



**UNIVERSITY OF EMBU**

**2017/2018 ACADEMIC YEAR**

**SECOND SEMESTER EXAMINATIONS**

**FIRST YEAR EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE**

**(NURSING)**

**HNS 124: HEALTH ASSESSMENT**

**DATE: APRIL 4, 2018**

**TIME: 2:00 – 5:00 PM**

**INSTRUCTIONS:**

**Answer:**

**All MCQs in Section A;**

**All Short-answer Questions in Section B**

**All Long-answer Questions in Section C**

**Cancelled work should be done neatly by crossing with a single line in the essay and by use of X in the MCQs**

**SECTION A: MULTIPLE CHOICE QUESTIONS (TOTAL: 20 MARKS)**

**Choose (CIRCLE/TICK) only one correct answer from the following questions**

1. A nurse performing a physical assessment of a client gathers both subjective and objective data. The nurse documents the subjective data as:
  - A) The client appears anxious.
  - B) Blood pressure is 170/80 mm Hg.
  - C) The client states that he has a rash.
  - D) The client has diminished reflexes in the legs.

2. The type of database the nurse use to obtain information from a client during an initial home visit following a resent hospital discharge is:

---

  - A) Episodic
  - B) Follow-up
  - C) Emergency
  - D) Complete
3. A nurse is examining a 25-year-old client who was seen in the clinic 2 weeks ago for symptoms of a cold and is now complaining of chest congestion and cough. The nurse should proceed with the examination by collecting:
  - A) Data related to follow-up care
  - B) A complete (total health) database
  - C) Data related to the respiratory system
  - D) Data related to the treatment for the cold
4. The primary purpose of including cultural information in health assessment is to:
  - A) Confirm the medical diagnosis
  - B) Make accurate nursing diagnoses
  - C) Identify any hereditary traits related to the epilepsy
  - D) Determine what the client believes has caused the epilepsy
5. The nurse notes that the results of a diagnostic test indicate that the client's cardiac output is 5 L/min. The nurse concludes that:
  - A) The client has a low cardiac output
  - B) The client has a high cardiac output
  - C) The client has a normal cardiac output
  - D) The client will need a blood transfusion
6. A community health nurse is instructing a group of female clients about breast self-examination (BSE). The nurse instructs the clients to perform the examination:
  - A) At the onset of menstruation
  - B) Every month during ovulation
  - C) Weekly, at the same time of day
  - D) One week after menstruation begins

7. A nurse is preparing to auscultate for the presence of bowel sounds in a client who has just undergone surgery. The nurse places the stethoscope in which abdominal quadrant first?
- A) Left upper quadrant
  - B) Left lower quadrant
  - C) Right upper quadrant
  - D) Right lower quadrant
8. Mrs Atieno is concerned about her neck becoming a bit larger. As you examine her thyroid, you remember to:
- A) Ask her to raise her chin upwards
  - B) Approach her posteriorly as you examine
  - C) Place your fingers to the side of the gland cartilage to locate the thyroid glands
  - D) Understand that the isthmus is not palpable, but the thyroid glands are
9. A nurse is supervising a student in preparing the physical environment for an interview with a client. The correct action by the student is:
- A) Setting the room temperature at a comfortable level
  - B) Placing a chair for the client across from the nurse's desk
  - C) Providing seating for the client so that the client faces a strong light
  - D) Setting up seating so that the client and nurse are not at eye level
10. A 16-year-old girl visits the women's health clinic to obtain information about birth control because she is sexually active and wants to avoid pregnancy. The nurse who is interviewing the client should first:
- A) Assess the client's knowledge of available birth control methods
  - B) Inform the client that birth control methods cannot be discussed unless the client's boyfriend is present
  - C) Tell the client that for her age and lifestyle, birth control pills would be the easiest method of contraception
  - D) Give the client written material about various birth control methods and ask her to read them and to call if she has any questions

11. A nurse reviewing a client's record notes documentation that the client has melena. The nurse detects the presence of melena:

- A) By checking the client's urine for blood
- B) By checking the client's stool for blood
- C) By checking the client's urine for a decrease in output
- D) By checking the client's bowel movements for diarrhea

12. A nurse is preparing to auscultate a client's breath sounds. To assess vesicular breath sounds, the nurse places the stethoscope over:

