Introduction to Health Assessment

1. **Define health assessment.**
2. **What are the components of health assessment?**
3. **What is the nurse’s role in health assessment?**
4. Which of the following phrases best describes “a state of complete physical, mental, and social well-being and not merely the absence of disease?”
   1. Happiness
   2. Well-being
   3. Health
   4. Wellness
5. Which of the following describes health assessment? Select all that apply.
   1. Involves collecting and analyzing data
   2. Helps provide patient centered, holistic care
   3. Only uses the assessment and intervention stages of the nursing process
   4. Considers age, gender, and socioeconomic status
6. You are performing a health assessment on your patient, Meagan. She is a 20 year old EKU student who is 7 months pregnant. She states she is feeling fatigued and overwhelmed. Her blood pressure is 180/90. She reports that she is allergic to dairy. Which of the following would you document as objective data?
   1. Fatigued and overwhelmed
   2. Blood pressure
   3. Dairy allergy
   4. Religious beliefs
7. Why should EKU students be taught how to assess patients?
   1. It’s the nurse’s job, duh
   2. It reveals risk factors and how it affects healing
   3. It reveals how past history affects the care you give
   4. Formulates a nursing plan of care
   5. All of the above
8. You take Gabriel to the ER for little red spots on his chest. The nurse does an assessment on him before confirming that it is Measles. What type of health assessment would be the most appropriate?
   1. Comprehensive
   2. Focused/Problem based
   3. Episodic
   4. Screening
9. Gabriel is sent home with antibiotics and the next week, he has a follow up appointment. You are given educational pamphlets on the benefits of vaccinating your child. What kind of assessment should the nurse perform?
   1. Episodic
   2. Shift
   3. Screening
   4. Focused/Problem based

Obtaining a Health History

1. You are interviewing your patient about her medical history. You repeat and clarify to decrease any possible confusion between the two of you. Which phase of interviewing is this?
   1. Introduction
   2. Discussion
   3. Clarification
   4. Summary
2. Your fellow nurse is interviewing a patient. Which of the following techniques indicates a need for further education?
   1. Maintaining professionalism by saying Mrs., Mr., etc
   2. Showing empathy by saying “I know how you feel”
   3. Indicate privacy by asking “Is it okay if your family member is present?”
   4. Provide for privacy by closing the door and curtain
3. Your patient says their belly hurts. You rephrase what they said in order to get a more specific response. Which communication technique is this? Sorry this might be a bad question.
   1. Summary
   2. Clarification
   3. Restating
   4. Facilitation
4. Which of the following questions would not be appropriate to ask a patient about their belly pain?
   1. When did it start?
   2. Does it come and go, or is it constant pain?
   3. What is causing the pain?
   4. Have you tried any OTC meds?
5. When talking to a 6-year-old patient about their health history, which would be the most appropriate intervention?
   1. Talk to them alone
   2. Assess their functional status
   3. Ask about their parents’ health and relationships
   4. Assess for depression and cognitive decline

Techniques and Equipment for Physical Assessment

1. The first technique to use in assessing a patient is inspection. Which of the following skills describes this?
   1. Feeling the shape and symmetry of the liver
   2. Assessing the depth of the patient’s edema
   3. Lightly tapping the stomach and hearing a tympanic tone
   4. Noticing the distinct smell of your patient’s C-Diff
2. You are watching Meagan perform an assessment on her patient. Which of the following aspects of the setting would you need to further educate her on?
   1. The closed door and pulled curtain
   2. Dimmed lights
   3. Muted TV
   4. Keeping the patient covered for warmth
3. When giving a client an enema, how should you position them?
   1. Lateral recumbent
   2. Dorsal recumbent
   3. Sitting on the toilet
   4. Supine

