

Paper A



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

**MAIN CAMPUS
UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

**FOURTH YEAR FIRST TRIMESTER EXAMINATIONS
(MAIN EXAMINATION)
FOR THE DEGREE**

OF

**BACHELOR OF SCIENCE IN CLINICAL MEDICINE AND
SURGERY**

COURSE CODE: HCM 437

COURSE TITLE: BASIC REHABILITATION

DATE: -4th DECEMBER 2023-----TIME: 2:00pm - 4:00pm

INSTRUCTIONS TO CANDIDATES

Answer all Sections

Sec A: Multiple Choice Questions (MCQ) (20 Marks)

Sec B: Short Answer Questions (SAQ) (40 Marks)

Sec C: Long Answer Questions (LAQ) (40 Marks)

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 4 Printed Pages. Please Turn Over.

SECTION A MULTIPLE CHOICE QUESTIONS (MCQs) 20 Marks

1. The earliest documented origins of Physiotherapy (Physical Therapy) as per a professional group date back to _____ "Father of Swedish Gymnastics"
 - A. A Per Hemerik Leung
 - B. B Per Henrik Lung
 - C. C Per Henrik Ling
 - D. D Per Hemerik Lang
2. The School of Physiotherapy at the University of Otago in New Zealand was established in
 - A. 1913
 - B. 1887
 - C. 1813
 - D. 1914
3. Modern physiotherapy was established in Britain towards the end of the _____ century.
 - A. 18TH
 - B. 19TH
 - C. 20TH
 - D. 21ST
4. _____ defines physical therapy as "clinical applications in the restoration, maintenance and promotion of optimal physical function"
 - A. The American Physical Therapy Association
 - B. British Physical Therapy Association
 - C. Swedish Physical Therapy Association
 - D. Canadian Physical Therapy Association.
5. In the 19th Century, American orthopaedic surgeons began treating children with disabilities and began employing women trained in
 - A. Strengthening exercises, massage, and remedial exercises
 - B. Physical education, Massage, and remedial exercises
 - C. Mental Health, massage, and remedial exercises
 - D. Occupational Health, massage, and remedial exercises.
6. During the First World War women were recruited to _____, and the field of physiotherapy (physical therapy) was institutionalized
 - A. Work with and restore reading function to injured soldiers
 - B. Work with and restore physical function to injured soldiers
 - C. Work with and restore hearing function to injured soldiers
 - D. Work with and restore chewing function to injured soldiers
7. The School of Physiotherapy at the University of Otago in New Zealand was established in
 - E. 1913
 - F. 1887
 - G. 1813
 - H. 1914
8. Modern physiotherapy was established in Britain towards the end of the _____ century.
 - E. 18TH
 - F. 19TH

- G. 20TH
- H. 21ST

9. _____ defines physical therapy as “clinical applications in the restoration, maintenance and promotion of optimal physical function”
- E. The American Physical Therapy Association
 - F. British Physical Therapy Association
 - G. Swedish Physical Therapy Association
 - H. Canadian Physical Therapy Association.
10. In the 19th Century, American orthopaedic surgeons began treating children with disabilities and began employing women trained in
- . Physiotherapists are highly qualified health professionals who work in partnership with their patients to help them get
 - A. Better and live well
 - B. Good and stay well
 - C. Better and talk well
 - D. Better and stay well
11. Physiotherapy _____ to injury prevention, acute care, rehabilitation, maintenance of functional mobility, chronic disease management, patient and career education and occupational health
- A. Extends from health promotion
 - B. Originates from health promotion
 - C. Elevates from health promotion
 - D. Entertainments from health promotion.
12. Treatment plan involve education, exercise and manual therapy components. Depending on condition, this may include mobilization, manual therapy, work hardening, techniques and modalities to reduce pain, acupuncture, corrective techniques to improve heart and lung function and cardiac conditioning, demonstration of therapeutic exercise and education about conditions, treatment plan and prognosis for getting better. This is
- A. The technique physiotherapists use
 - B. Aim of physiotherapy
 - C. The goal of physiotherapy
 - D. The objective of physiotherapy
13. _____ include heat/cold therapy, ultrasound, electrical stimulation, and joint mobilization
- A. Palliative modalities
 - B. Active modalities
 - C. Passive modalities
 - D. Elective modalities
14. The _____ of physiotherapy is to help the patient return to active life as quickly as possible. Therapy strives to reduce pain, increase flexibility, range of motion, and function, build strength, and correct posture.
- A. Aim
 - B. Goal
 - C. Vision
 - D. Purpose

15. _____, or therapeutic exercise includes stretching, strengthening, and postural modification to rehabilitate the spine and prevent re- injury

- A. Active Therapy
- B. Passive therapy
- C. Induced Therapy
- D. Strengthening therapy

16. Three valuable rules to help us have a successful career in physical therapy are

- A. Covering tattoos, Libeling, and Professional Behaviour
- B. Covering tattoos, felony, and professional behaviour
- C. Covering tattoos, uniforms and professional behaviour
- D. Covering tattoos, slandering and professional behaviour.

17. A cure for physical and emotional pain is achieved through

- A. Music Therapy
- B. Heat Therapy
- C. Wax Therapy
- D. Exercise Therapy

18. Physiotherapists are highly qualified health professionals who work in partnership with their patients to help them get

- A. Better and live well
- B. Good and stay well
- C. Better and talk well
- D. Better and stay well

19. Physiotherapy _____ to injury prevention, acute care, rehabilitation, maintenance of functional mobility, chronic disease management, patient and career education and occupational health

- A. Extends from health promotion
- B. Originates from health promotion
- C. Elevates from health promotion
- D. Entertainments from health promotion.

SECTION B SHORT ANSWER QUESTIONS (SAQ) 40 MARKS

1. Discuss various multidisciplinary team members physiotherapists work together with to deliver their medical services. (5marks)
2. What does a physiotherapist do with respect to patient care management? (5marks)
3. What qualifications are required to practice as a physiotherapist in Kenya? (5marks)
4. Explain the concepts and principles of health delivery of health care in Kenya. (5marks)
5. Explain the settings under which Physiotherapists work (5marks)
6. Outline and explain in detail the dynamics affecting today's healthcare industry in Kenya (5marks)
7. Highlight the forms of basic physiotherapy rehabilitation practiced since foundation of physiotherapy (5 marks)
8. Discus basic physiotherapy rehabilitation as a complex assemblage of concepts ,ideas,and practices . (5marks)

SECTION C, LONG ANSWER QUESTIONS (LAQ) 40 MARKS

1. Discuss the aspects that govern the conducts of physiotherapists as physiotherapy code of ethics for Kenyan physiotherapy. (20Marks)
2. Since the early practice of basic physical therapy rehabilitation , orthopedic , neurology ,internal , and pediatric medicine, has been collaborating,with physiotherapists clinicians in management of different human medical conditions .Discus this patient oriented multidisciplinary team approach to provide compressive care specifying diagnoses and basic physiotherapy rehabilitation interventions. (20marks)

