



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER DECEMBER 2023 EXAMINATIONS**

COURSE CODE AND TITLE: BSM 124 HEALTH ASSESSMENT

DATE: 4-DECEMBER 2023

Duration: 2 HOURS Start: 2:00 PM Finish: 4:00 PM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks)
Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS**(20 MARKS)**

1. Increased antero-posterior diameter of the chest in comparison to lateral diameter of the chest;-
 - a) Barrel chest
 - b) Funnel chest
 - c) Pigeon chest
 - d) Kyphosis
2. Which of the following is not a cause of tracheal deviation;-
 - a) Pneumonectomy
 - b) Lower lobe fibrosis
 - c) Massive pleural effusion
 - d) Tension pneumothorax
3. When the nurse places a hand over the chest with the palm touching the chest wall and ask the patient to say 'ninety-nine' or 'arba-arat' repeatedly is likely to be assessing for;-
 - a) Tactile fremitus
 - b) Tactile resonance
 - c) Tactile voice echo
 - d) Tactile symmetry
4. The right technique for assessing diaphragmatic excursion;-
 - a) Percuss anterior chest from apices to lung bases, determine the level of dullness at full expiration and then at full inspiration and determine the difference in cm
 - b) Percuss posterior chest from apices to diaphragm bases, determine the level of dullness at full expiration and then at full inspiration and determine the difference in cm
 - c) Auscultate posterior chest from apices to lung bases, determine the level of dullness at full expiration and then at full inspiration and determine the difference in cm
 - d) Percuss posterior chest from apices to lung bases, determine the level of dullness at full expiration and then at full inspiration and determine the difference in cm.
5. On percussion of the normal lung;-
 - a) Flatness
 - b) Dullness
 - c) Resonance
 - d) Tympany
6. Decreased abdominal respiration, the client should be further assessed for;
 - a) Liver disease
 - b) Umbilical hernia
 - c) Intestinal obstruction
 - d) Peritoneal irritation
7. The nurse knows that the patient is experiencing left sided heart failure based on which of the following assessments?
 - a) Pitting leg edema
 - b) Liver enlargement
 - c) Dyspnea
 - d) Pulmonary edema
8. Low-pitched sounds with snoring quality;-
 - a) Crackles

- b) Rhonchi
 - c) Wheezes
 - d) Pleural friction rub
9. Entropion refers to:-
- a) Inflammation of the meibomian glands of eyelids
 - b) Abnormal inward turning of inward margin of eyelid
 - c) Abnormal outward turning of inward margin of eyelid
 - d) Inflammation of the meibomian glands of eyelids
10. A person who can only hear after increased sound volume is likely to be suffering from :-
- a) Sensorineural hearing loss
 - b) Conductive hearing loss
 - c) Nerve degeneration
 - d) Ototoxicity due to drugs
11. Kussmaul's breathing is characterized by :-
- a) Increased breathing rate, alternating with shallow depth
 - b) Increased breathing rate and depth
 - c) No breathing
 - d) Varying depths alternating with apnea
12. Shifting dullness is an examination technique used to demonstrate the presence of:-
- a) Liver enlargement
 - b) Splenomegaly
 - c) Ascites
 - d) Distended bladder
13. The pancreas of an adult is located;
- a) Below the diaphragm and below right costal margin
 - b) High and deep under the diaphragm - can't be palpated
 - c) Deep in the upper abdomen and is not normally palpable
 - d) Posterior to the left mid axillary line and posterior to the stomach
14. Landmarks for cardiac assessment include:
- a) Sternum, clavicles, intercostal spaces
 - b) Sternum, ribs, intercostal spaces
 - c) Sternum, clavicles, ribs
 - d) Sternum, intercostal spaces, ribs
15. At a clinic, the nurse is 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. When auscultating the heart, which of the following guidelines may be used to identify S2?
- a) S1 is longer than S2
 - b) S2 coincides with the R wave on the ECG
 - c) S2 is louder at the base than S1
 - d) S2 is louder at the apex
17. Match the terms to the correct description of orthopnea
- a) An increase in carbon dioxide in the blood
 - b) Low-pitched, bubbling, moist sounds
 - c) Difficulty in breathing when lying supine
 - d) Cessation of breathing alternating with deep breath
18. When assessing a client for kidney tenderness, where would you begin?
- a) Right upper quadrant
 - b) Left upper quadrant

- c) External oblique angle
 - d) Costovertebral angle
19. A client has experienced hematemesis, what is this?
- a) Blood in the urine
 - b) Blood in the vomit
 - c) Blood in the stool
 - d) Blood in the sputum
20. The sigmoid colon is located in which area of the abdomen:
- a) Left upper quadrant
 - b) Left lower quadrant
 - c) Right lower quadrant
 - d) Epigastric quadrant

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Describe the objective physical examination of the abdomen (5mks)
2. Outline FOUR (4) patterns of fever (4mks)
3. Explain FOUR (4) nutritional assessment techniques (4mks)
4. Outline FIVE (5) causes of generalized lymphadenopathy (5mks)
5.
 - a) Outline the grading of finger clubbing (3mks)
 - b) State FOUR (4) causes of finger clubbing (4mks)
6. Outline FIVE (5) types of abnormal breathing patterns (5mks)

SECTION III: LONG ANSWER QUESTION – (20 MARKS)

1. Describe the procedure of self- breast examination (5mks)
2. Patient Kay comes to the clinic complaining of abdominal pains.
 - a) State five specific questions you would ask patient Kay (5 mks)
 - b) Explain 5 specific likely findings a nurse may obtain or look out for during assessment (10 mks)