

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
MPT, Regular Examination (October – 2017)

Year: 2

Subject Code: 07204201

Subject Name: Physiotherapy in Community Based Rehabilitation

Date: 04/10/2017

Time: 10:00 am to 01:00 pm

Total Marks: 70

Instructions:

1. All questions are mandatory.
2. Figures to the right indicate full marks.
3. Draw Diagram wherever necessary.
4. Write section - A, section - B on separate answer sheets.

SECTION - A

- Q.1.** What is health education? What are the various approaches used in health education? Which method you will use to educate the industry workers if you want to educate about the back pain in their environment? How the physiotherapy will help in prevention? (15)
- Q.2.** Explain the principles of Community Based Rehabilitation. Write down the role of team members in rehabilitation. (15)

SECTION - B

- Q.1. Write Short Notes (10 Marks Each)** (20)
- (a) Various Legislations for Persons with Disability in India
 - (b) Geriatric Rehabilitation
- Q.2. Multiple Choice Question (1 Mark Each)** (20)
1. Work related risk factors for cumulative trauma disorders include all of the following **EXCEPT**
 - (a) High force and repetition
 - (b) Awkward body posture
 - (c) Optimum pressure and vibration
 - (d) Prolonged static posture
 2. A patient referred to physiotherapy for gait training following an extended illness. The patient has poor balance, but able to move his legs alternatively. Which of the following gait is most stable?
 - (a) Two point
 - (b) Three point
 - (c) Four point
 - (d) Swing through
 3. The ministry responsible for rehabilitation of the handicapped is called _____.
 - (a) Ministry of welfare
 - (b) Ministry of labour
 - (c) Ministry of health
 - (d) Ministry of social justice and empowerment
 4. A handicapped person is eligible for concession if he/she is evaluated with
 - (a) Minimum of 40 % disability
 - (b) 35% disability
 - (c) Either 40 % or total of 60 % whichever is less
 - (d) Minimum of 40 % of extremities apart from disabilities for special senses
 5. The following is the modification used for the person with hearing disability
 - (a) Hand faucet
 - (b) Pommel
 - (c) Vibrating pager
 - (d) Braille inscription
 6. Non ambulating person with paraplegia making candles is an example of
 - (a) Sheltered workshop
 - (b) Open employment
 - (c) Co operative
 - (d) Home based employment
 7. The employer of a disabled employee should
 - (a) Embark light job for him
 - (b) Allow him to work on the job without detailed job trail so that he doesn't feel discriminated
 - (c) Be given all the medical , family and personal details to enable efficient working
 - (d) None of the above
 8. In CBR , the role of the rehabilitation team members is mainly to
 - (a) Train the person with disability
 - (b) Providing medical care
 - (c) Provide Referral service
 - (d) Identify the handicap

9. The work centre in kitchen should be arranged as following
- (a) Storage , sink, stove (b) Sink, storage , stove
(c) Storage, stove, sink (d) Stove, sink, storage
10. The most difficult aspect of using bilateral KAFO is
- (a) Moving from sitting to standing (b) Walking with crutches
(c) Keeping the knees locked (d) All of the above
11. The training system ideally suited for general conditioning/ off-season training is:
- (a) Fartlek training (b) Interval training
(c) Continuous training (d) Sprint training
12. The percentage of essential fat in case of a reference woman is:
- (a) 3 (b) 6
(c) 9 (d) 12
13. Delayed onset muscular fatigue is maximally encountered in _____ muscle work.
- (a) Isometric (b) Eccentric
(c) Concentric (d) Isokinetic
14. During labor, the commonly damaged nerve is:
- (a) Femoral nerve (b) Superior gluteal nerve
(c) Inferior gluteal nerve (d) Obturator nerve
15. Which one of the following represents the immediate first line of defense to altitude exposure?
- (a) hyperventilation (b) Hypoventilation
(c) increased haemoglobin concentration (d) increased aerobic enzymes
16. Which of the factor does **NOT** contribute to the ailment of back in an industrial worker?
- (a) Maximum moment of force at the lumbar spine (b) Twisting velocity
(c) Number of rest periods and relaxation (d) Frequency of repetition of activity
17. Which of the following is **NOT** a risk factor for coronary heart disease in woman?
- (a) Family history of coronary heart disease (b) Hypertension
(c) Hyperlipidemia (d) Waist to hip ratio less than 0.8
18. Which of the following does **NOT** occur in the pulmonary system as a result of aging?
- (a) Vital capacity and residual volume decreases (b) Maximum oxygen consumption decreases
(c) Airway resistance decreases (d) Pulmonary diffusion decreases
19. Which method can be used in an elderly to increase power?
- (a) Isometric exercises (b) Circuit training
(c) Progressive resistance exercises (d) Manual resistance
20. Work related disorders are attributed to all the factors but one:
- (a) Repeated static work (b) Continuous loading of tissues
(c) Adequate recovery time (d) Overload of muscle fibers