



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

1ST YEAR TRIMESTER 2 EXAMINATIONS

FOR THE DEGREE OF

BACHELOR OF SCIENCE IN PARAMEDICAL SCIENCES

COURSE CODE: NPP 123

COURSE TITLE: HEALTH ASSESSMENT

DATE: 20TH APRIL 2022

TIME: 11:30AM- 2:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER ALL QUESTIONS

TIME: 3 HOURS

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of Printed Pages. Please Turn Over.



SECTION A
MULTIPLE CHOICE QUESTIONS (20 MARKS)
CHOOSE THE MOST APPROPRIATE ANSWER

1. During the health assessment, the client's laboratory data is an example of:
 - A. A primary source of information
 - B. Subjective data
 - C. A secondary source of information
 - D. Constant data

2. During physical assessment, which of the following indicates possible fluid volume deficit?
 - A. Nausea
 - B. Lips and mucous membranes dry
 - C. Abdominal tenderness
 - D. Skin warm

3. Which is the most important priority at the scene of an accident?
 - A. Safety for victims
 - B. Command
 - C. Safety of environment
 - D. Safety for rescue

4. After completing the health history, the health care provider begins to ask more detailed questions to clarify points and follow up on concerns expressed by the client during the interview. This portion of the health assessment is:
 - A. Objective data
 - B. Focused interview
 - C. Informal teaching
 - D. Interpretation of findings

5. Using the "Look, listen and feel techniques on a patient you discover that there is no movement of air you should immediately.
 - A. Call for help.
 - B. Open airway
 - C. Begin ventilations.
 - D. Begin chest compressions

6. A client is being cared for after a traumatic brain injury. During an initial assessment, the patient had a Glasgow Coma Scale score of 8. Which of the following responses is appropriate to manage the client's respiratory rate?
 - A. Prepare for intubation
 - B. Administer oxygen via non-rebreather mask
 - C. Administer oxygen via nasal cannula
 - D. Remove oxygen and assess the client's pulse oximetry

7. What is the most important part of communication during history taking?
 - A. Listening
 - B. Being assertive.
 - C. Speaking clearly and directly
 - D. Giving ample time for your patient to respond.

8. In which situation would it be most appropriate to perform a comprehensive health history assessment on a client?
 - A. A client needs an adjustment on his asthma medications
 - B. A client is being seen for a follow-up appointment after surgery
 - C. A client is being seen for complaints of fatigue
 - D. A client is seeking care for a broken arm

9. When listening to a client's heart sounds during auscultation, which sounds would most likely be heard using the bell of the stethoscope?
 - A. S2
 - B. S1
 - C. High-frequency murmurs
 - D. S3

10. When listening to a patient's breath sounds, the examiner is unsure of a sound that is heard. The examiner's next action should be
 - A. Immediately notify the physician
 - B. Document the sound exactly as it is heard
 - C. Validate the data by asking a coworker to listen to the breath sounds
 - D. Assess again in 20minutes to note whether the sound is still present

11. While performing an assessment of a client's abdomen, an abnormal lump is palpated in the left upper quadrant that is extremely painful for the client. The most likely cause of the pain is.

- A. Inflamed spleen
 - B. Inflamed appendix
 - C. Bilious gallbladder
 - D. Enlarged liver
12. After conducting health interview, the examiner begins to measure the client's vital signs. The examiner is collecting
- A. Subjective data
 - B. Objective data
 - C. Secondary data
 - D. Constant data
13. The most accurate site for taking temperature in an infant is
- A. Orally
 - B. Axillary
 - C. Rectal
 - D. Temporal
14. A client who arrives at the emergency department after falling multiple times. Upon initial assessment, the client states, "I am so dizzy I can't stay standing up." What is the health care provider's first priority?
- A. Get an EKG (ECG)
 - B. Draw blood
 - C. Vital Signs
 - D. Full neurological exam
15. While interviewing a client and asking about his lifestyle, social support, and normal activities of daily living. This assessment is an example of:
- A. Disease management assessment
 - B. Musculoskeletal assessment
 - C. Fall-risk assessment
 - D. Health assessment
16. Which piece of equipment is used to inspect the eye structures?
- A. Otoscope
 - B. Ultrasonic stethoscope
 - C. Sphygmomanometer
 - D. Ophthalmoscope

17. In a functional assessment how do we refer to the decline in functionality due to disease in an older adult?
- A. Disease Burden
 - B. Instrumental Functionality Impairment
 - C. Interpersonal Relationship Assessment
 - D. Physical Activity Decline
18. A health care provider is palpating a client's abdomen to check for an abdominal aortic aneurysm during a physical assessment. Which part of the hand would the health care provider most likely use to palpate for this finding?
- A. The palmar surface
 - B. The pads of the fingers
 - C. The ball of the hand
 - D. The dorsum of the hand
19. While performing the exam on the 73-year-old male, the examiner observed the client in a deliberate and systematic manner. What type of technique did the examiner use?
- A. Palpation
 - B. Inspection
 - C. Percussion
 - D. Auscultation
20. A client with lower-extremity edema comes into the clinic. During the assessment, the examiner is unable to palpate the client's pedal pulses. Which of the following would be appropriate for the examiner to do?
- A. Nothing
 - B. Use a blood pressure cuff around the client's calf in efforts to feel the pulse.
 - C. Use a tourniquet around the calf and then palpate the pulse.
 - D. Use a Doppler to listen to the pulse.

SECTION B

SHORT ANSWER QUESTIONS (40 MARKS)

ANSWER ALL QUESTIONS

1. Explain the components of a general health survey (8 marks)
2. Outline the examination of a psychiatric patient using the mental status examination (8 marks)

3. Explain the assessment of the abdomen using the physical examination techniques (8marks)
4. State the special considerations when conducting health assessment on:
 - b. Pediatric patients (4 marks)
 - c. Unconscious patients (4 marks)
5. State any four (4) ways of preparing the environment for the process of history taking and physical examination (8 marks)

SECTION C

LONG ANSWER QUESTIONS (40 marks)

ANSWER ALL QUESTIONS

1. Describe the components of a comprehensive health history (20 marks)
2. Describe the systematic head to toe first examination of a newborn (20marks)