



(University of Choice)

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

MAIN CAMPUS

SCHOOL OF NURSING MIDWIFERY AND PARAMEDICAL SCIENCES

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

FOR THE DEGREE OF BACHELOR OF SCIENCE IN NURSING

COURSE CODE: NCD 127

COURSE TITLE: HEALTH ASSESSMENT

DATE: 8TH APRIL 2024

TIME 11:30AM – 2:30PM

INSTRUCTIONS TO CANDIDATES

All questions in the three sections (A, B and C) are compulsory

DURATION: 3 Hours

Answer all questions in the booklet provided

MMUST observes ZERO tolerance to examination cheating

SECTION A: MULTIPLE CHOICE QUESTIONS

(20 Marks)

Choose the most appropriate answer

1. What does the "PERRLA" acronym stand for in an eye examination?
 - A. Pupils Equal, Round, Reactive to Light and Accommodation
 - B. Pressure, Elevation, Range of Motion, Reflexes, Lymph nodes, Auscultation
 - C. Pain, Erythema, Range of Motion, Reflexes, Lesions, Alignment
 - D. Palpation, Elevation, Range of Motion, Rhythm, Lesions, Auscultation
2. Which of the following is NOT typically assessed during a neurological examination?
 - A. Reflexes
 - B. Cerebellar function
 - C. Weber test
 - D. Motor function
3. What is the primary purpose of the Romberg test?
 - A. To assess balance and proprioception
 - B. To evaluate cognitive function
 - C. To measure lung capacity
 - D. To test for muscle strength
4. Which of the following is NOT typically assessed during a musculoskeletal examination?
 - A. Range of motion
 - B. Motor function
 - C. Gait
 - D. Joint stability
5. What is the purpose of the Snellen chart in a clinical eye examination?
 - A. To assess colour vision
 - B. To measure intraocular pressure
 - C. To test visual acuity
 - D. To evaluate peripheral vision
6. Which of the following is a common method used to assess lung function?
 - A. Arterial blood gas analysis
 - B. Electrocardiography (ECG)
 - C. Peak flow measurement
 - D. Spirometry
7. What is the primary purpose of the Allen test?
 - A. To assess motor function in the upper extremities

- B. To evaluate peripheral vascular circulation in the hands
 - C. To measure the joint range of motion in the shoulder
 - D. To test for carpal tunnel syndrome
8. Which of the following is a common method used to assess hearing?
- A. Ophthalmoscopy
 - B. Tympanometry
 - C. Otoscope
 - D. Percussion
9. What is the primary purpose of a digital rectal examination (DRE)?
- A. To assess prostate gland size and texture
 - B. To evaluate the anal sphincter
 - C. To evaluate the splanchnic nerves
 - D. To test for carpal tunnel syndrome
10. What is the function of the Olfactory nerve (I)?
- A. Movement of eye muscles
 - B. Sense of smell
 - C. Vision
 - D. Hearing and balance
11. What does the Oculomotor nerve (III) control?
- A. Movement of the lateral rectus muscle of the eye
 - B. Sensation in the face
 - C. Movement of the eye muscles, constriction of the pupil, focusing the eyes, and position of the upper eyelid
 - D. Sense of taste from the anterior two-thirds of the tongue
12. Which cranial nerve is associated with the movement of the superior oblique muscle of the eye?
- A. Abducens nerve (VI)
 - B. Trochlear nerve (IV)
 - C. Oculomotor nerve (III)
 - D. Optic nerve (II)
13. Drooping eyelids and double vision are symptoms of dysfunction in which cranial nerve?
- A. Oculomotor nerve (III)
 - B. Facial nerve (VII)
 - C. Vestibulocochlear nerve (VIII)
 - D. Accessory nerve (XI)
14. According to the World Health Organization (WHO), health is described as:
- A. A state of complete physical, and mental well-being

