



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER EXAMINATION DECEMBER 2025**

COURSE CODE AND TITLE: DOP 113 Health Assessment

DATE: 2ND DECEMBER 2025

Duration: 1 HOURS

Start: 9:00 AM

Finish: 11:00 AM

INSTRUCTIONS

- 1. This exam is out of 50 marks**
- 2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) and Section II: Short Answer Questions (30 marks)**
- 3. Answer ALL Questions.**
- 4. Do Not write anything on the question paper -use the back of your booklet for rough work**

MULTIPLE ANSWER QUESTIONS (20 MARKS)

1. Which of the following is not a characteristic of a skin macule: -
 - a. Flat
 - b. <1cm in diameter
 - c. Raised
 - d. Discoloration
2. When assessing skin turgor, which of the following is being evaluated
 - a. Skin temperature
 - b. Skin elasticity and hydration
 - c. Skin texture
 - d. Skin color
3. A "blanching" rash on the skin is one that:-
 - a. Does not disappear when pressed
 - b. Turns pale when pressed
 - c. Appears dark purple in color
 - d. Is raised and fluid-filled
4. Most appropriate initial step in assessment of a patient's cardiovascular system:-
 - a. Auscultation of heart sound
 - b. Measurement of blood pressure
 - c. Inspection for signs of peripheral edema
 - d. Palpation of peripheral pulses
5. A sign of labored breathing?
 - a. Use of accessory muscles
 - b. Slow, deep respiration
 - c. Regular breathing pattern
 - d. Unlabored, effortless breathing
6. A physical exam finding of "decreased tactile fremitus" over the right lung is most likely associated with which condition:-
 - a. Pneumonia
 - b. Pleural effusion
 - c. Bronchitis
 - d. Asthma
7. Test used in assessment of the cranial nerve responsible for controlling pupils response to light:-
 - a. Snellen's chart
 - b. Cover-uncover test
 - c. Pupillary light reflex
 - d. Visual field by confrontation

8. Which of the following would be an expected finding in the assessment of a normal optic disc:-
- Papilledema
 - Cup-to-disc ratio of 0.3
 - Presence of retinal hemorrhage
 - Blurring of the disc margins
9. In the assessment of the fundus, the presence of "cotton-wool spots" is most commonly associated with: -
- Diabetic retinopathy
 - Retinal detachment
 - Macular degeneration
 - Glaucoma
10. When performing an otoscopic examination, a normal tympanic membrane should appear:-
- Red and budging
 - White and thickened
 - Pear gray with a visible light reflex
 - Yellow with fluid behind it
11. A patient reports experiencing a sensation of spinning. Which of the following tests would be most useful to assess for vestibular dysfunction:-
- Rinne test
 - Romberg test
 - Whisper test
 - Dix-Hallpike maneuver
12. The **Weber test** in a patient with conductive hearing loss will most likely show:-
- Lateralization of the affected ear
 - Lateralization of the unaffected ear
 - No lateralization
 - The sound hears equally in both ears
13. Which of the following finding on cervical lymphnodes, would be most concern for malignancy
- Firm, non-tender and immobile lymph nodes
 - Soft, tender and mobile lymph nodes
 - Small round and movable lymph nodes
 - Enlarged, warm and tender lymph nodes
14. The **Brudzinski sign** is performed during the neck examination to assess for:-
- Lymphadenopathy
 - Thyroid enlargement
 - Meningeal irritation
 - Carotid artery disease

15. When assessing the carotid pulse in a patient, it is important to avoid palpating both sides simultaneously to prevent:
- Lightheadedness
 - Syncope
 - Increased blood pressure
 - Bradycardia
16. Which of the following is the most appropriate technique to assess the range of motion in the neck:-
- Palpation of the carotid artery
 - Inspection for signs of asymmetry
 - Asking patient to tilt, rotate and flex their neck in various directions
 - Percussion of the thyroid gland
17. During an examination of the head, the examiner notices a noticeable asymmetry in the face. This could indicate:-
- A normal finding
 - Cranial nerve palsy
 - Temporal arteritis
 - Goiter
18. When assessing for abnormal head shape in an infant, which of the following conditions is characterized by the premature fusion of one or more cranial sutures:-
- Hydrocephalus
 - Microcephaly
 - Craniosynostosis
 - Plagiocephaly
19. Which of the following tests is commonly performed to assess the patency of the nostrils during a nasal examination: -
- Smell test
 - Transillumination test
 - Nasal speculum examination
 - Valsava maneuver
20. A **clear, watery nasal discharge** following a head injury may be suggestive of:-
- Sinusitis
 - Epitaxis
 - Nasal fracture with cerebrospinal fluid
 - Allergic rhinitis

SHORT ANSWER QUESTIONS (30 MARKS)

1. Explain four factors affecting patients interview in a hospital setting (8 marks)
2. Outline the meaning of the following listening responses as used in interview (6 marks)
 - a. Sequencing
 - b. Reflecting
 - c. Clarifying
 - d. Restating
 - e. Summarizing
 - f. Interpreting
3. Outline five characteristics of a chief complain (5 marks)
4. Outline the five golden rules used in health assessment (5 marks)
5. Highlight six(6) components of a general survey during assessment (6 marks)

SECTION III: LONG ANSWER QUESTION (20 marks)

1. A 45-year-old woman presents to the outpatient department with complaints of persistent fatigue, shortness of breath on exertion, and occasional dizziness.
 - a. Discuss the systematic physical examination you would perform, highlighting specific assessment techniques and expected findings (8 marks)
 - b. Discuss the systematic physical examination you would perform, highlighting specific assessment techniques and expected findings. (8 marks)
 - c. Explain how you would integrate subjective and objective data to identify possible nursing diagnoses. (4 marks)