

Fourth B.P.Th. (2012) Examination, Winter 2018
COMMUNITY PHYSIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION – A & SECTION – B

- Instructions :**
- 1) Use **blue/black** ball point pen only.
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 - 3) **All** questions are **compulsory**.
 - 4) The number to the **right** indicates **full** marks.
 - 5) Draw diagrams **wherever** necessary.
 - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
 - 7) Use a common answerbook for **all** sections.

SECTION – A (50 Marks)

(SAQ)

1. Short answer question (**any five** out of six) : (5×3=15)
- a) Ergonomic advice to air hostess.
 - b) Early Bird Classes.
 - c) Prevention of osteoporosis occurring with ageing.
 - d) Role of Interferential current Therapy in stress Urinary Incontinence.
 - e) Policies that facilitate an elderly.
 - f) Asbestosis.



(5×7=35)

2. Short answer question (**any five** out of six) :
- Hazards of sedentary lifestyle.
 - Guidelines for women exercising during Pregnancy.
 - Job stress, it's causes, prevention and management.
 - Principles of Geriatric Rehabilitation.
 - Write a note on work hardening, giving two examples.
 - Functional Assessment of the Elderly.

SECTION – B (30 Marks)**(LAQ)**

3. Long answer question (**any one** out of two) : (1×15=15)
- A 26 years old, female, clerk, 50 kg, 5'2 ft has delivered a male baby weighed 3.5 kg, complains of low back pain since 2 months. Write the differential diagnosis, physiotherapy assessment and management in detail. What are the other common impairments found in this population ?
 - A 45 years old, female, 56 kg, 5'6 ht, complains of hot flushes, night sweats, urinary incontinence and mood swings since 3 months. She also complains of rib pain and low back pain while getting up from the bed. Explain the functional diagnosis, physiotherapy assessment and management for the same.
4. Long answer question (**any one** out of two) : (1×15=15)
- A 32 years old, male, 65 kg , 5'8 ft, working in sugar cane industry, complains of neck arm pain since 6 months. Write the job task analysis. Describe the work hardening and work conditioning program for him.
 - A 37 years, old, truck driver, has undergone a below knee amputation 4 month back. Describe the difficulties face by him because of his impairment. Explain various concessions offered to him by government.
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SECTION – A (50 Marks)

(SAQ)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Spastic society of India and its function.
 - b) Person with Disability Act.
 - c) Workplace health promotion.
 - d) Precautions while prescribing fitness exercise for diabetic patient.
 - e) Byssinosis.
 - f) Contenance promoting advice.

2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Aetiology, Prevention and Management of stress at job.
 - b) Various workplace hazards and its risk assessment tools.
 - c) Architectural Barrier faced by persons with disability and its modifications.
 - d) Prosthetic checkouts for below knee amputee.
 - e) Theories of Ageing.
 - f) National policies that facilitate elderly.

P.T.O.



SECTION – B (30 Marks)

(LAQ)

(1×15=15)

3. Long answer question (**any one** out of two) :

a) A 35 years old male, farmer, diagnosed as a case of T12-L1 injury is discharged from the hospital.

(5)

i) Mention the functional diagnosis

(5)

ii) Discuss the modes of transport for him in the community

(5)

iii) Explain the concessions offered to him

b) A 65 years old, female, living alone on 4th floor in a chawl, underwent girdle stone arthroplasty of left hip joint.

(5)

i) Explain the functional diagnosis

(6)

ii) Discuss the long term goals with its relevant management

iii) Discuss giving reason if she should be institutionalised or continue to stay at home.

(4)

4. Long answer question (**any one** out of two) :

(1×15=15)

a) Explain the physical and physiological changes of labour and the puerperium. Discuss the relevant physiotherapy management for the same.

(10+5)

b) Explain the various bowel and anorectal dysfunction during antenatal and postnatal periods giving reason. Discuss the physiotherapy assessment and management for the same.

(5+10)



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SECTION – A (50 Marks)
(SAQ)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Grades of obesity and its clinical significance.
 - b) Name any six physiological changes occurring with pregnancy.
 - c) Give the full form of ICFDH.
 - d) Describe various models of disability.
 - e) What is non government organisation ? Give example.
 - f) Enumerate the difficulties faced by a community dweller person with disability.
2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Discuss the psychological hazards of a worker giving examples. Discuss prevention and management of the same.
 - b) Geriatric assessment scales.
 - c) Psycho-social issues of being an amputee.

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- d) Management of disabled hand.
 e) Significance of vocational guidance and counselling in rehabilitation.
 f) Explain giving examples 'training for activities of daily living'.

SECTION – B (30 Marks)
 (LAQ)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) Explain the various Physical and Psychological impairments commonly seen in community of tourist bus drivers with reasoning. Discuss the management for the same. (8+7)
- b) A 35 years, male, clerk by occupation complains of tingling in the thumb and index finger with thinning of Thenar eminence. He works for almost 8 hours at a stretch on the computer and finds no time for recreational activities. What would be the content of patient education sessions for them ?
- i) Discuss strategies to avoid such impairments and to manage them once they have occurred. (5)
- ii) Discuss the ergonomic care for him. (5)
- iii) Explain the orthotic management for him. (5)
4. Long answer question (**any one** out of two) : (1×15=15)
- a) A 25 years, nurse, in third trimester complains of severe heel and knee pain on standing causing difficulty in walking. She has gained nearly 20 kg of extra weight. She wishes to continue with her job till her due date which is one month away.
- i) Discuss the reasoning for such impairments in this community. (5)
- ii) Explain the functional diagnosis. (5)
- iii) Discuss the physiotherapy management for her. (5)
- b) A 88 years old male widower stays alone on the second floor in a building without lift. He had a fall and sustained a fracture neck femur. Total hip replacement was done a month back. He has an attendant with him as caretaker.
- i) Discuss the impairments with reasoning in such community. (7)
- ii) Is it advisable for him to stay in an old age home hereafter or continue to live with the attendant in his own home ? Discuss advantages and disadvantages of each view. (4)
- iii) How can falls be prevented in elderly ? (4)



