



**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 332

UNIT NAME: PHYSIOTHERAPY IN WOMEN HEALTH

DATE: Friday/ 6th/ 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; answer all questions (30)

1. Which hormone plays an important role in significant ligamentous laxity leading to postural changes and altered biomechanics?
 - a. Oestrogen
 - b. Progesterone
 - c. Relaxin
 - d. Follicle-stimulating hormone
2. Clinical manifestation of genital prolapse includes;
 - a. Perineal pressure
 - b. Backache
 - c. Painful intercourse
 - d. All the above
3. Which of the following assessment findings of a pregnant lady determine that she is in the second stage of labor?
 - a. Membranes have ruptured
 - b. Cervix is dilated completely
 - c. Contractions are regular
 - d. Begins to expel vaginal fluid
4. Which one is the primary function of pelvic girdle?
 - a. Attachment site for connective tissues, muscles, and organs
 - b. Transmission of weight and torque
 - c. Transmission of torque through speed and direction
 - d. support the upper body and transfer body weight to the lower limbs
5. In a female, changes occurs after menopause include,
 - a. Uterus becomes smaller
 - b. The vagina become narrower
 - c. Ovaries shrink in size
 - d. All the above
6. The first menstruation in a female is called as-
 - a. Menopause
 - b. Menarche
 - c. Dysmenorrhea
 - d. Amenorrhea
7. After menopause, a woman becomes more prone to development of osteoporosis because
 - a. Fall in oestrogen level
 - b. Increase in oestrogen level
 - c. Fall in Luteinizing hormone level
 - d. Fall in Follicle-stimulating hormone level

8. Which of the following is not true in relation to labour?
- The first stage of labor average duration is approximately 12 hours in Prim gravida and 6 hours in multigravida
 - The first stage of labor starts with true labor pain and ends with full dilatation of the cervix.
 - The third stage starts with full dilatation of the cervix and ends with the expulsion of the placenta and membranes s from the birth canal
 - The second stage of labour average duration is 2 hours in primigravida and 1 hour in multigravida
9. The structure which provides support to the uterus includes-
- Round ligament
 - Broad ligament
 - Cervico – vaginal junction
 - All of the above
10. Staging of breast cancer is primarily based on-
- Severity of symptoms
 - Age of female
 - Clinical examination
 - All
11. Etiological factors responsible for genital prolapse include following except-
- Postmenopausal atrophy
 - Raised intra-abdominal pressure
 - Decreased weight of the uterus
 - Congenital weakness of the supporting structures of the uterus
12. Which of the following does not describe urge incontinence?
- A sudden, compelling, difficult to defer desire to pass urine
 - Involuntary loss of urine associated with bladder filling leading to leaking along the way
 - The weak pelvic floor is unable to maintain urethral closure pressure in response to increased abdominal pressure
 - While Jane is at the cash register in the supermarket and got the desire to pass urine, she can't wait to pay, she has to leave shopping and visit the toilet
13. Which type of prolapse is described when the bladder descends in the vagina?
- Ureterocel
 - Cystocele
 - bladdercel
 - urethrocele

14. The following are causes of pelvic pain except?
- Incontinence
 - Endometriosis
 - Bloating and bowel issues
 - Interstitial cystitis
15. Pelvic inflammatory disease is more common in which of the following females?
- Menstruating adolescent girls
 - Having many sexual partners
 - Previous history of pelvic inflammatory disease
 - All of the above
16. During internal pelvic floor evaluation, the following are contraindicated except?
- Current infection
 - Fistula
 - Pediatrics/virgins
 - Lack of consent
17. Permanent cessation of menstruation is termed as-
- Menarche
 - Dysmenorrhea
 - Menopause
 - Amenorrhea
18. Which of the following is false in relation to obstetrics and gynecology?
- Gynecology is a branch in physiology and medicine that deals with functions and diseases especially those affecting reproductive system in women.
 - Obstetrics concerns with pregnancy, labour, delivery and the care of the mother after birth
 - Obstetrics concerns with pregnancy, labour and delivery.
 - Pregnancy is a span of 40 weeks from conception to delivery and its divided into trimester presenting with different characteristic changes
19. Which one is not a function of pelvic floor muscle?
- Control of fistula
 - Control of continence
 - Coordination with respiration
 - Sexual Function
20. Which one is not a differential diagnosis of pelvic pain in gynecological conditions?
- Endometriosis
 - Pelvic inflammatory disease
 - Adenomyosis
 - preeclampsia

