



(Knowledge for Development)

KIBABII UNIVERSITY

UNIVERSITY EXAMINATIONS 2021/2022

ACADEMIC YEAR

FIRST YEAR THIRD TRIMESTER

SUPPLEMENTARY/SPECIAL EXAMINATION

FOR BACHELOR OF SCIENCE IN NURSING DEGREE

COURSE CODE: NUR 134

COURSE TITLE: HEALTH ASSESSMENT

DATE: 27/09/2022

TIME: 2.00pm-5.00pm

INSTRUCTIONS TO CANDIDATES

Answer ALL Section one (1) MULTIPLE CHOICE QUESTIONS and ALL Section two (2) SHORT ANSWER QUESTIONS and any one (1) section THREE (3) LONG ANSWER QUESTION.

TIME: 3 Hours

This paper consists of 7 printed pages. Please Turn Over
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SECTION 1- MCQs ANSWER ALL QUESTIONS (50 MARKS)

1. A plan of care that identifies the specific needs of the client and that needs will be addressed by the healthcare system or skilled nursing facility is:
 - a. Health identification
 - b. Health assessment
 - c. Health examination
 - d. Disease identification

2. The process in which diseases detect early in people that may look and feel well is called:
 - a. Medical assessment
 - b. Disease assessment
 - c. Investigation of disease
 - d. Health assessment

3. Nurses use physical assessment skills to:
 - a. To identify and manage a variety of patient problems
 - b. To discharge the patient from hospital
 - c. To collect the health history
 - d. To realize the patient importance to relatives

4. When a client complains of severe headache the does an assessment. This is called
 - a. Objective data
 - b. Subjective data
 - c. Client history
 - d. Chief complain

5. A patient is admitted in general ward and complains of vertigo. The nurse checks blood pressure and informs the doctor. This is called
 - a. Subjective data
 - b. Take vital sign of client
 - c. Health history
 - d. Objective data

6. Nurse Judy is planning breast examination for patient X. The common position for this procedure is
 - a. Dorsal recumbent
 - b. Supine
 - c. Sims

d. Sitting

7. A position whereby a patient lies on their abdomen with head turned to the side is called;

- a. Supine
- b. Lithotomy
- c. Horizontal recumbent
- d. Prone

8. An assessment technique in which critical observation of client is done without touching by nurse or health care provider is;

- a. Inspection
- b. Palpation
- c. Percussion
- d. Auscultation

9. During assessment a sound produced by striking the body surface of the client is called;

- a. Subjective data
- b. Objective data
- c. Inspection
- d. Percussion

10. A technique whereby a Stethoscope is used to listen to the sounds produced by the body of patient is called;

- a. Inspection
- b. Palpation
- c. Percussion
- d. Auscultation

11. During the physical examination a lubricant like xylocain jelly or liquid paraffin is used to

- a. Ease the insertion of instrument
- b. Visualize the body part
- c. Heal the injury
- d. Enhance the client's complaint

12. A tongue blade is used to depress the tongue during assessment of;

- a. Nose and throat
- b. Mouth and larynx
- c. Mouth and pharynx
- d. Mouth and esophagus

13. A speculum is used to assess the

- a. ovary
- b. fallopian tube
- c. Uterus
- d. Cervix & vagina

14. During assessment a lighted instrument is used to visualize the anterior of eye is called

- a. Otoscope
- b. Stethoscope

- c. Nasal speculum
- d. Ophthalmoscope

15. During an assessment a client complains of a congested chest and the nurse can hear abnormal breath sounds without using a stethoscope, this is called;

- a. Direct auscultation
- b. Indirect auscultation
- c. Inspection
- d. Percussion

16. Acknowledging the patient's verbal and nonverbal communication conveys true interest and encourages further communication by

- a. History taking
- b. Interview
- c. Data collection
- d. Subjective data

17. Otitis media is an inflammation of the;

- a. External ear
- b. Middle ear
- c. inner ear
- d. nasal cavity

18. This interview requires less time and are very effective for obtaining factual data with specific questions and is controlled by the nurse

- a. Interview
- b. Directive interview
- c. Nondirective interview
- d. History taking step

19. In an interview the nurse can elicit a "yes" or "no" response from the client by use of what type of questioning?

- a. Open
- b. Closed
- c. Direct
- d. Indirect

20. The time during which a female is menstruating is;

- a. Menopause
- b. Menstrual period
- c. Last menstrual period
- d. Expected date of menstruation

21. X-ray of breast is called;

- a. Mammogram
- b. Digital x-ray
- c. Ct-scan
- d. MRI

22. The process of identification of the condition, needs, abilities and preferences of a patient

is:

- a. Nursing assessment
- b. Patient assessment
- c. Medical assessment
- d. Professional assessment

23. The process gathering of information about a patient's physiological, psychological, sociological, and spiritual status is;

- a. Nursing assessment
- b. Patient assessment
- c. Medical assessment
- d. Professional assessment

24. When Blanch Test is performed and nails pressed between the fingers the nails return to usual color in less than

- a. 4 seconds
- b. 6 seconds
- c. 8 seconds
- d. 2 seconds

25. The thyroid gland is not visible during the

- a. Inspection
- b. Palpation
- c. Percussion
- d. Auscultation

26. A normal client should be able to read the newsprint at a distance of

- a. 8 inches
- b. 10 inches
- c. 12 inches
- d. 20 inches

27. During ear assessment one is able to hear ticking on the right ear at a distance of one inch and ticking on the left ear at the same distance this assessment test is called

