



**UNIVERSITY EXAMINATIONS**  
**SECOND YEAR EXAMINATION FOR THE AWARD OF THE DEGREE OF**  
**BACHELOR OF SCIENCE IN NURSING**  
**FIRST SEMESTER, 2021/2022**  
**(FEBRUARY - JUNE, 2022)**

**NUR 251: HEALTH ASSESSMENT**

**STREAM: Y2 S1**

**TIME: 3 HOURS**

**DAY: FRIDAY, 2:00 – 5:00 P.M.**

**DATE: 27/05/2022**

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**INSTRUCTIONS:**

**1. Do not write anything on this question paper.**

1. The very first thing a nurse will assess when doing a head to toe examination is what?
  - A. head
  - B. eyes
  - C. ears
  - D. general appearance
  
2. When it comes to assessing the clients physical appearance which of the following lists what a nurse would look for?
  - A. Gender, age, ethnicity, dress, speech, level of consciousness
  - B. Religion, age, ethnicity, dress, speech, level of consciousness
  - C. Age, gender, ethnicity, dress, diet, speech, level of consciousness

- D. Gender, age, ethnicity, marital status, dress, speech, level of consciousness
3. Nurse Dave has his client come in and proceeds to ask him his name, his date of birth, if he knows where he is, and what day of the week it is. In doing this Dave is testing his clients what?
- A. intelligence coefficient
  - B. level of consciousness
  - C. social and cognitive skills
  - D. physical and mental development
4. Nurse George has just assessed his client's articulation, language, and other aspects of his speech. In doing this which cranial nerves has he just assessed?
- A. cranial nerves 4 and 5
  - B. cranial nerves 6 and 12
  - C. cranial nerves 9 and 12
  - D. cranial nerves 10 and 12
5. What is the very first thing a nurse should do at the beginning of a head to toe assessment?
- A. state the clients name and age
  - B. introduce yourself to the client
  - C. have the client walk in and take a seat
  - D. state the client's gender and ethnicity
6. Which of the following would be considered normal nursing observations regarding general appearance?
- A. client is well groomed
  - B. dress is appropriate for the season

- C. no visible signs of illness note
  - D. all of the above
7. Which two things would a nurse state they are going to do at the end of the general appearance portion of the head to toe assessment?
- A. record vitals and emotions
  - B. record vision and pain level
  - C. record vitals and pain level
  - D. record level of consciousness and general appearance
8. If a client reports they are in pain what would a nurse do first?
- A. call the doctor immediately
  - B. document it immediately
  - C. assess client's pain on scale 0 to 10
  - D. assess client's pain on scale 0 to 20
9. A nurse conducting an assesment on a clients head would do what first?
- A. inspect and palpate hair
  - B. inspect and palpate scalp
  - C. look at patient's prior medical history
  - D. inspect and palpate sinuses to control spread of germs
10. Before a nurse palpates a person's scalp what is the very first action they should take?
- A. preform hand hygiene
  - B. ask the client how their hair feels
  - C. go ahead and inspect the client's scalp
  - D. go right ahead and palpate client's scalp with bare hands.
11. When it comes to hand hygiene and your client you should always do what?

- A. inform client you've washed your hands
  - B. wear gloves so they don't worry
  - C. wash hands in patient's presence
  - D. wash hands outside patient's room
12. When palpating the client's temporal artery what should a nurse remember to do?
- A. state the depth
  - B. state the location
  - C. state the temperature
  - D. state the force
13. Which would be a normal observation for a nurse stating the force of a temporal artery?
- A. +1
  - B. +3
  - C. +4
  - D. +2
14. Nurse Joan asks her client Freedy to clench his jaw as she continues to palpate his head. When she asks him to do this what is Nurse Joan most likely trying to palpate?
- A. Freedy's temporal artery
  - B. Freedy's temporomandibular joint
  - C. Freedy's submandibular joint
  - D. Freedy's submental joint
15. The "main part" of the patient history is the:
- A. Identifying data
  - B. Past medical history
  - C. Source of the history
  - D. Chief complaint

16. You can obtain the most accurate information from your patient by:
- A. Asking short, direct questions
  - B. Speaking slowly and asking vague questions
  - C. Speaking in a commanding and controlling tone
  - D. Building a rapport with the patient
17. Where is temperature regulated?
- A. Hypothalamus
  - B. Skin
  - C. Heat & Cold
  - D. By what a person wears
18. A patient has a radial pulse of 65 & an apical rate of 66. What is the pulse deficit?
- A. 0
  - B. 1
  - C. 1+
  - D. 131
19. What factor does not influence Respiration rate?
- A. Age
  - B. Gender
  - C. Smoking
  - D. Medication
  - E. Pain
20. What is the maximum of oxygen you can give a patient with COPD?
- A. 2 L/min
  - B. 10 L/min
  - C. L/min
  - D. 6 L/min

### **SHORT ESSAY 40MKS**

1. Briefly describe how to measure pain and oxygen saturation as part of vital signs [5 marks]
2. Highlight on how to conduct abdominal examination [5 marks]
3. Briefly outline on how to check for five types of reflex during Head to Toe examination [5 marks]
4. During history taking ,the client suddenly becomes restless with dyspnoea and diaphoresing as a nurse what will be your priority action describe briefly [5 marks]
5. Outline the equipments and their functions that you would assemble for Head to Toe examination [5 marks]
6. Briefly describe any five areas that you will take pulse during physical examination [5 marks]
7. Describe how to check for cranial nerves nos 3,4 and 6 during examination of a client [5 marks]
8. Outline the procedure for conducting self breast examination [5 marks]

### **LONG ESSAY QUESTIONS 40MKS**

1. Describe in detail how to conduct chest examination noting the various types of chests and specific areas to auscultate for lung sounds [20 marks]
2. A client is admitted into the ward with a diagnosis of pneumonia, Discuss how to take history using Gordon's Health Functions [20 marks]