Mental Health Assessment

1. For the past year, your patient Megan has had unresolved stomach pain, IBS, and hormone issues, but states she feels sad often. Which explanation best describes your nursing assessment of her?
   1. Evidence of somatoform
   2. Possible vitamin B12 and B6 deficiency
   3. Lack of adequate medical or physical explanation
   4. Normal assessment
   5. A and C
2. You are overwhelmed with the number of patients in your office today. Which of the following patients should you screen for mental health? Select all that apply.
   1. Suzy, who has a fever, cough, and runny nose
   2. Morgan, who has stomach pain and has recently lost her grandmother
   3. Grant, who has unresolved feelings of worry and anxiousness for the past 6 weeks
   4. Meagan, who is a frequent visitor of your office with very few physical abnormalities
3. You are reviewing a doctor’s notes on your patient. He noted “Anhedonia” for the patient’s focused history. What do you know about your patient?
   1. They have poor self esteem
   2. They have poor eye sight
   3. They have felt nervous and on edge
   4. They have lost interest in things they normally enjoy
4. Your 78 year old patient states his name, his correct birth date, but does not know where he is or what time of year it is. How would you document his orientation?
   1. Alert and Oriented x 1
   2. Alert and Oriented x 2
   3. Alert and Oriented x 3
   4. Alert and Oriented x 4
5. Which statement best describes the assessment of immediate recall?
   1. “Ready? Dog, pencil, airplane. Now, you repeat those back to me.”
   2. “This is a coffee cup, phone, and nail polish. 10 minutes later: What were the three objects I showed you?”
   3. “Where did you grow up?”
   4. “What do you do when you get to a stop sign?”
6. What is true about your patients with dementia?
   1. They have good immediate recall
   2. They have good recent memory
   3. They have good remote memory
   4. They have good abstract thinking
7. Your 26 year old patient states that she does not feel safe in her home with her husband, John, and is often fearful for her health and well-being. What should be your next action as the nurse?
   1. Document everything she says and your assessment of her
   2. Contact police immediately
   3. Refer her to counseling
   4. Report the suspected abuse anonymously
8. You are instructed to perform a Mini-Mental State Examination (MMSE). Which of the following is not an aspect of this assessment?
   1. Orientation to time
   2. Abstract thinking
   3. Registration
   4. Reading
9. Destiny no longer lives with her mom, but now is in the foster care system and lives with David and Renea Gartland. Which of the following questions might you ask Destiny? Select all that apply.
   1. Does your mom, Nicky, ever talk to you about drugs, getting high, or taking a hit?
   2. What do you do when someone makes you really angry?
   3. Have you ever tried alcohol or drugs?
   4. Have you ever been forced to get naked and do things with your private parts?
10. Your resident hasn’t been coming out of her room as much anymore. She sleeps most of the day and skips most of the meals you bring her. She complains of fatigue, but you use your nursing judgement to screen for which of the following first?
    1. Depression
    2. Substance abuse
    3. Dementia
    4. Delirium
11. Your normally A/Ox4 patient is screaming in anger and confused about her location. She has been tested positive for a urinary tract infection. Which of the following is she most likely experiencing?
    1. Depression
    2. Anxiety
    3. Dementia
    4. Delirium

Skin, Hair and Nails

1. During your assessment of the integumentary system, what are you looking at? Select all that apply.
   1. Skin
   2. Hair
   3. Nails
   4. Sweat glands
2. Your patient is in the ICU for severe burns from a house fire. What should you monitor as their nurse? Select all that apply.
   1. Body temperature q 2h
   2. Water and electrolyte retention
   3. Increased sensory perception
   4. Increased morbidity
3. You and Meagan both got a bad sunburn at the beach on Spring Break. Which of the following statements is true about your skin health?
   1. There is decreased insulation
   2. You will have issues controlling your body temperature
   3. You have lost the protective barrier
   4. You are at a decreased risk for infection
4. Meagan has never had any family history of skin cancer, so she thinks it’s okay to go to the tanning bed. What would you need to educate her on?
   1. Health promotion
   2. Family history of other diseases
   3. Systemic disease rates
   4. Diseases of the skin
5. Your patient has a history of immobility and poor circulation. Which areas of the physical examination would be least appropriate to assess?
   1. Coccyx
   2. Ears
   3. Abdomen
   4. Clavicle
6. The nurse documents that Dez has “Acanthosis nigricans” on the back of her neck. What should you assess her for or request a doctor’s order for?
   1. Bilirubin levels
   2. Diabetes
   3. Non-pitting edema
   4. Primary lesions
7. Your patient’s records indicate they have non-pitting edema. What would be the best nursing intervention?
   1. Focused mental health assessment
   2. Request order for Lasix
   3. Elevate the affected region
   4. Interpersonal violence assessment
8. Meagan frequently gets water blisters on her feet when she runs during the hot summer months. You have the opportunity to educate her! What would you describe her water blisters as?
   1. Bulla
   2. Macule
   3. Vesicle
   4. Pustule
9. Gabriel will probably get chicken pox one day. What type of secondary lesions is he most likely to experience?
   1. Ulcer
   2. Erosion
   3. Fissure
   4. Excoriation
10. After Gabriel gets chicken pox, he will one day experience Shingles, a very painful rash. How would you describe these vesicles?
    1. He had primary vesicles when he had chicken pox, and that developed into secondary when he got shingles.
    2. He had primary vesicles when he had chicken pox, and that developed into secondary bulla.
    3. He had itchy plaques when he had chicken pox, and that developed into primary vesicles.
11. Which is a normal finding on a newborn baby’s skin assessment?
    1. Angioma
    2. Ecchymosis
    3. Petechiae
    4. Purpura
12. Which of the following vascular lesions are a normal finding on elderly patients?
    1. Angioma
    2. Ecchymosis
    3. Petechiae
    4. Purpura
    5. B and D
13. Mallory notices a small, shiny bump that has grown on her arm. She states it has been there for a while but is slowly getting bigger. What type of skin cancer would you suspect?
    1. Basal cell
    2. Squamous cell
    3. Melanoma
    4. None of the above
14. Erika has a small, raised bump behind her ear. It is scaly and ulcerated. Which of the following statements is true about her bump?
    1. It is benign
    2. It can metastasize
    3. It is slow growing
    4. It accounts for the smallest percentage of skin cancers
15. When assessing your patient’s skin, what aspects of ABCDE should you check her moles for? Select all that apply.
    1. Asymmetry
    2. Borders
    3. Consistency
    4. Distance
    5. Evolving
16. You assess your patient and note that he has spoon shaped nails. What would be the next intervention?
    1. Assess for vitamin deficiency
    2. Assess for bleeding disorders
    3. Assess for other diseases that disrupt nail growth
    4. Assess for respiratory disorders
17. When Destiny first came to the Gartland’s house, she was very bruised up. Which of the following bruises would not be considered normal for a three year old?
    1. Elbows
    2. Knees
    3. Shins
    4. Thighs

