

1. What is health assessment?
  - a) The process of evaluating an individual's overall health status.
  - b) The process of diagnosing and treating specific health conditions.
  - c) The process of evaluating an individual's mental health.
  - d) The process of evaluating an individual's nutritional status.
2. Which of the following is the primary goal of an initial comprehensive assessment?
  - a) To diagnose and treat specific health conditions.
  - b) To evaluate an individual's overall health status.
  - c) To evaluate an individual's emotional and psychological well-being.
  - d) To evaluate an individual's ability to perform daily activities and tasks.
3. Which type of health assessment evaluates an individual's exposure to environmental factors that may impact health?
  - a) Comprehensive health assessment.
  - b) Medical assessment.
  - c) Mental health assessment.
  - d) Environmental assessment.
4. What type of database is most appropriate when rapid collection of data is required and often compiled concurrently with life saving measures?
  - a) Follow-up
  - b) **Emergency.**
  - c) Episodic.
  - d) Complete.
5. An Example of subjective data is?
  - a) Decreased range of motion
  - b) Arthritis.
  - c) **Left knee has been swollen and hot.**
  - d) Chest wheezing
6. What type of information is typically gathered during an initial comprehensive assessment?
  - a) Medical history, physical examination, and laboratory tests.
  - b) Symptoms and diagnostic procedures.
  - c) Dietary intake and body composition.
  - d) Home, work, and community environments.

7. Which of the following is the primary goal of an ongoing or partial/shift assessment?
- a) To diagnose and treat specific health conditions.
  - b) To evaluate an individual's overall health status.
  - c) To evaluate an individual's emotional and psychological well-being.
  - d) To monitor changes in an individual's health status over time.
8. What type of information is typically gathered during an ongoing or partial/shift assessment?
- a) Medical history, physical examination, and laboratory tests.
  - b) Symptoms and diagnostic procedures.
  - c) Dietary intake and body composition.
  - d) Changes in an individual's health status since the last assessment.
9. Which of the following is the primary goal of a focused or problem-oriented assessment?
- a) To diagnose and treat specific health conditions.
  - b) To evaluate an individual's overall health status.
  - c) To evaluate an individual's emotional and psychological well-being.
  - d) To evaluate a specific health problem or concern.
10. Which of the following is the primary goal of an emergency assessment?
- a) To diagnose and treat specific health conditions.
  - b) To evaluate an individual's overall health status.
  - c) To evaluate an individual's emotional and psychological well-being.
  - d) To quickly assess and stabilize an individual in a life-threatening situation.
11. What type of information is typically gathered during an emergency assessment?
- a) Medical history, physical examination, and laboratory tests.
  - b) Symptoms and diagnostic procedures.
  - c) Changes in an individual's health status since the last assessment.
  - d) Vital signs, level of consciousness, and physical injuries.

12. What is subjective data in a health assessment?
- a) Measurable data that can be observed or tested.
  - b) Data that is based on an individual's personal perceptions and experiences.
  - c) Data that is obtained from family members or caregivers.
  - d) Data that is obtained from medical records or test results.
13. Which of the following is an example of subjective data?
- a) Blood pressure readings.
  - b) Height and weight measurements.
  - c) Pain intensity ratings.
  - d) Laboratory test results.
14. What is objective data in a health assessment?
- a) Measurable data that can be observed or tested.
  - b) Data that is based on an individual's personal perceptions and experiences.
  - c) Data that is obtained from family members or caregivers.
  - d) Data that is obtained from medical records or test results.
15. Which of the following is an example of objective data?
- a) Blood pressure readings.
  - b) Description of pain location.
  - c) Family history of medical conditions.
  - d) Narrative of symptoms.
16. Why is it important to gather both subjective and objective data in a health assessment?
- a) Objective data is more reliable than subjective data.
  - b) Subjective data can provide insight into an individual's personal experiences and perceptions.
  - c) Objective data is easier to obtain than subjective data.
  - d) Subjective data is not necessary for making a diagnosis or treatment plan.
17. What is the first phase of the assessment process in healthcare?
- a) Planning.
  - b) Implementation.
  - c) Evaluation.
  - d) Data collection.

18. What are some examples of data collected during a health assessment?
- a) Medical history, physical examination, and laboratory tests.
  - b) Symptoms and diagnostic procedures.
  - c) Dietary intake and body composition.
  - d) All of the above.
19. What is the goal of validating data during a health assessment?
- a) To identify potential health risks and prevent illness.
  - b) To ensure that the data collected is accurate and reliable.
  - c) To develop a plan of care that meets the individual's healthcare needs.
  - d) To evaluate the effectiveness of the plan of care and make any necessary adjustments.
20. What is the goal of organizing data during a health assessment?
- a) To identify potential health risks and prevent illness.
  - b) To ensure that the data collected is accurate and reliable.
  - c) To develop a plan of care that meets the individual's healthcare needs.
  - d) To make the data easier to analyze and interpret.
21. What is the goal of documenting data during a health assessment?
- a) To identify potential health risks and prevent illness.
  - b) To ensure that the data collected is accurate and reliable.
  - c) To develop a plan of care that meets the individual's healthcare needs.
  - d) To provide a permanent record of the assessment findings.
22. What are some methods used to document data during a health assessment?
- a) Using a standardized format or template.
  - b) Recording data in a clear and concise manner.
  - c) Including relevant details and observations.
  - d) All of the above.
23. Which of the following is not a common technique used to assess the respiratory system during a physical assessment?
- a) Inspection
  - b) Percussion
  - c) Palpation
  - d) Auscultation
24. What is the purpose of a respiratory assessment during a physical examination?
- a) To assess lung function