- B. The absence of disease or infirmity
 - C. Complete social well-being
 - D. The ability to perform routine tasks without physical restriction
15. Which of the following is an example of objective data:
- A. Headache
 - B. Malaise
 - C. Fever of 38°C
 - D. Dizziness
16. The scientific method of analysing health data and drawing conclusions to identify diagnoses is referred to as:
- A. Critical thinking
 - B. Creative thinking
 - C. Diagnostic reasoning
 - D. Nursing Diagnosis
17. The framework for health assessment that assesses the status of mind, body, and environment and the ability of the individual to perform daily living tasks is referred to as:
- A. Functional health work
 - B. Head-to-toe framework
 - C. Body system framework
 - D. Focused System Framework
18. When assessing for breathing on a patient with Pneumonia, the following is examined EXCEPT:
- A. Respiratory rate
 - B. Breathing effort
 - C. Breath sounds
 - D. Maintenance of a patent airway
19. Which technique of assessment uses intuition and clinical experience to make clinical judgement:
- A. Inspection
 - B. Percussion
 - C. Auscultation
 - D. Insight
20. When referring to baseline vital signs of a client during admission, you are referring to which type of data:

- A. Primary Data
 - B. Secondary data
 - C. Subjective data
 - D. Symptoms of the patient
21. Which phase of the interview with the patient should the nurse create rapport and build trust:
- A. Introductory phase
 - B. Working phase
 - C. Conclusion phase
 - D. Throughout the interview
22. During an interview, when the nurse needs to clarify or obtain more accurate information about issues disclosed, the healthcare may need to use:
- A. Open-ended questions
 - B. Laundry-list questions
 - C. Well placed phrases
 - D. Closed-ended questions
23. Special considerations in communication during interviews should be considered in the following EXCEPT
- A. Gerontologic Variations
 - B. Cultural Variations
 - C. Emotional Variations
 - D. Physical variations
24. The health pattern that is focused on the person's perceived level of health and well-being, and on practices for maintaining health is referred to as:
- A. Cognition and perception pattern
 - B. Self-perception and self-concept pattern
 - C. Values and Belief Patterns
 - D. Health perception pattern
25. The absence of a sign or symptom usually associated with a problem is referred to as:
- A. Positive finding
 - B. Negative finding
 - C. Actual finding
 - D. None of the above
26. While positioning the patient for rectal examination, the patient can be placed in the following position EXCEPT:

- A. Lithotomy
 - B. Lateral with flexed hips and knees
 - C. Standing and leaning on the exam table
 - D. Prone position
27. The presence of a pilonidal cyst or sinus may be a sign of:
- A. Congenital anomaly
 - B. Constipation
 - C. Benign or malignant Tumor
 - D. Haemorrhoids
28. During a Digital Rectal Exam (DRE) on a male client, you feel that the prostate is firm, rubbery with nodules and has an approximate size of 3cm. What should be your immediate course of action for this client:
- A. Thank the patient and inform him that the findings are normal then document
 - B. Thank the patient, Document findings, and then report to their doctor on the findings.
 - C. Thank the patient and inform the patient that there is a need for further evaluation of the prostate
 - D. Thank the patient then inform the doctor of the findings
29. During a Digital Rectal Exam, why is it essential to allow a few seconds after inserting the examination finger:
- A. To allow the patient to be comfortable
 - B. To allow relaxation of the anal sphincter
 - C. To avoid the stimulation of the splanchnic nerves
 - D. To stimulate the splanchnic nerves in the rectum
30. When assessing for jugular vein distention. The patient should be placed in which position
- A. High Fowlers position
 - B. Semi-fowlers position
 - C. Supine position
 - D. Lateral position
31. Jugular Venous pressure measurement is considered normal if the measure is:
- A. Less than 4 cm
 - B. At 4 cm
 - C. Above 4 cm
 - D. 2 – 4cm

- C. A full minute
- D. 4 minutes

44. The appendix is located in the:

- A. Left Iliac region
- B. Right iliac region
- C. Left Lumbar region
- D. Right Lumbar region