HEENT

1. Your patient has a history of HTN. What aspect of the HEENT assessment would you take special consideration on?
   1. Scalp and hair
   2. Eyes
   3. Deviated ears
   4. Throat discharge
2. During your HEENT assessment, you ask your patient to smile, frown, and then stick their tongue out and side to side. Which cranial nerve is this testing?
   1. CN II
   2. CN III
   3. CN VI
   4. CN VII
3. Meagan’s baby spent too much time laying on her back instead of having tummy time. Which of the following nursing assessments would correctly describe the baby’s head?
   1. Normocephalic
   2. Macrocephalic
   3. Microcephalic
   4. Plagiocephalic
4. As you bring your finger towards the patient’s face, you notice that their eyes go crossed and their pupils constrict. What would be the best nursing assessment to document?
   1. Eyes are PERRL
   2. Eyes converge normally and equally
   3. Eyes accommodate normally and equally
   4. Eyes do not converge or accommodate in comparison to the body
5. You have great eyesight far away but need corrective lenses for up close things. Which of the following statements best describe your vision? Select all that apply.
   1. Your eyes are myopic
   2. Your CN II is intact and functioning
   3. Your CN VIII is intact and functioning
   4. Your eyes are hyperopic
6. Grant has a cold and upon physical assessment, you notice that his lymph nodes are enlarged and tender. What of the following would describe this problem?
   1. Lymphadenopathy
   2. Lymphendectomy
   3. Lymphositis
   4. Lymphodermis

Respiratory and Lungs

1. Which of the following would be appropriate questions to ask your client when assessing their respiratory system? Select all that apply.
   1. Do you have any tenderness when chewing, swallowing, or digesting food?
   2. Have you ever had any issues with your lungs or breathing?
   3. Have you ever had a previous diagnosis of respiratory disease?
   4. Have you ever had a traumatic injury to your abdomen?
2. Meagan auscultates her patient’s lungs posteriorly but is having issues hearing the lung sounds. Which of the following statements would be the best for you to make as her nurse educator?
   1. “The apex of the lungs doesn’t start until the spinous process of T3, so you need to move your stethoscope down.”
   2. “You won’t be able to auscultate at the inspiratory descent area, so it’s best to move up a vertebral space.”
   3. “You won’t be able to auscultate over the scapula, so it’s best to move down and over.”
   4. “The vertebral line is a poor indicator of where the lung sounds are, so it’s best to use a different landmark to base your locations off of.”
3. Your patient is not having difficulty breathing, but has an O2 sat of 88%. Which of the following statements best describes your patients breathing?
   1. There is adequate ventilation but poor diffusion
   2. There is adequate diffusion but poor ventilation
   3. There is adequate oxygen intake but poor carbon dioxide output
   4. There is adequate carbon dioxide intake but poor oxygen output
4. Your patient is a 5 year old male with asthma. Which of the following care plan goals best fits his care?
   1. Patient will maintain a RR of 12-20 within 2 hours.
   2. Patient will maintain a RR below 40 within my shift.
   3. Patient will maintain a RR below 50 within my shift.
   4. Patient will maintain a RR between 30-60 within 2 hours.
5. The previous nurse’s notes indicate that your patient has Kussmaul breathing patterns. What can you expect to find upon your assessment of the patient?
   1. Deep and labored breathing
   2. Periods of apnea into hyper-breathing
   3. High respiration rate
   4. Low respiration rate
6. Autumn has gone into labor and you are her doula. What breathing patterns should you expect to find? Select all that apply.
   1. Kussmaul
   2. Cheyne Stokes
   3. Tachypnea
   4. Bradypnea
7. You are auscultating over your patient’s breast area. Which of the following breath sounds would be a normal finding?
   1. Expiration longer than inspiration
   2. Inspiration equal to expiration
   3. Inspiration longer than expiration
   4. No lung sounds heard over the manubrium