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SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Diastasis recti.
 - b) Role of anganwadi worker in community based rehabilitation.
 - c) Describe the primary health care setting.
 - d) Work Conditioning.
 - e) Complications of caesarian section.
 - f) Enumerate exercises contraindicated during pregnancy.
2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Age related changes in neurological system.
 - b) Physiotherapy management of pain during labor.
 - c) Importance of physiotherapy in post menopausal women.
 - d) Principles of CBR and team members of Community based rehabilitation.
 - e) Theories of aging.
 - f) Functional capacity assessment.

P.T.O.



SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)

- a) 25 years old female undergone elective caesarian section following Cephalo Pelvic Disproportion. Plan your management and Home programme.
- b) Write physiotherapy program for bus driver who is diagnosed with cervical spondylosis since 2 yrs. Write ergonomic advice for driver.

4. Long answer question (**any one** out of two) : (1×15=15)

- a) Following recent camp in the remote village, Mr. X 38 years old male, teacher by profession, below knee amputee was identified. Mr. X was discharged following selective amputation three weeks before.
 - i) Give your functional diagnosis.
 - ii) Plan your Community based rehabilitation program.
 - b) 65-years old female, who lost her husband year ago moved into old age home, comes with chief complaints of pain in her left knee and finds difficulty in climbing stairs to reach her room and using Indian toilet. She also complains of loss of balance twice in the past one month. She expresses to lead a quality of life in her remaining days.
 - i) What is your method of assessment in this case ?
 - ii) Enumerate the impairments and plan the management.
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SECTION – A

SAQ

(50 Marks)

1. Short answer question (**any five** out of six) : (5x3=15)
 - a) Define Impairment, Disability and Handicap.
 - b) Write a note on levels of Disability prevention.
 - c) Enumerate the Deconditioning effects of Bed rest.
 - d) Define Obesity and Enumerate types of Obesity.
 - e) Write a note on Musculoskeletal changes due to Aging.
 - f) Enumerate causative factors for Cumulative Trauma Disorders.
2. Short answer question (**any five** out of six) : (5x7=35)
 - a) Define Ageing. Mention types of Ageing. Enumerate genetic theories of Ageing.
 - b) Difference between I.B.R. and C.B.R.

P.T.O.



- c) Explain methods to measure Body Composition.
- d) Diastasis – Evaluation and Management
- e) Note on Functional Capacity Evaluation.
- f) Note on Energy systems.

SECTION – B

LAQ

(30 Marks)

3. Long answer question (**any one** out of two) :

(1x15=15)

- a) A 54 yrs home maker old lady with height 150 cms. and weight 75 kgs., presents with complaints of bilateral knee pain, right more than left. Pain increases on walking and much more on stair climbing. Give I.C.F. and prepare a Rehabilitation programme. (5+10=15)
- b) A 75 yrs old lady presents with right sided Wrist stiffness. H/o Colle's fracture following a fall about 6 months back. Write down different aspects to be evaluated. Prepare a rehabilitation protocol for the same. (8+7=15)

4. Long answer question (**any one** out of two) :

(1x15=15)

- a) A 50 yrs old male executive works as an Accounts Manager in a Multinational company with case history of neck and back pain since last 2 months. Pain aggravates after work while reduces after rest and sleep.
 - i) Which level of C.T.D. he is in ? 2
 - ii) Write about his job analysis. 5
 - iii) Plan the physiotherapy management. 8
- b) A 58 yrs female has come for medical advice with case history of something coming out of her vagina and dribbling of urine, both on coughing and straining since last 5 months. P/V examination suggests of grade I prolapse. Plan physiotherapy assessment and management. (10+5=15)

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SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Role of non government organization in community welfare.
 - b) Note on aspects of Community Based Rehabilitation (CBR).
 - c) Note on primary and secondary disability.
 - d) Visual changes due to aging.
 - e) Muscles of pelvic floor.
 - f) Job simulation.

2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Ergonomics for low backache in housemaid.
 - b) Different field tests used in athlete training.
 - c) Importance of ergonomic evaluation at work place.
 - d) General principles of exercise and phases.
 - e) Different methods of measuring body composition.
 - f) Elaborate deconditioning effects of bed rest.



SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) A 45 year old male working in an automobile company (vibrations) without any precaution comes to the PT department with complains of tingling numbness & pain in bilateral hands.
- i) Discuss functional diagnosis with clinical reasoning. 5
 - ii) Give short term goals and management. 7
 - iii) Preventive gears and instruments. 3
- b) A 30 year old male working in sand industry complaining of exertional dyspnea since last 6 months with occasional mucoid expectoration. X-ray shows patchy consolidation.
- i) Discuss functional diagnosis. 5
 - ii) Discuss physiotherapy management in detail. 10
4. Long answer question (**any one** out of two) : (1×15=15)
- a) A 25 year old female underwent full term normal vaginal delivery with episiotomy 15 days back is referred to physiotherapy department for post natal care.
- i) Discuss functional diagnosis. 5
 - ii) Discuss physiotherapy management in detail. 10
- b) A 50 year old male having sedentary life style suffering from class I obesity, he is also having knee joint pain bilaterally.
- i) Discuss functional diagnosis. 5
 - ii) Discuss physiotherapy management in detail. 10
-