- b) To assess oxygen saturation
- c) To assess breath sounds
- d) All of the above

25. Which of the following breath sounds is considered normal?

- a) Wheezing
- b) Rhonchi
- c) Crackles
- d) Vesicular

26. What is the purpose of percussion during a respiratory assessment?

- A) To assess the presence of fluid or air in the lungs
- B) To assess lung function
- C) To assess oxygen saturation
- D) To assess breath sounds

27. Which of the following is not a common location for assessing peripheral pulses?

- A) Radial artery
- B) Brachial artery
- C) Carotid artery
- D) Popliteal artery

28. What is the purpose of auscultation of the cardiovascular system?

- A) To assess heart function
- B) To assess blood pressure
- C) To assess peripheral pulses
- D) To assess the presence of fluid in the lungs

29. What is the purpose of the jugular venous pressure (JVP) assessment during a cardiovascular examination?

- A) To assess heart function
- B) To assess blood pressure
- C) To assess peripheral pulses
- D) To assess fluid balance

30. Which of the following is not a common location for assessing respiratory rate and pattern?

- A) Chest
- B) Abdomen

- C) Neck
- D) Wrist

31. What is the purpose of auscultation of the respiratory system during a physical examination?

- A) To assess lung function
- B) To assess oxygen saturation
- C) To assess breathing rate and pattern
- D) **To assess the presence of abnormal breath sounds**

32. What is the purpose of a peak flow meter during a respiratory assessment?

- A) **To assess lung function**
- B) To assess oxygen saturation
- C) To assess breathing rate and pattern
- D) To assess chest expansion

33. What is cyanosis?

- A) A condition where the skin appears red
- B) **A condition where the skin appears blue**
- C) A condition where the skin appears yellow
- D) A condition where the skin appears green

34. What causes central cyanosis?

- A) Reduced blood flow to the skin
- B) **Reduced oxygenation of the blood**
- C) Increased carbon dioxide levels in the blood
- D) Inflammation of the respiratory system

35. What is the purpose of a chest X-ray?

- A) To assess lung function
- B) To assess oxygen saturation
- C) To assess breathing rate and pattern
- D) **To assess the structure of the lungs and surrounding tissues**

36. What is the purpose of a bronchoscopy?

- A) To assess lung function
- B) To assess oxygen saturation

- C) To assess breathing rate and pattern
- D) **To assess the airways for abnormalities or blockages**

37. What is the purpose of a pulmonary function test?

- A) **To assess lung function**
- B) To assess oxygen saturation
- C) To assess breathing rate and pattern
- D) To assess the presence of abnormal breath sounds

True/False Questions:

- 48. Abnormal breath sounds, such as wheezing or crackles, are always indicative of a respiratory disorder. F
- 49. Inspection is the most important technique used to assess the respiratory system during a physical examination. F
- 50. A respiratory assessment should always include an assessment of oxygen saturation levels. F
- 51. Percussion is a technique that involves tapping on the chest to assess the presence of fluid or air in the lungs. T
- 52. The apical pulse should be palpated at the fifth intercostal space, midclavicular line. T
- 53. Inspection is the most important technique used to assess the cardiovascular system during a physical examination. F
- 54. The radial artery is the most commonly assessed peripheral pulse during a cardiovascular examination. F
- 55. The S1 and S2 heart sounds are caused by the closure of the atrioventricular and semilunar valves, respectively. T
- 56. The JVP assessment is a useful tool for assessing fluid balance and can help to diagnose heart failure. T
- 57. The inspection of the chest is the most important technique used to assess the respiratory system during a physical examination. F
- 58. Tactile fremitus is a common technique used to assess the respiratory system during a physical examination. T
- 59. Respiratory rate can be assessed by counting the number of breaths per minute. T
- 60. Breath sounds heard during auscultation of the respiratory system should be clear and symmetrical. T

61. A peak flow meter is a useful tool for monitoring respiratory function over time. T

**62. Mention 10 points of general guidelines for physical examination**

- a. Approach the client calmly and confidently.
- b. Provide privacy by drawing the curtain or closing door.
- c. Wash hands and wear gloves when you may come in contact with body fluids or open lesions or if you have open areas in your skin.
- d. If you are right-handed, stand on the client's right side.
- e. Drape the client well, exposing only those areas that are being examined.
- f. Be aware of your nonverbal communication during the examination; avoid frightening or embarrassing the client
- g. Warn the client when any part of the examination may be uncomfortable.
- h. Be as gentle as possible.
- i. Be systematic and organized when assessing the client. (Inspection, then palpation, percussion and auscultation).
- j. If a client is seriously ill, assess the systems of the body that are more at risk.
- k. Perform painful procedures at the end of the examination.