



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER DECEMBER 2022 EXAMINATIONS**

COURSE CODE AND TITLE: DOP 122 PHYSICAL AND REHABILITATIVE THERAPY

DATE: 11TH DECEMBER 2023

Duration: 2 HOURS Start: 2:00 PM Finish: 4:00PM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS**(20 MARKS)**

1. The following is not a physical rehabilitative need of a cancer patient: -
 - A. Lymphedema
 - B. Loss of memory**
 - C. Sexual dysfunction
 - D. Pain
2. The following is not a member of the cancer rehabilitation team: -
 - A. Medical physicist**
 - B. Lymphedema specialist
 - C. Chaplain
 - D. Dietitians
3. All except one are community focused aim of cancer rehabilitation: -
 - A. Advocacy
 - B. Attitude change
 - C. Providing education
 - D. Direct service to the cancer patients and their family**
4. Tracheoesophageal speech: -
 - A. Involves inhaling air into the upper oesophagus and using it to create the vibrations necessary for speech
 - B. Involves Sticking the tongue out as far as possible and hold it for 2 seconds, then pull it back in. Hold for 2 seconds, and repeat.
 - C. Involves using a prosthesis inserted in an opening in the wall that separates the trachea and oesophagus.**
 - D. None of the above
5. The following is not a component of complete decongestive therapy: -
 - A. Automated lymph drainage**
 - B. Manual lymph drainage
 - C. Exercise
 - D. Compression
6. The following cancers has the highest incidence of bone metastasis: -
 - A. Breast**
 - B. Lung
 - C. Prostrate
 - D. penile
7. Radiotherapy is a major risk factor for lymphedema: -
 - A. True
 - B. False**
8. All except one are benefits of physical therapy: -
 - A. Improves treatment response
 - B. Increases treatment side effects**
 - C. Improves mental health
 - D. All of the above

9. Cancer rehabilitation can be started before diagnosis: -
- True**
 - false
10. The behavioural therapy that works best to relieve pain with muscle tension and spasms in patients who are anxious about their pain is: -
- Distraction
 - Hypnosis
 - Relaxation**
 - Stress management
11. The following is the initial treatment of a spinal compression in cancer: -
- Chemotherapy
 - Surgery
 - Radiotherapy**
 - All of the above
12. Cancer prevention recommendation by American Cancer Society: -
- At least 30min of moderate vigorous physical activity for five or more days per week.**
 - At least 30min of extensively vigorous physical activity for five or more days per week.
 - At least 30min of minimal vigorous physical activity for seven days per work.
 - At least 60min of moderate vigorous physical activity for five or more days per week.
13. The following is true about lymphedema management: -
- It's an acute incurable condition that frequently complicate cancer care
 - In phase II management, Compressive garments are worn during the night and application bandages over.
 - In phase II management, Compressive garments are worn during the day and application bandages overnight.**
 - In phase I management, the primary goal is to improve comfort.
14. The following are the goals of cancer rehabilitation EXCEPT: -
- Formulate a long-term plan for cancer survivorship
 - Reduce fatigue, pain and other side effects
 - Increase patients' confidence and self esteem
 - Helps one stay inactive as possible.**
15. The following is a rehabilitative role of an oncology nurse during post treatment phase: -
- Maintaining independence and quality of life
 - Monitoring the patient during treatment
 - Supervising maintenance program exercise, oedema management and mobility management**
 - Educate the patient about what to expect during treatment

16. The following will not increase the risk of bone fracture in non-metastatic cancer patients: -
- A. Post-menopausal status
 - B. Previous history of fracture
 - C. Moderate exercise**
 - D. Low body weight
17. Stage of rehabilitation where the nurse goal is to prevent impairment is: -
- A. Preventive rehabilitation**
 - B. Restorative rehabilitation
 - C. Supportive rehabilitation
 - D. Palliative rehabilitation
18. The following is a psychological impact of cancer related fatigue: -
- A. Family role strain
 - B. Limited radius of action
 - C. Withdrawal from activity
 - D. Depression**
19. The following is not true about safe exercise: -
- A. Start slowly
 - B. Exercise in a safe environment
 - C. Listen to your body
 - D. None of the above**
20. The following is not a complication of lymph oedema: -
- A. Skin irritation
 - B. Loss of consciousness**
 - C. Breakage in the skin integrity leading to wounds
 - D. pain

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Explain FOUR (4) advantages of community based occupational therapy (8 Marks)
2. State Six (6) considerations that will guide the choice of exercise for a cancer patient
(6 Marks)
3. State five (5) goals of physical therapy in cancer management (5 Marks)
4. Describe characteristics of cancer related fatigue (6 Marks)
5. Outline five (5) focus areas of cancer rehabilitation (5 Marks)

SECTION III: LONG ANSWER QUESTION

(20 MARKS)

1. Discuss the role of occupational therapy as an integral part of cancer management under the following sub heading (8 Marks)
 - a. preventive rehabilitation
 - b. restorative rehabilitation
 - c. supportive rehabilitation
 - d. palliative rehabilitation
2. Discuss six (6) causes of cancer related fatigues as a major distressing symptom among cancer patients (12 Marks)