45. A patient who presents with petechiae on the abdomen is an indication of:

- A. Infection
- B. Bleeding
- C. Intravascular tendencies
- D. All the above

46. While giving a health talk on breast self-examination, the clients are advised to perform the self-breast examination:

- A. Every morning hours
- B. On Ovulation Day
- C. 7 – 10 days after menstruation
- D. 7 – 10 days before menstruation

47. The following diagnostic tests are used to assess respiratory functions, EXCEPT:

- A. Arterial Blood Gasses
- B. Capnography
- C. Bronchoscopy
- D. Doppler

48. Overstimulation of the Vagus nerve (cranial nerve 10) may lead to:

- A. Tachycardia and Hypertension
- B. Bradycardia and Hypotension
- C. Hypotension and Tachycardia
- D. Hypertension and Bradycardia

49. When examining the scrotum, why is the patient advised to flex the leg on the side being examined:

- A. To be able to detect easily any abnormality
- B. To note any swelling on inspection
- C. To increase the access area
- D. To note the symmetry

50. Which of the following is a sign?

- A. Chest pain

- B. Nausea
 - C. Dizziness
 - D. Rapid pulse
51. On auscultating a patient, you note a coarse low-pitched sound during both inspiration and expiration. This patient reports pain with breathing. These findings are consistent with:
- A. Rales
 - B. Rhonchi
 - C. Pleural friction rub
 - D. Wheeze
52. When assessing a patient's abdomen which sequence of techniques of physical exam is followed:
- A. Inspection, Palpation, Percussion, and then Auscultation
 - B. Auscultation, Inspection, Percussion then Palpation.
 - C. Inspection, Auscultation, Percussion then Palpation.
 - D. Any sequence can be used
53. A patient with increased turgor in his lower extremities manifested by smooth, taut, shiny skin that cannot be grasped or raised is most likely to have:
- A. Anemia
 - B. Decubitus ulcer
 - C. Edema
 - D. Infection
54. Nurse X is informed to perform a focused examination of a patient to assess the functions of the spleen, where should the nurse examine the patient:
- A. Left hypochondriac region
 - B. Right hypochondriac region
 - C. Left lumbar region
 - D. Right Lumbar region
55. During Range of Motion exercises, when the patient places the side of his hand on a flat surface with the thumb side up. This is referred to as:
- A. Supination
 - B. Pronation
 - C. Internal rotation of the wrist
 - D. External rotation of the wrist
56. A patient is rushed to the Emergency Department following a head trauma sustained by a fall from a tree. On examination, the nurse calls out to the patient who does not respond

32. When palpating the carotid artery, what is the reason for palpating one carotid at a time?
- A. To impede the arterial blood flow
 - B. To avoid the stimulation of the vagus nerve
 - C. To avoid interference of a bruit that may be present
 - D. To repair the bruit that may be present
33. The presence of a murmur, heard on the second-intercostal space on the left sternal border is an indication of:
- A. Pulmonic stenosis
 - B. Aortic stenosis
 - C. Mitral stenosis
 - D. Tricuspid stenosis
34. Orthostatic hypotension occurs when:
- A. A patient's BP drops 15 to 20 mm Hg or more (with or without an increase in heart rate of at least 20 beats/minute) when rising from a supine to a sitting or standing position.
 - B. A patient's BP drops 5 to 01 mm Hg or more (with or without an increase in heart rate of at least 10 beats/minute) when rising from a supine to a sitting or standing position.
 - C. A patient's BP drops 10 to 20 mm Hg or more (with or without an increase in heart rate of at least 15 beats/minute) when rising from a supine to a sitting or standing position.
 - D. A patient's BP drops 15 to 20 mm Hg or more (with or without an increase in heart rate of at least 10 beats/minute) when rising from a supine to a sitting or standing position.
35. During the examination of the respiratory system, bronchovesicular sounds may be heard during auscultation on the:
- A. Supra-clavicular area
 - B. First and second intercostal spaces
 - C. Fourth and fifth intercostal spaces
 - D. The base of the lungs
36. Tympany sounds during percussion may be due to:
- A. A hollow empty organ
 - B. A hollow organ with fluid
 - C. A solid organ
 - D. Sense tissues

