



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES**

**END OF SEMESTER APRIL 2026 EXAMINATIONS**

**COURSE CODE AND TITLE: BSM124 - Health Assessment**

**DATE: 9<sup>TH</sup> APRIL 2026**

**Duration: 2 HOURS**

**Start: 9:00AM**

**Finish: 11:00AM**

**INSTRUCTIONS**

- 1.** This exam is out of 70 marks
- 2.** This Examination comprises THREE Sections.
  - a. Section I: Multiple Choice Questions (20 marks)
  - b. Section II: Short Answer Questions (30 marks)
  - c. 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 ONE: MULTIPLE CHOICE QUESTIONS****20 MARKS**

1. One component of family history that the midwife should gather from their client is:
  - a. Cause of death of grandparents
  - b. The patient's coping style
  - c. Religious affiliations of the family
  - d. The client's job history
2. One of the following assessment measures is used to assess the location, shape, size, and density of tissues:
  - a. Observation
  - b. Palpation
  - c. Percussion
  - d. Auscultation
3. The correct sequence to follow in the initial stages of a health interview include:
  - a. Social history, chief complaint, past health history
  - b. Chief complaint, history of presenting illness, family history
  - c. Identification data, chief complaint, history of presenting illness
  - d. Social history, history of presenting complaint, chief complaint
4. 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
5. The appropriate sound that a midwife expects on percussion of the normal lung is:
  - a. Flatness
  - b. Dullness
  - c. Resonance
  - d. Tympany
6. One of the following statements is correct regarding a focused assessment:
  - a. Provides a baseline for future assessments
  - b. The midwife develops essential comprehensive assessment skills
  - c. It is a problem-oriented assessment
  - d. It is mainly conducted on initial contact with the client
7. The correct sequence that the midwife follows while conducting a health assessment is:
  - a. History, physical examination, lab tests
  - b. Physical examination, history, lab tests
  - c. Imaging tests, history, physical examination
  - d. History, lab tests, physical examination
8. A low-pitched sound with snoring quality auscultated during a chest examination is:
  - a. Crackles
  - b. Rhonchi
  - c. Wheezes
  - d. Pleural friction rub
9. The most appropriate patient position for conducting an abdominal examination is:
  - a. Prone
  - b. Lithotomy
  - c. Supine
  - d. Sims

10. A hollow sound that can be percussed over a normal lung is described as a:
  - a. Tympany
  - b. Resonance
  - c. Dullness
  - d. Flatness
11. The correct landmarks for cardiac assessment include:
  - a. Sternum, clavicles, intercostal spaces
  - b. Sternum, ribs, intercostal spaces
  - c. Sternum, clavicles, ribs
  - d. Sternum, intercostal spaces, ribs
12. The appendix is located in the following region of the abdomen:
  - a. Left upper quadrant
  - b. Left lower quadrant
  - c. Right lower quadrant
  - d. Epigastric quadrant
13. The most appropriate action to take when interviewing a talkative patient is:
  - a. Ask focused questions
  - b. Use an informant to verify
  - c. Closely watch non-verbal cues
  - d. Respond with empathy
14. While examining a client, you determine that their BMI is  $22.6\text{kg/m}^2$ . You classify this as:
  - a. Underweight
  - b. Obese
  - c. Normal weight
  - d. Overweight
15. The most appropriate technique that the midwife uses to assess the thyroid gland is:
  - a. Inspection
  - b. Percussion
  - c. Auscultation
  - d. Palpation
16. The cranial nerves involved in eye movements include:
  - a. Facial, optic, oculomotor
  - b. Oculomotor, trochlear, abducens
  - c. Optic, trigeminal, oculomotor
  - d. Oculomotor, optic, trochlear
17. One of the following is a component of planning in the midwifery process:
  - a. Identifying need for client referral
  - b. Promoting self-care by the client
  - c. Seeking validation from colleagues
  - d. Providing respectful care
18. One of the components below indicates an evaluation stage in the midwifery process:
  - a. Clarifying an actual diagnosis
  - b. Correctly interpreting data collected
  - c. Organizing data (subjective, objective)
  - d. Reflecting on outcomes of care provided

19. A patient who complains of difficulty breathing should be placed in the following position:
- Fowler's position
  - Prone position
  - Lateral position
  - Supine position
20. When preparing to conduct a fundal assessment on a pregnant woman in the antenatal clinic, the midwife should ask the client to:-
- Lie on her side with the upper leg flexed
  - Lie supine with one hand above the head
  - Empty her bladder prior to examination
  - Sit with their backs facing away from the midwife

**SECTION TWO: SHORT ANSWER QUESTIONS**

**30 MARKS**

- Describe five (5) common variations that can be observed during assessment of the skin (5 marks)
- Explain the following tests that may be ordered for a pregnant client in your care
  - Haematology (2 marks)
  - Urinalysis (2 marks)
  - CT scan (2 marks)
- State five (5) areas that the midwife would enquire from a female client patient when conducting a review of the reproductive system during history taking (5 marks)
- Describe the four (4) main techniques that the midwife utilizes to conduct physical examination (4 marks)
- Explain four (4) nutritional assessment techniques that can be used to assess a client seeking pre-conception care services (4 marks)
- Describe the procedure for conducting a self- breast examination (6 marks)

**SECTION THREE: LONG ANSWER QUESTION**

**20 MARKS**

- Mrs. Zee presents to your antenatal clinic for an initial visit.
  - Describe the subjective assessment that you would collect from her on the history of presenting illness. (7 marks)
  - Outline the objective assessment that you would conduct for her. (13 marks)