



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES  
BACHELOR OF SCIENCE IN NURSING (BSN)  
SEPTEMBER-DECEMBER 2024 TRIMESTER MAIN EXAMINATION**

**COURSE CODE AND TITLE: BSM 124- HEALTH ASSESSMENT**

**DATE:**

**TIME: 2 HOURS**

**START: 9:00AM**

**END: 11:00AM**

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**Instructions**

- 1) This exam is out of 70
- 2) This paper has three sections: Section I: Multiple choice Questions (MCQ) (20 marks), Section II: Short answer questions (SAQ) (30 marks) and Section III: Long answer question (LAQ) (20marks)
- 3) Answer **ALL** questions in Section I and Section II and III
- 4) Answer all the questions in the examination booklets provided
- 5) Any rough work to be done at the back of the answer booklet

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

1. When palpating the thyroid gland, the nurse will;
  - A. Palpate with the client's head tilted slightly backward to enhance palpation
  - B. Request the client to turn the head to the right when examining the right lobe
  - C. Find the two lobes in the small space just below the thyroid cartilage
  - D. Palpate only from the anterior side of the patient
2. The following are disadvantages of closed questions: -
  - A. Questions and answers can be controlled more effectively
  - B. Requires more effort from the interviewee
  - C. May be less threatening since they do not require explanations
  - D. Calls for the interviewer's attention
3. Madam X heard gurgling sounds when auscultating Jane's chest at the second interspace anteriorly while exhaling. He would mostly document the findings as;
  - A. Auscultated end expiratory gurgles in the left upper lobe of the lungs
  - B. Inspiration crackles in the base
  - C. Expiratory gurgles of the anterior left upper lobe
  - D. Wheezing at the second interspace anteriorly
4. The following would be considered abnormal findings on breast examination EXCEPT;
  - A. Darkening of the areola
  - B. Bilateral nipple retraction
  - C. One breast hanging slightly lower than the other
  - D. Pus discharge from the nipple
5. The following cranial nerve could be damaged in a patient having a swollen tongue and uncontrollable saliva running out of her mouth: -
  - A. Vagus
  - B. Olfactory
  - C. Trochlear
  - D. Hypoglossal
6. When placing objects on Asha's hand while her eyes are closed, she could easily be able to identify each object. The following could explain her condition: -
  - A. Stereognosis
  - B. Positive sensitivity in her fingers
  - C. Negative tactile discrimination
  - D. Negative extinction phenomenon
7. Advantages of health assessment would include;
  - A. Early detection of disease
  - B. Reduction of disability
  - C. Establishment of constant updated baseline data
  - D. All of the above
8. Partnering in skilled interviewing means: -
  - A. Deciding what is to be done for the client
  - B. Asking leading questions during the interview
  - C. Building a relationship with the pt in an ongoing manner

- D. Helping the client to give an informed consent
9. When listening to S 1 and S 2 sounds of the heart, you will place the \_\_\_\_\_ of the stethoscope on the \_\_\_\_\_ spaces on the chest: -
- A. Diaphragm; second interspace and left sterna border 5th interspace
  - B. Bell; both second interspaces and left sterna border 4th - 5th interspaces
  - C. Diaphragm; right sterna border at the 4th – 5th interspaces
  - D. Bell; left 5th interspace at the midclavicular line
10. When percussing the lungs, hearing a resonance sound would indicate: -
- A. The lungs are filled with air
  - B. The lungs are filled with fluid
  - C. The lungs filled with less air
  - D. The lungs filled with blood
11. The following is likely to occur in elderly clients: -
- A. Muscle fasciculations
  - B. Eye chart reading of 25/5 meters
  - C. Positive weber test
  - D. All the above
12. The nurse can position the client in a sitting upright during palpation of: -
- A. Genitalia
  - B. Breast
  - C. Abdomen
  - D. Head and neck
13. A funnel chest may be resulting from: -
- A. A congenital defect
  - B. A dietary deficiency of calcium
  - C. A traumatic effect
  - D. A side effect of an infection of the chest
14. When you were examining Lilian you asked her to raise her eyebrows and puff out cheeks but she could not do so. The cranial nerve affected is: -
- A. Auditory
  - B. Abducent
  - C. Facial
  - D. Accessory
15. Stroking the lateral border of the sole of the client's foot with a moderately sharp object aims at testing: -
- A. Nerve reflex
  - B. Balance test
  - C. Gait test
  - D. Plantar reflex
16. The following sites can be used to auscultate active bowel sounds: -
- A. Aorta and renal artery
  - B. Iliac artery and femoral artery
  - C. Aorta and brachial artery

- D. a and b
17. Deviation of the tongue from the center may indicate damage of the \_\_\_\_ cranial Nerve: -
- A. Auditory
  - B. Vagus
  - C. Hypoglossal
  - D. Trochlear
18. An interrupted transmission of sound waves through the outer and middle ear is: -
- A. Conductive hearing loss
  - B. Sensorineural hearing loss
  - C. Mixed hearing loss
  - D. None of the above
19. The degree of detail the eye can discern in the image is:-
- A. Visual fields
  - B. Visual acuity
  - C. Presbyopia
  - D. Myopia
20. When inspecting the pupils for color, shape and symmetry of size you may find abnormal/ deviation findings which may be represented by: -
- A. Constriction of both pupils
  - B. Unequal response of the right pupil
  - C. Redness, opaque, anisocoria, swelling and asymmetrically
  - D. Cloudiness, miosis, mydriasis, anisocoria and bulging of iris

**SECTION II: SHORT ANSWER QUESTIONS**

**30 MARKS**

1. Explain Four (4) techniques applied during physical examination of a patient  
(8marks)
2. State the Five (5) basic health promotion strategies identified in the Ottawa Charter  
(5 marks)
3. Outline Eight (8) diagnostic procedures for confirming the diagnosis of a patient  
(8 marks)
4. Describe Three (3) characteristics of the midwifery process  
(6 marks)
5. List Six (6) components of a comprehensive history  
(3 marks)

**SECTION III: LONG ANSWER QUESTION**

**20 MARKS**

1. You are a registered and licensed nurse midwife deployed in the maternity wing of a reputable health facility. You are required to use the midwifery process as you offer the care to the clients.
  - a) Define midwifery process (1 mark)
  - b) Explain Five (5) steps of the midwifery process (10 marks)
  - c) Describe the benefits of using the midwifery process in health care provision (9 marks)

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