UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION
MAY 2016

COURSE CODE: GNS 212
TITLE OF PAPER: HEALTH ASSESSMENT II
DURATION: 2 HOURS
MARKS: 75

INSTRUCTIONS

1. READ QUESTIONS AND INSTRUCTIONS CAREFULLY.

2. THIS PAPER CONSISTS OF TWO (2) SECTIONS: SECTION 1 – MULTIPLE CHOICE AND SECTION 2 – ESSAY QUESTIONS.

3. ANSWER ALL QUESTIONS IN ALL SECTIONS.

4. 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. 1. B
Note: Each question carries a mark.

Situation: Mr Fakudze is a 64-year-old male client who visits your health care facility for a physical assessment. He reports urinating frequently and dribbling urine after finishing. At times, he also has trouble in urinating. Mr Fakudze also reports low levels of activity.

Questions 1 – 4 relate to the above situation.

1. Which one of the following conditions is related to Mr Fakudze’s problem?
   A. Pilonidal cyst
   B. Hemorrhoids
   C. Prostate cancer
   D. Colorectal cancer

2. When preparing Mr Fakudze for a physical examination, the following positions may be appropriate 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

3. To confirm Mr Fakudze’s condition which one of the following examination is correct?
   A. Palpate the anterior surface of the rectum by turning the hand counterclockwise with pad of finger facing towards clients umbilicus.
   B. Palpate the posterior surface of the rectum by turning the hand counterclockwise with pad of finger facing towards clients back.
   C. Palpate in the area of rectum and turn your finger clockwise and then counterclockwise
D. Palpate the peritoneal area by turning the hand anticlockwise with pad of finger facing the back.

4. The following are risk factors for Mr Fakudze’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 Mwelase is a 71 year old female client who comes to your clinic with a diagnosis of Deep Vein Thrombosis (DVT) in her right leg. She also reports that recently her vision is becoming cloudy. V/S: BMI= 20, BP 160/120 mmHg.

Question 5 and 8 relate to the above situation.

5. Which of the following conditions are risk factors for Mrs. Mwelase?
   i. Cataract
   ii. Overweight
   iii. 60 years of age or older
   iv. Having more than one DVT risk factor
      A. i. and ii
      B. ii and iii
      C. iii and iv
      D. ii, iii and iv

6. When inspecting Mrs Mwelase’s right leg for edema which one of the following may be found?
   i. Bilateral edema
   ii. Dilated veins in the affected leg
   iii. Unilateral edema distal to the affected site
   iv. Muscular atrophy in affected leg
      A. i. and ii
7. When performing a Trendelenburg test in Mrs Mwelase, the following manoeuvres are appropriate 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 the client assisted to a standing position to observe venous filling

8. When observing venous filling in Mrs Mwelase, which of the following would suggest incompetent valve in the affected 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

9. Which one of the following behaviours is NOT a key factor in preventing varicose veins:
   A. Avoid crossing the legs
   B. Take precautions against injury to the extremities
   C. Maintain ideal body weight
   D. Elevate swollen legs below heart level

10. The cramping leg pain in the calves, thigh or weakness with activity is known as ———.
    A. Reynauds pain
    B. Jerking pain
    C. Claudication pain
    D. Intermittent claudication

Instructions: Match each of the following cranial nerves with the correct corresponding function e.g. 16. A. NOTE: There is only one answer for each question.
<table>
<thead>
<tr>
<th>Cranial nerve</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>11. Spinal accessory</td>
<td>A. Innervates tongue muscles that promote movement of food and talking</td>
</tr>
<tr>
<td>12. Facial</td>
<td>B. Influences clenching and lateral jaw movement such as chewing</td>
</tr>
<tr>
<td>13. Hypoglossal</td>
<td>C. Promotes swallowing movement and gag reflex</td>
</tr>
<tr>
<td>14. Olfactory</td>
<td>D. Controls lateral eye movement</td>
</tr>
<tr>
<td>15. Oculomotor</td>
<td>E. Supplies facial muscles and affects facial expression such as frowning</td>
</tr>
<tr>
<td>16. Glossopharyngeal</td>
<td>F. Innervates neck muscles that promote head rotation and movement of shoulders</td>
</tr>
<tr>
<td>17. Optic</td>
<td>G. Carries smell impulses from nasal mucous membrane to brain</td>
</tr>
<tr>
<td>18. Trigeminal</td>
<td>H. Promotes swallowing, talking, and production of digestive juices</td>
</tr>
<tr>
<td>19. Abducens</td>
<td>I. Contracts eye muscles to control eye movement</td>
</tr>
<tr>
<td>20. Vagus</td>
<td>J. Carries visual impulses from eye to brain</td>
</tr>
</tbody>
</table>

**Total: 20 Marks**
Section 2

Instruction: Each point carries one mark

Question 1

Situation: Ncaba is a 21 year old male client who comes to your clinic with complaints of severe abdominal pains, which started around the umbilical area then progressed to the right lower quadrant. He also reports nausea and vomiting, mild abdominal distension. Lying still with right leg flexed lessen the pain. V/S: BP 130/80mmHg, Temp 38°C Celsius, Pain 8/10.

A. Describe any four (4) things you will inspect in Ncaba’s abdomen during your physical assessment (4)

B. State five (5) special tests appropriate for Ncaba’s condition and explain how you will perform these tests. (15)

Total: 19 Marks

Question 2

Situation: Mr Shongwe is a 71 year old client who reports mild tremors and numbness in his left hand. He is scared because his friend, who had similar symptoms, was diagnosed with cerebrovascular accident (CVA)/stroke.

A. Define CVA (1)

B. Explain how you will perform a deep tendon reflexes test in Mr Shongwe’s arms. (9)

Total: 10 Marks

Question 3

A. Explain the normal genitalia changes that occur during pregnancy (8)

Situation: Ms Lukhele is a 35 year old client, Para 2, who visits your health care facility for a Papanicolaou (Pap) smear test. She reports to be sexual active and having regular menses.
B. State any three (3) questions with rationale you will ask Ms Lukhele when collecting her present health history.  (6)

C. Discuss your inspection of Ms Lukhele’s internal genitalia when using a vaginal speculum for a Pap smear test.  (12)

Total: 26 Marks

Grand Total: 55 Marks