



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

MAIN CAMPUS

UNIVERSITY REGULAR EXAMINATIONS

2022/2023 ACADEMIC YEAR

FIRST YEAR SECOND TRIMESTER EXAMINATIONS

FOR THE DEGREE OF

**BACHELOR OF SCIENCE IN GLOBAL HEALTH &
TRAVEL MEDICINE**

COURSE CODE: NCG 127

**TITLE: HEALTH ASSESSMENT AND COUNSELLING FOR
TRAVELERS**

DATE: 12TH /APRIL/2023

TIME: 8AM – 11AM

INSTRUCTIONS TO CANDIDATES

Answer All Questions

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.

MULTIPLE CHOICE QUESTIONS (MCQ'S) 20 MARKS

Answer all questions in this section

1. A comprehensive health assessment done by health care practitioners focuses on which of the following aspect?
 - A. Effect of health on lifestyle
 - B. Physiological changes
 - C. Past medical history
 - D. Physical examination
2. During a health assessment, health care practitioners use which type of data?
 - A. Objective data
 - B. Subjective data
 - C. Both subjective and objective data
 - D. Physical examination
3. Following completion of a health assessment, the health care practitioner periodically assesses the patient to:
 - A. Determine the previously detected problems
 - B. Assess the current history
 - C. Manage the patient
 - D. Obtain more information
4. A patient's eyes are closed when you approach him, but open when you call his name. What is his Eye Opening Response in the Glasgow Coma Scale (GCS)?
 - A. Eye opening to pain
 - B. Eye opening to speech
 - C. Eye opening spontaneously
 - D. Eye opening to approach
5. On re-assessing a female patient, she tells you her name, day and date correctly, but when asked the name of the hospital, she replies, "I can't remember." What is her Verbal Response in the GCS?
 - A. Oriented
 - B. Words
 - C. Sentences
 - D. Speech
6. The most frequently used health assessment technique is:
 - A. Auscultation
 - B. Percussion
 - C. Palpation
 - D. Inspection
7. When assessing the special populations (elderly) above the age of 60 years, it is important to ask for:
 - A. Vaccination status
 - B. Sexual history
 - C. Age history

- D. Blood transfusion
8. When carrying out a health assessment for travelers it is necessary to ask for:
 - A. Immunization status
 - B. Family history
 - C. Travel history
 - D. Countries visited
 9. Health care providers use physical assessment skills to:
 - A. Examine patients
 - B. Obtain baseline data
 - C. Learn
 - D. Provide care to patients
 10. Assessment of special populations include:
 - A. Military people
 - B. Prisoners & those travelling by flight
 - C. Teachers and school going children
 - D. Expectant mothers
 11. Assessment is:
 - A. A component of practice, required for planning and provision of patient health care provider centered care.
 - B. A component of practice, required for planning and provision of patient and family centered care.
 - C. A component of practice, required for planning and provision of teacher, student & family centered care.
 - D. A component of practice, required for planning and provision of patient, traveler, child and facility centered care.
 12. Primary assessments:
 - A. Should be narrowed to the care providers only
 - B. Should be completed at the start of the exercise
 - C. Should be done openly by health care providers
 - D. Should be both patient and provider centered
 13. A technique of striking the body surface lightly but sharply to produce sounds is termed as:
 - A. Auscultation
 - B. Percussion
 - C. Slabbing
 - D. Touching
 14. A patient presents to you for eye examination while wearing glasses, how should you approach him or her:
 - A. Examine the patient using the techniques of inspection, palpation and auscultation
 - B. Examine the patient with and without glasses
 - C. Examine the patient without glasses
 - D. Examine the patient normally
 15. -----is the visual examination, which is assessing by using the sense of sight.

- A. Physical assessment
 - B. Use of a spotlight
 - C. Inspection
 - D. Head to toe examination
16. Health assessment begins with:
- A. General survey
 - B. Percussion
 - C. Nutrition
 - D. Reproductive system
17. Vital signs are measured to:
- A. Establish baseline data
 - B. Assess normal from abnormal
 - C. Assess temperature
 - D. Assess blood pressure
18. Assessment of the skin involves:
- A. Touch and wipe
 - B. Inspection and palpation
 - C. Looking for abnormal things
 - D. Auscultation only
19. During assessment of the head:
- A. Inspect and palpate simultaneously and also auscultate
 - B. Inspect and palpate
 - C. Auscultate and inspect change in facial shape
 - D. Inspect change in facial shape
20. A reflex is:
- A. An automatic response of the body
 - B. An automatic response of the body to a stimulus
 - C. An automatic response of the body and the eyes
 - D. A non-automatic response of the body to a stimulus

SHORT ANSWER QUESTIONS (SAQ'S) 40 MARKS

1. Explain the four (4) techniques of conducting a healthy physical assessment(8 Marks)
2. State eight (8) basic components of a complete health history obtained from a patient during a health assessment(8Marks)
3. Explain what to look for in a patient when examining the head, face, ears, eyes, nose, mouth and throat (8 Marks)
4. State eight(8) relevant questions to ask about when examining the cardiovascular system(8 Marks)
5. Explain the special issues of history taking and physical examination related to workers in different settings(8 Marks)

LONG ESSAY QUESTIONS (LEQ'S) 40 MARKS

1. Assessing the nutritional status of your patients is important for some reasons. **Describe (20 Marks).**
2. **Describe** the tips of conducting a patient's medication history interview during travel or in the community (20 Marks)

END