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UNIVERSITY EXAMINATIONS 2024/2025

SECOND YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE IN NURSING

NND 3215/NNU 3136 – HEALTH ASSESSMENT

DATE: JANUARY 2025

TIME: 3 HOURS

INSTRUCTIONS: *All questions are compulsory*

Ensure that all your answers are properly numbered

Part 1 Multiple Choice Questions (MCQs): Write the correct answer on the space provided in the answer booklet. Each MCQ is one mark.

Part 11: Short Answer Questions-Answer questions following each other on the answer booklet

Part 111: Long Answer Questions

SECTION A: SHORT ANSWER QUESTIONS (20 MARKS)

1. Which of the following situations would require a focused physical examination?
 - a) Student physical examination
 - b) Pre-employment physical examination
 - c) Preoperative patient scheduled for hip replacement
 - d) Patient admitted with chest pain

 2. Which part of your hand is the most discriminatory to detect fine sensations?
 - a) Dorsal surface
 - b) Finger pads
 - c) Ulnar surface
 - d) Palmar surface
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3. Mr. Kamau complains of back pain. Which question would best assess precipitating factors of his pain?
- a) Did the pain awaken you from sleep?
 - b) Did the pain interfere with your ability to work?
 - c) When did the pain begin?
 - d) What were you doing when the pain started?
4. While assessing an 80-year-old male patient with a diagnosis of congestive heart failure, which finding would be considered normal, taking his age into account?
- a) Increased skin temperature
 - b) Increased moisture
 - c) Decreased erythema
 - d) Decreased turgor
5. To facilitate palpation of the thyroid gland, you instruct your patient to:
- a) Flex neck
 - b) Hyperextend neck
 - c) Swallow
 - d) Hold breath
6. When testing the corneal reflex, which response would be considered normal?
- a) Patient's pupils dilate.
 - b) Patient blinks and eyes tear.
 - c) Patient develops a nystagmus.
 - d) Patient's cornea reflects light equally
7. The nurse has tested an adult client's visual fields and determined that the temporal field is 90 degrees in both eyes. The nurse should
- a) Refer the client for further evaluation.
 - b) Examine the client for other signs of glaucoma.
 - c) Ask the client if there is a genetic history of blindness.
 - d) Document the findings in the client's records.
8. The results of a Rinne test reveal bone conduction is longer than air conduction. What do these findings suggest?
- a) Nothing, they are normal findings.

- b) Conductive hearing loss.
 - c) Perceptive hearing loss.
 - d) Sensorineural hearing loss.
9. An 18-year-old is at the clinic for "a sore throat lasting 6 days." The nurse is aware that which of these findings would be consistent with an acute infection?
- a) Tonsils 1+/1-4+ and pink, same color as oral mucosa
 - b) Tonsils 2+/1-4+ with small plugs of white debris
 - c) Tonsils 3+/1-4+ with large white spots
 - d) Tonsils 3+/1-4+ with pale coloring
10. Which of the following would you expect to find when assessing for tactile fremitus in a client with COPD?
- a) Increased fremitus at the bases.
 - b) Decreased fremitus at the bases.
 - c) Increased fremitus at the apex.
 - d) Decreased fremitus at the apex.
11. When assessing a 75-year-old patient who has asthma, the nurse notes that he assumes a tripod position, leaning forward with arms braced on the chair. Based on this observation, the nurse should:
- a) Assume that the patient is eager and interested in participating in the interview.
 - b) Evaluate the patient for abdominal pain, which may be exacerbated in the sitting position.
 - c) Assume that the patient is having difficulty breathing and assist him to a supine position.
 - d) Recognize that a tripod position is often used when a patient is having respiratory difficulties
12. During breast inspection, the position that is best for accentuating dimpling or retraction of breast tissue is?
- a) Sitting, hands at side
 - b) Sitting, hands over head
 - c) Sitting, leaning forward
 - d) Sitting, hands pressed on hips

