UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION
DECEMBER 2015

COURSE: HEALTH ASSESSMENT 1
COURSE CODE: GNS 207
DURATION: 2 HOURS
MARKS: 75

INSTRUCTIONS

1. THIS PAPER CONSISTS OF TWO (2) SECTIONS: SECTION 1 – OBJECTIVE QUESTIONS 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. A

1. In which one of the following interviewing phase do you listen, observe cues and use critical thinking skills to interpret information?
   A. Pre-summary phase
   B. Working phase
   C. Introductory phase
   D. Summary phase

2. The following are non-verbal communication to avoid during the interview EXCEPT:
   A. Reading questions
   B. Standing
   C. Distraction
   D. Silence

3. When using “COLDSPA” mnemonic for symptom analysis, which one of the following components asks “what makes your symptom better or worse”?
   A. Associated factors
   B. Duration
   C. Pattern
   D. Character

4. Which type of pain is located in the abdominal cavity, thorax, and cranium?
   A. Visceral pain
   B. Cutaneous pain
   C. Deep somatic
   D. Phantom pain

5. The following are all dimensions of pain EXCEPT:
   A. Spiritual
   B. Cognitive
   C. Effective
   D. Sensory

6. Which one of the following cultural groups believes that pain is natural and honourable?
   A. African-American
   B. Hindu
   C. Jewish
   D. Asian and Asian-American
7. The physiologic pain processes involved in pain perception sequentially include:
   A. Transduction, transmission, perception, and modulation
   B. Transduction, transmission, modulation, and perception
   C. Perception, modulation, transmission, and transduction
   D. Perception, modulation, transduction, and transmission

8. Which one of the following aspects of pain location is perceived in body areas away from the pain source?
   A. Phantom
   B. Radiating
   C. Intractable
   D. Referred

9. Which of the following tools is NOT used for pain assessment?
   A. Verbal rating scale
   B. Faces pain scale
   C. Glasgow coma scale
   D. Visual analog scale

10. Which of the following is palpated using the palmar or ulnar surfaces of the hand?
    i) Fremitus
    ii) Temperature
    iii) Capillaries
    iv) Vibrations
    A. i and ii
    B. ii and iii
    C. i and iv
    D. ii and iv

11. A superficial linear abrasion of the epidermis which has a visible sign of itching such as in atopic dermatitis is known as:
    A. Fissure
    B. Excoriation
    C. Scar
    D. Atrophy

12. Anaphylactic shock is an example of which one of the following conditions?
    A. Coma
    B. Irritation
    C. Asthma
    D. Allergy
13. A skin color that is seen in arterial insufficiency or anaemia is known as—______.
   A. Cyanosis
   B. Pallor
   C. Acanthosis nigricans
   D. Jaundice

14. The__________ nodes are located at the angle between the mandible and the anterior edge of the sternomastoid muscle.
   A. Submandibular
   B. Submental
   C. Superior cervical
   D. Torusillar

15. Which one of the following is NOT a characteristic of a lymph node?
   A. Mobility
   B. Delimitation
   C. Consistency
   D. Color

TOTAL: 15 MARKS
SECTION 2

SHORT ESSAY QUESTIONS

Instructions: Each point with rationale carries a mark.

**Question 1**

Situation: Mr Fakudze is a 50 yr old man admitted to the medical ward with history of severe chest pains. On examination, Mr Fakudze looks wasted, dyspneic and coughing continuously. He admitted to have defaulted ardi-tuberculosis treatment six months ago. The ward physician ordered you to assess Mr Fakudze’s chest and lungs, take the sputum for test and send the client for chest x-ray.

A. Explain any five (5) points with rationale on how you will prepare the client for thorax and lungs examination. (5)

B. Discuss how you will auscultate Mr Fakudze’s thorax and lungs for breath sounds and adventitious sounds to rule out tuberculosis. (12)

C. Briefly explain the importance of the sputum and chest x-ray as diagnostic tests used to evaluate Mr Fakudze’s condition. (4)

D. Formulate any three (3) actual nursing diagnoses for Mr Fakudze. (3)

E. Explain and give rationale for any five (5) points you will consider when giving health education to Mr Fakudze. (10)

Total: 34 Marks

**Question 2**

Situation: You are performing an examination of the oral cavity and throat on a client who complains of a sore throat and difficulty in swallowing fluids and foods. As you depress the tongue with the tongue depressor to visualize the pharynx, the client gags, making the examination difficult.

A. Briefly explain with rationale on how you will maintain comfort when conducting the examination on this client? (5)

B. Discuss how you will inspect the client’s uvula, tonsils and the posterior pharyngeal wall and state possible findings. (6)

Total: 11 Marks
Question 3

Situation: Mrs Hlanze is a 50-year-old female admitted to your health care facility with mitral valve prolapse. She is a known cardiac disorder client. Her symptoms include fatigue, headaches, and sharp chest pains.

A. Explain the kind of heart sound that may be heard in this client? (1)

B. Based on the symptoms and history in the scenario above, what is the correct landmark for auscultating the heart sounds in Mrs Hlanze? (1)

C. Explain the three (3) examination techniques that you will use to assess the precordium and the heart sounds? (6)

Situation: Ms Simelane is an ex-professional model who visits your clinic with severe backache. Ms Simelane’s profession required her to wear high-heeled shoes. Her prolonged use of such footwear has resulted in osteoporosis and impaired mobility.

D. State any seven (7) questions you will ask Ms Simelane when analysing her pain using the “COLDSPA” format. (7)

Total: 15 Marks

TOTAL: 60 MARKS