



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCE
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF SEPT-DECEMBER 2024 TRIMESTER EXAMINATIONS**

UNIT CODE: PHT 115

**UNIT NAME: FOUNDATIONS OF PHYSIOTHERAPY
PRACTICE**

DATE: Wednesday/ 4th / December

TIME: TWO HOURS

START: 2PM STOP : 4PM

INSTRUCTIONS (physical exams)

Do not write on this question paper

(Marks and questions distribution as per program curriculum.)

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This exam shall take 2 Hours

SECTION A: Multiple choice questions (25 marks)

1. Which are ways to establish your patient relationship?
 - a. Introduce yourself – Handshake.
 - b. Determine patient's desired name.
 - c. Avoid disrespectful terms and voice tone.
 - d. A & B only.
 - e. All the above.
2. Which are keys to history taking?
 - a. Right Questions.
 - b. Interpreting the responses.
 - c. Knowing what to do next.
 - d. All the above.
 - e. None of the above.
3. During client-therapist interview while doing the subjective assessment of a patient with low back pain, you notice there is a communication breakdown, which statement is true about communication?
 - a. The most important aspect that health professionals have to master.
 - b. All clients get nervous when they get to the hospital.
 - c. The therapist should be the one doing the talking all the time.
 - d. Patient should do most of the talking.
 - e. The entire answers above are true.
4. The following are examples of questions a patient should expect while at the physiotherapy clinic?
 - a. What problem are you having at the moment?
 - b. Please tell me about your vacation?
 - c. The referral says you've got back pain. Is this correct?
 - d. What we'll do today is just having a bit of a chat about your back pain. I believe it is all right?
 - e. A, c & d only

5. The instructor of the course said, the following are the elements of patient/client management except?
- Examination.
 - Evaluation.
 - Diagnosis.
 - Prognosis.
 - None of the above.
6. _____ is the process of making clinical judgments, based on examination data, to create a problem list for each patient.
- Examination.
 - Evaluation.
 - Treatment.
 - Prognosis.
 - None of the above.
7. Using the term hypothesis is important to distinguish the physiotherapist findings from diagnoses made by other health care practitioners, why?
- This has helped increase the fears of the medical community that Physiotherapists intend to diagnose disease.
 - This infringes on the practice of others.
 - This has led to decrease the performing of clinical services outside their scope of expertise.
 - It has led to inappropriate diagnosis of the patients
 - A & B only
8. Which one of the following is a joint problem?
- Osteoarthritis.
 - Athlete's foot.
 - Diabetes.
 - Obesity.
 - Only a & b.

9. Which of the following is not one of the FOUR primary vital signs?
- Blood pressure
 - Temperature
 - Heart rate
 - Dizziness.
10. ICF categorizes problems with human functions into 3 interconnected areas namely?
- Environmental, Personal, Contextual factors.
 - Pathology, impairment, functioning loss.
 - Impairments, Activity limitations, Participation Restriction
 - Health, Disease, Rehabilitation.
 - Structure Activity, Participation, Environmental.
11. Loss of body structure is regarded as?
- Disability.
 - Impairment.
 - Reduction.
 - Deviation.
 - Pathology.
12. According to ICF: these are difficulties in executing activities – for example, walking or eating. This is well described with?
- Impairments.
 - Activity limitations.
 - Participation restrictions.
 - Personal factors.
 - Decreased endurance.
13. A patient came to the department with clinical history of permanent left eye damage, fracture of the right leg and general body pain due to road traffic accident. Considering the ICF model, what would suitably be used to describe the patient's problem?
- Personal factor.
 - Environmental factor.
 - Impairment.
 - Activity limitation.