13. The nurse finds the apical impulse below the fifth intercostal space. Which of the following findings does the nurse suspect?
- a) Left atrial enlargement
 - b) Left ventricular enlargement
 - c) Right atrial enlargement
 - d) Right ventricular enlargement
14. The appropriate test to assess a patient's lower extremities for arterial insufficiency is?
- a) Allen test
 - b) Manual compression test
 - c) Trendelenburg test
 - d) Buerger's test
15. A patient is brought to the emergency room with the chief complaint of right lower quadrant pain. Which test is the best test for appendicitis?
- a) Iliopsoas test
 - b) Shifting dullness
 - c) Kehr's sign
 - d) Murphy's sign
16. A patient reports a history of compression of the left cranial nerve XI (spinal accessory nerve) from an old sports injury. Based on this information, what technique does the nurse include in the focused assessment?
- a) Asking the patient to rotate the head against resistance of the nurse's hand on the patient's chin
 - b) Asking the patient to flex the chin to the chest against resistance of the nurse's hand on the patient's forehead
 - c) Asking the patient to extend the head back against resistance of the nurse's hand on the back of the patient head
 - d) Asking the patient to shrug the shoulders while the nurse attempts to push them down
17. The nurse notes that the patient is able to touch each finger to his thumb in rapid sequence. This finding indicates that the patient:
- a) Has intact trochlear and abducens cranial nerves.
 - b) Has appropriate cerebellar function.

- c) Has an intact spinal accessory nerve.
 - d) Has appropriate kinesthetic sensation.
18. During a genital examination on a 25-year-old man, the nurse notices deeply pigmented, wrinkled scrotal skin with large sebaceous follicles. Based on this information, the nurse would:
- a) Squeeze the glans to check for the presence of discharge.
 - b) Consider this finding as normal, and proceed with the examination.
 - c) Assess the testicles for the presence of masses or painless lumps.
 - d) Obtain a more detailed history, focusing on any scrotal abnormalities the patient has noticed
19. The nurse has just completed an inspection of nulliparous woman's external genitalia. Which of these would be a description of a finding within normal limits?
- a) Redness of the labia majora
 - b) Multiple non-tender sebaceous cysts
 - c) Discharge that is foul smelling and irritating
 - d) Gaping and slightly shriveled labia majora
20. Which of the patient below is experiencing leukopenia based on their complete blood count?
- a) A patient with a platelet level of 100,000.
 - b) A patient with a WBC level of 9,000.
 - c) A patient with a platelet level of 150,000.
 - d) A patient with a WBC level of 3,000.

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. During history taking, a client states that he habitually takes alcohol. Explain how you would assess for possible alcohol abuse and the interpretation of the screening test (5 marks)
2. Explain three components of the general survey (6 marks)
3. Contrast signs of venous and arterial insufficiency or for peripheral blood vessels (3 marks)
4. Explain any two deviations from normal that may be observed during inspection of abdomen (4 marks)
5. i. Using examples contrast primary and secondary skin lesions (3 marks)



- ii) Outline three ways that a skin lesion may be described (4 marks)
6. Outline five nursing interventions for a client who has had a lumbar puncture (5 marks)

SECTION C: LONG ANSWER QUESTIONS (20 MARKS)

A female patient aged 36 is admitted to the surgical ward having suffered 36% burns to her face, hands and feet. She is unable to ambulate due to the burn wounds on her feet. She is a single parent to a 2 year old toddler whom she left with her neighbor due to the emergency admission and confesses that she is not in "good terms" with her parents. She is very worried about her appearance due to the burns on her face. Her vital signs are: Pulse 110, Respiratory rate- 26, BP 102/60mmHg, spO₂- 88%, Pain: 7/10.

- a. State four importance of history taking (4 marks)
- b. Identify any four dysfunctional patterns that are identifiable in this client giving justification for your answers. (8 marks)
- c. The patient's alertness has been progressively declining. Describe how you would assess the level of consciousness of the patient (8 marks)