- A) Major bronchi
- B) The xiphoid process
- C) The trachea and larynx
- D) The peripheral lung fields

13. A nurse conducting a physical assessment of a client plans to perform the Romberg test. After describing the test to the client, the nurse tells the client that it will help reveal:

- A) Loss of hearing acuity
- B) A problem with balance
- C) A problem with distant hearing
- D) A problem discriminating high-pitched and low-pitched sounds

14. A nurse performing a neurological assessment is inspecting the client's eyelids for ptosis. The nurse checks the client for:

- A) Drooping
- B) Pupil dilation
- C) Pupil constriction
- D) Deviation of ocular movements

15. The best position for a nurse to position a female client for a rectal examination is:

- A) Supine
- B) Standing
- C) Lithotomy
- D) Left lateral

16. An action by the nurse which represents the ethical principle of beneficence is:
- A) The nurse upholds a client's decision to refuse chemotherapy for lung cancer.
  - B) The nurse follows a plan of care designed to relieve pain in a client with cancer.
  - C) The nurse administers an immunization to a child even though it may cause discomfort.
  - D) The nurse provides equal amounts of care to all assigned clients on the basis of illness acuity.
17. The nursing instructor asks a student to name an example of false imprisonment. The situation that reflects a violation of this client right is
- A) Performing a procedure without consent
  - B) Telling the client that he or she may not leave the hospital
  - C) Threatening to give a client a medication against his or her will
  - D) Observing the provision of care to the client without the client's permission
18. A nurse is performing a skin and peripheral vascular assessment on a client in later adulthood. The observation the nurse expect to note as an age-related finding is:
- A) Thin, ridged toenails
  - B) Thick skin on the lower legs
  - C) Bounding dorsalis pedis pulse
  - D) Loss of hair on the lower legs
19. The nurse discovers that another nurse has administered an enema to a client even though the client told the nurse that he did not want one. Which action is the most appropriate for the nurse to take?
- A) Contact the client's health care provider
  - B) Report the incident to the nursing supervisor
  - C) Tell the client that the nurse did the right thing in giving the enema
  - D) Confront the nurse who gave the enema and tell the nurse that she is going to be charged with battery

20. The unit secretary says to the nurse, "I read in Mr. Gage's medical record that he has gonorrhoea." The nurse should respond to the secretary:

- A) "Oh, really? I didn't see that!"
- B) "We can't discuss a client's medical condition."
- C) "Yes, that's why we've imposed contact precautions."
- D) "Yes, he does, but be sure not to discuss this with anyone else."

**SECTION B: Answer ALL the questions in this section (40 marks; Use the answer booklet provided)**

1. A patient is seen in the health unit with complains of headache for the past three days. State the four attributes of pain you will assess in this patient. (4 marks)
2. State five reasons for conducting a comprehensive physical examination (5 marks)
3. Explain how you would perform the Rinner test to a client (6 marks)
4. Explain how you would carry out an interview with a client who has hearing impairment (4 marks)
5. Outline the correct sequence of performing an abdominal examination (4 marks)
6. Mr X is 159 cm and weighs 160 pounds. Calculate his BMI in kg/m<sup>2</sup> (4 marks)
7. With the aid of a diagram, indicate where you would place a stethoscope when auscultating the posterior chest (7 marks)
8. Explain the following interviewing techniques
  - a) Summarization (2 marks)
  - b) Highlighting transitions (2 marks)
  - c) Adaptive questioning (2 marks)

**SECTION C: Answer ALL the questions in this section (40 marks; Use the answer booklet provided)**

1. Mr P, 25 year old nursing student comes to the health unit with complain of “pain during urination, lower abdominal pain and general body malaise”. He tells you that he is sexually active and also actively participates in sports.
  - a) Describe how you would perform Mr P health history under the following headlines
    - i) Present history (4 marks)
    - ii) Past history (4 marks)
    - iii) Social history (4 marks)
  - b) Using the Godons’ functional health patterns, explain any four areas you will review with Mr P (8 marks)
2. Mr F is brought to your unit. On your immediate assessment you notice Mr F appears to be confused
  - a) Explain three (3) major areas of mental assessment you will perform to Mr F (6 marks)
  - b) Describe how you would assess cranial nerve VI to XII (12 marks)
  - c) State two (2) reflexes of the lower extremities that you will test for (2 marks)

--END--

---