- e. Participation restrictions.
14. What is the correct definition for "Professional Duty" according to the text by Carol M. Davis?
- a. The possession of and steadfast adherence to high moral principles or professional standards.
 - b. Practice that consistently uses current knowledge and theory while understanding personal limits, integrates judgment and the patient/client perspective, embraces advancement, challenges mediocrity, and works toward development of new knowledge.
 - c. The commitment to meeting one's obligations to provide effective physical therapy service to individual patients/clients, to serve the profession, and to positively influence the health of society.
 - d. A & B only
 - e. The promotion of a mutual trust between the profession and the larger public that necessitates responding to societal needs for health and wellness.
15. The following are all examples of altruism EXCEPT:
- a. Placing the patient/client's needs ahead of one's own, as evidence by willingness to alter one's schedule, delay other projects or tasks, etc.
 - b. Actively listening to the patient/client and considering the patient/clients' needs and preferences
 - c. Readily offering to assist the physical therapist in providing patient/client interventions
 - d. Providing patient/client-centred interventions.
 - e. A & B only
16. How does physiotherapy improve quality of life?
- a. Involved in legislation to ensure the health wellbeing of the nation
 - b. Advocate for patients
 - c. Promotion, prevention, treatment/intervention, habitation and rehabilitation.
 - d. Treatment of life-threatening illnesses
 - e. All the above

17. What is the best definition for physical therapy?
- All the answers below
 - None of the answers below
 - Autonomous, evidence based, and clinical reasoning health practitioner
 - A practitioner who assess and treats musculoskeletal, neurological problems
 - Concerned about identifying and maximizing quality of life, within the spheres of promotion, prevention, treatment/intervention, habitation and rehabilitation.
18. Which of the following is not a section in quality assurance standards?
- Honesty
 - Accountability
 - Consent
 - Communication
 - Record Keeping and information governance
19. Patient/Client collaboration and plan of care is covered under which Standard of Practice?
- Ethical/Legal
 - Patient/Client management
 - Administration
 - Education
 - Collaboration
20. In 1887, the _____ gave the physiotherapists an official registration.
- Chartered Society of Physiotherapy
 - American Physical Therapy Association
 - Swedish National Board of Health and Welfare
 - World Confederation of Physiotherapy T
 - Botswana Health Professional Council

21. Which of the following is not a benefit of Multidisciplinary Team?
- Cost effective
 - Advocates for professionals in cases of malpractice
 - Encourages and Ensures Evidence best practice
 - Continuity of care
 - Accountability
22. Which is the primary objective of the Botswana Health Professional Council?
- To promote the highest standards in the practice of health care in Botswana
 - Take actions against those who practice illegally
 - To deliver relevant health care services to Batswana
 - Monitor practice of its professionals
 - All the above
23. Which team is responsible for interventions that can improve quality of life for people with fatal conditions, providing emotional support and assist to plan future care?
- Triage Nursing Team
 - Rehabilitation Nurse
 - Palliative Care Team
 - Social Workers
 - Intensive care unit
24. The Preferred Practice Patterns of Physical Therapy are outlined by:
- World Health Organization (WHO)
 - International Classification of Impairments, Disabilities and Handicap (ICIDH)
 - National Impairment and Disability Classification (NIDC)
 - American Physical Therapy Association (APTA)
 - B, C & D only
25. Which two outbreaks led to the advancement of Physical Therapy in the 1900s?
- Cholera and AIDS
 - World War I and Polio
 - Stroke and Leprosy
 - Fracture
 - None of the above

SECTION B: Short answer question (20 marks)

24. Describe the differences between short-term and long-term goals (5 marks)
25. List the components of the patient (s) examination process (5 marks)
26. During inspection of a patient postoperative of the abdominal region, what could be the five possible observations to be made? (5 marks)
27. Bill's daughter Emily has asthma. She needs a regime of three-week dose of Prednisone. She needs 40 mg per day for three weeks. She should get no refills. Write down the prescription for Emily (5 marks)

SECTION C: Long answer question (25 marks)

29. Describe:
- The three various models of disablement (15 Marks)
 - The similarities and differences of the models of disablement (10 marks)