- a. Hearing Acuity Test
- b. Watch Tick Test
- c. Blanch Test
- d. Weber test

28. An instrument used to measure the B.P of client is called

- a. Stethoscope
- b. Otoscope
- c. Ophthalmoscope
- d. Sphygmomanometer

29. The sweat to reduce the body temperature is eliminated by

- a. Sweats gland
- b. Apocrine gland
- c. Eccrine gland
- d. Thyroid gland

30. For the detection of hearing loss an instrument in physical examination is called
- Otoscope
 - Ophthalmoscope
 - Hammer
 - Tuning fork
31. Cleft palate is a congenital defect where the maxillary process fails to fuse. This causes a gap in the
- hard palate and possibly the lower lip
 - soft palate and possibly the upper lip
 - hard palate and possibly the upper lip
 - hard palate and possibly the corner of lip
32. A 70-year-old woman complains of dry mouth. The most frequent cause of this problem is:
- The aging process
 - Related to medications she may be taking
 - The use of dentures
 - Related to a diminished sense of smell
33. 72-year-old client is considered to be having a normal process of aging with one of the following complaints;
- My tongue feels swollen."
 - "My tonsils are large and sore."
 - "I have white and black spots under my tongue."
 - "Food does not taste the same as it used to."
34. A technique in which the hands and fingers are used to gather information by touch is called;
- Inspection
 - Palpation
 - Percussion
 - Auscultation
35. During physical examination when using the stethoscope its exact position between
- index and little fingers
 - index and ring fingers
 - thumb and index fingers
 - index and middle fingers
36. Occipital lobe of brain is said to be
- memory storage center
 - Emotions control center
 - Visual center
 - Interpretation of sensory center
37. Name, Date of Birth, Age, Parents & siblings information of client are gather in
- Present history
 - Past medical history

- c. Bio-graphic data
- d. Health history

38. When a nurse performs physical examination of the abdomen the sequence of examination should be

- a. Inspection, auscultation, Percussion, palpation
- b. Inspection, palpation, Percussion, auscultation,
- c. auscultation, Inspection, Percussion, palpation
- d. Percussion, Inspection, auscultation, palpation

39. The MOST appropriate time to collect a urine specimen from a patient is;

- a. before the physical examination
- b. any time the patient feels he can provide a specimen
- c. during the examination
- d. after the examination

40. The best examination position for the physician to evaluate the patient's ability to fully expand the lungs is the

- a. sitting
- b. Prone
- c. Lithotomy
- d. knee-chest

41. A patient who has low blood pressure would be placed in a

- a. Sitting position
- b. Prone position
- c. knee-chest position
- d. Trendelenburg position

42. The normal range for body temperature is

- a. 96°F to 98°F
- b. 97°F to 99°F
- c. 98°F to 99°F
- d. 97°F to 100.4°F

43. A temperature of 103°F is classified as

- a. Normal
- b. Hypo pyrexia
- c. Hyper pyrexia
- d. Low-grade fever

44. One respiration consists of

- a. One inhalation
- b. One exhalation
- c. One inhalation and one exhalation
- d. The opening and closing of the valves of the heart

45. The normal respiratory rate of an adult ranges from:

- a. 8 to 16 respirations per minute
- b. 10 to 18 respirations per minute

- c. 12 to 20 respirations per minute
- d. 16 to 22 respirations per minute

46. The abbreviation used to record oxygen saturation as measured by a pulse oximeter is:

- a. PCO₂
- b. PO₂
- c. SpO₂
- d. SpO₄

47. Blood pressure is measured in:

- a. Units
- b. Degrees
- c. Beats/min
- d. Millimeters of mercury

48. Over which artery is the stethoscope placed when taking blood pressure:

- a. Radial
- b. Brachial
- c. Apical
- d. Carotid

49. When measuring blood pressure, the patient's arm should be positioned

- a. Above heart level
- b. At heart level
- c. Across the chest
- d. With the palm facing downward

50. The term used to describe the point of lesser pressure on the arterial walls when assessing blood pressure:

- a. Systolic pressure
- b. Diastolic pressure
- c. Diastole
- d. Hypotension

SECTION 2 (SAQs ANSWER ALL QUESTIONS) (30 MARKS)

1. Outline the five (5) levels of consciousness (2 ½ Marks)
2. List the components of Glasgow Coma Scale (1 ½ Marks)
3. State three (3) functions of the hypothalamus (3 Marks)
4. State six (6) factors that place patients at risk for endocrine health problems (6 Marks)
5. State with examples the seven (7) components in comprehensive adult health history (7 Marks)
6. Outline what cardiovascular examination consists of (4 Marks)
7. List the recommended temperature measurement methods in children according to age (3 Marks)
8. List five (5) aspects of Cardiovascular examination (5 Marks)

SECTION 3- LAQs ANSWER ANY ONE QUESTION (20 MARKS)

1. Describe clinical history taking format in medicine and nursing: physical and systemic examination (20 Marks)
2. A patient is admitted at the Accident and Emergency department where you are working. On assessment you realize that the patient is unconscious. Answer the following questions (20 Marks)
 - a. Outline your initial approach to the unconscious patient (5 Marks)
 - b. What will you do if there is no response? (6 Marks)
 - c. Once cardiac arrest has been identified. What procedure should be initiated without delay? (7 Marks)
 - d. In what ratio will compressions and ventilations be initially performed during CPR? (2 Marks)