21. The structure which provides support to the uterus includes-
- Round ligament
 - Broad ligament
 - Cervico – vaginal junction
 - All of the above
22. What is the meaning of endometriosis-
- Inflammation of endometrium
 - Enlarged endometrium
 - Presence of functioning endometrium elsewhere in the body other than uterine mucosa
 - Carcinoma of endometrium
23. Which is the common site of endometriosis?
- Ovary
 - Central nervous system
 - gastrointestinal tract
 - All
24. Which is not clinical manifestation of preeclampsia?
- Edema in the face and hands, as well as weight gain, due to water retention
 - upper right belly pain
 - pelvic pain
 - Pulmonary edema
25. During prenatal exercise the physical therapist addresses the Potential impairments of pregnancy. Which is the contraindication associated with it?
- Pregnancy Induced hypertension. Blood pressure more than 140/90 MMHG.
 - Diagnosed heart disease
 - History of preterm delivery.
 - All the above
26. The tear whereby the vaginal skin and perineal muscles are affected during vaginal deliveries is referred to as?
- 1st degree tear:
 - 2nd degree tear
 - 3rd degree tear
 - 4th degree tear
27. Which of the following is not true about lymphoedema?
- Primary lymphoedema is much more common in the arms than the legs
 - Primary lymphoedema are due to an inherited abnormality of the lymphatic system.
 - Primary lymphoedema is sometimes referred to as ‘congenital lymphatic dysplasia’
 - Secondary lymphoedema is the most common form of lymphoedema with causes including infection, obstruction, inflammation, neoplasia and trauma

28. Which is not an indication for internal pelvic floor evaluation?
- a. Endometriosis
 - b. Incontinence
 - c. Pelvic pain
 - d. Baseline for exercises program for PFM
29. Which of the following statement is true about levator ani muscle?
- a. The major function of Levator ani is to provide support to the pelvic viscera and also resist increases in intra-abdominal pressure
 - b. Puborectalis muscle acts in association with the internal and external anal sphincter during the process of defecation
 - c. Treatment includes electrogalvanic stimulation, sitz bath, biofeedback, to relieve pain and spasm in the levator ani
 - d. All the above
30. Which one is true in relation of the diaphragm and the pelvic floor muscles?
- a. When you inhale the diaphragm descend and the pelvic floor ascends
 - b. When you exhale the diaphragm ascends and the pelvic floor ascends
 - c. When you exhale the diaphragm ascends and the pelvic floor descends
 - d. When you inhale the diaphragm ascends and the pelvic floor ascends

SECTION B; ANSWER ALL

SHORT ANSWER QUESTIONS (TOTAL 20)

31. Define prolapse and state 4 causes of pelvic organ prolapse.
32. Discuss the classification of perineal tears. (5 marks)
33. Briefly explain the importance of pre-operative and post regime in management of obstetric fistula? (5 Marks)
34. Define obstetric fistula, and describe the 4 types of obstetric fistula by anatomic description? (5 marks)

SECTION C

CHOOSE ANY OF THE 3 LONG ANSWER QUESTIONS- 10 MARKS EACH (30)

35. How will the physical therapist differentiate pelvic girdle pain and lumbar pain in pregnancy during diagnosis?(10 marks)
36. Discuss the four stages of breast cancer, and state the modifiable and no modifiable risk factors associated with it. (10 marks)
37. Define lymphedema. State signs and symptoms of lymphedema, and briefly discuss the physiotherapy management of lymphedema. (10 marks)
38. Discuss physiological changes associated with pregnancy and puerperium that affects the following systems. (10mks)
 - i. Respiratory
 - ii. Skeletal
 - iii. Postural
 - iv. Gait