Khoza's hands **EXCEPT**

- A. Abduction
- B. Flexion
- C. Adduction
- D. Dorsiflexion

16. An exaggerated lumbar curve often seen in pregnancy or obesity is known as _____.

- A. Kyphosis
- B. Flattening of lumbar curve
- C. Lordosis
- D. Scoliosis

Match each of the following conditions with the correct corresponding characteristic(s) e.g 26. A, B. NOTE: Answer(s) may be **equal or less than four (4)** in each question.

TYPE OF CONDITION	CHARACTERISTICS
17. Arterial insufficiency	A. Leg edema moderate to severe
18. Venous insufficiency	B. Ulcer located over the toes, heel or on any other pressure area.
19. Deep vein thrombosis	C. Also known as venous occlusion
	D. Ulcer very painful and circular in shape
	E. Diminished or absent pulse
	F. Affects only the elderly
	G. Birth control pills pose as a risk factor
	H. Leg edema minimal unless kept in dependent position
	I. Caused by abnormal or blocked lymph vessels
	J. Pulse may be present but difficult to palpate through edema
	L. Aching, cramping pain
	N. Only noted around the inguinal area
	O. Ulcer has irregular boundaries

Total: 25 Marks

SECTION 2

Question 1

Situation: Mr. Dlamini is a 20 year old client who complains of pain and swelling in the right knee after a fall while playing basketball. The client shows decreased range of motion in the knee.

A. Discuss how you will perform your physical assessment on Mr. Dlamini's knee.

(8)

Situation: An 10-year-old male child comes to your care complaining of abdominal pain, mild abdominal distension with stiffness, inability to pass flatus, nausea, and vomiting which is projectile (coming out like a missile) with foul smell like feces. The mother gives history of giving the child some traditional herbs as a treatment for intestinal worms. General observation: the child looks very weak, hyperventilation noted. V/S: Temp 37.9°C; P 84b/m; R 24b/m; Pain = 5 (on rating scale 0-10).

Questions B – E relate to the above situation.

B. Mention one (1) condition that is related to the client's problems. (1)

C. Discuss your possible abdominal findings upon auscultating and palpating the client.

(12)

D. Discuss any five (5) emergency plans for this client. (10)

E. Formulate any three (3) actual nursing diagnoses **related** to the client's condition. (3)

Question 2

- A. Discuss the three (3) mechanisms of venous function that help propel blood back to the heart. (6)

Situation: Mrs Kunene is a 39 year old female who comes to your clinic complaining of irregular and heavy menstrual flow. She sometimes experience offensive smell through the vagina but denies any chronic pain. Her mother died of cervical cancer three years ago.

- B. Describe how you would insert the speculum into the vagina to obtain the cervical specimen for analysis (Pap smear), from Mrs Kunene.

(10)

Total: 50 Marks