37. A covering formed by the drying of serum, blood, or pus on the skin is known as:
- A. Fissure
 - B. Crust
 - C. Scar
 - D. Ulcer
38. Diminution in size or in loss of skin cells that causes thinning of the skin is referred to as:
- A. Lichenification
 - B. Fissure
 - C. Atrophy
 - D. Macule
39. A vascular area in the nasal septum and a common site for nose bleeds is referred to as:
- A. Kiesselbach's plexus
 - B. Meissner's plexus
 - C. Auerbach's plexus
 - D. Celiac plexus
40. Paranasal sinuses are present in the following cranial bones EXCEPT:
- A. Ethmoid bone
 - B. Sphenoid bone
 - C. Frontal lobe
 - D. Parietal lobe
41. When examining the breast, the following palpation methods are used EXCEPT:
- A. Wedge
 - B. Concentric circles
 - C. Parallel lines/Vertical lines
 - D. Horizontal lines
42. When using the Glasgow Coma Scale, what is the range of scores a patient can get:
- A. 0 – 15
 - B. 3 – 15
 - C. 4 – 15
 - D. 2-15
43. When assessing the bowel sounds for how long should the examiner auscultate the abdomen
- A. 30 seconds then multiply the findings by 2
 - B. 30 seconds then multiply the findings by 4

to sound however, when the nurse applies gentle pressure on the ear the patient responds by withdrawing the ear away from pain. Rate the patient's Glasgow Coma Scale (GCS):

- A. 8/15
- B. 6/15
- C. 4/15
- D. 3/15

57. Which cranial nerve is assessed when the examiner places a cotton wisp on the forehead, upper cheek and jaw with the patient's eyes closed and then asks the patient to compare the sensation while the examiner notes the symmetry of the touch:

- A. Facial nerve
- B. Trigeminal nerve
- C. Accessory nerve
- D. Trochlear nerve

58. When examining a patient on visual acuity, the Snellen chart is placed at a distance of:

- A. 20 feet
- B. 18 feet
- C. 10 feet
- D. 12 feet

59. A client comes into the clinic with acute right lower quadrant abdominal pain. During the abdominal assessment of this client, the nurse realizes that:

- A. This area should be palpated first.
- B. This area should be palpated last.
- C. This area should be assessed using deep palpation techniques.
- D. This area should not be palpated.

60. Which of the following are parts of the "critical characteristics" in the history of presenting illness

- A. Aggravating factors, Location, Timing, and Color.
- B. Location, Palpation, Setting, and Perception.
- C. Quantity, Timing, Aggravating Factors, and Quality.
- D. Severity, Timing, Perception, Genetic Susceptibility

SECTION B: SHORT ANSWER QUESTIONS

(20 Marks)

Answer all questions

1. Distinguish between the following terms used in health assessment:

(6 Marks)

- a. Cheyne strokes and Biots respiration
- b. Conductive and sensorineural hearing loss

- c. Pectus cavinatum and pectus excavatum
- 2. During the assessment of the respiratory system
 - a. Explain how you will percuss the anterior and posterior chest with the aid of a diagram (10 Marks)
 - b. Outline the sounds that may be elicited during the procedure above and their significance (4 Marks)

SECTION C: LONG ANSWER QUESTIONS

(40 MARKS)

Answer all questions

Mrs M is rushed to accident an emergency following her collapse in the supermarket while shopping. On examination, she is breathless on oxygen via nasal mask at 5 L/min with tachycardia of 115bpm with peripheral oedema. Her vitals are a Respiratory rate of 40 b/min, Oxygen saturation of 90% while on oxygen, pulse of 175 b/min and a blood pressure of 90/50mmHg. An Electrocardiogram is placed on her to assess the heart conduction system:

- 1. With the aid of a diagram; describe the heart conduction system (15 Marks)
- 2. State the electrocardiogram (ECG) rhythms (waves) present in a sinus rhythm (5 Marks)