



**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 411

UNIT NAME: Community based rehabilitation

DATE: Wednesday / 11th/ December

TIME: TWO HOURS

START: 9am

STOP : 11am

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 (30 Multiple choice questions. Attempt all the questions (30 marks)

1. One of the following is not an essential element of CBR
 - a. National level support through policies, co-ordination and resource allocation.
 - b. Implementation of CBR programmes based on a human rights approach.
 - c. Availability of NGOs and partners to support implementation
 - d. Community willingness to participate in CBR activities.
 - e. The presence of motivated community workers.
2. Medical care can take place at the following levels (which is the odd one out)
 - a. Primary
 - b. Community
 - c. Tertiary
 - d. Secondary
3. Which of the following pertains to **“Rehabilitation services”**:
 - a. Is a set of measures which enables people with disabilities to achieve and maintain optimal functioning in their environments.
 - b. Range from the basic to the specialized and are provided in many different locations
 - c. Must be initiated by the health sector
 - d. Requires collaboration from all sectors
4. Which of the following is not a factor in community involvement?
 - a. Contribution of labour, time, goods, funds
 - b. Contribution of ideas
 - c. Decision making and action control
 - d. 1- way dependent relationship
5. CBR is implemented through the combined efforts of:
 - a) People with disabilities themselves and their families,
 - b) Organizations and communities,
 - c) Relevant governmental and non-governmental
 - d) All of the above
 - e) a and b only
6. The social model of disability attributes it's major causes to:
 - a. Accidents and care crashes
 - b. Social stigma ad community attitude
 - c. Diseases and infections
 - d. Environmental barriers.

7. How many overall objectives of the CBR guidelines exist:
 - a. One
 - b. Two
 - c. Three
 - d. Four
 - e. Five
 - f. Six
8. Poverty may increase the risk of disability through(which is the odd one out):
 - a. Malnutrition & lack of access to safe water and sanitation
 - b. inadequate access to education & health care,
 - c. Increases access to livelihood and empowerment
 - d. Unsafe working conditions & polluted environment,
9. Disability may also increase the risk of poverty, through lack of..... except :-
 - a. Employment and lower wages
 - b. Education opportunities Societal inequalities
 - c. Improved social amenities and empowerment
 - d. Which of the following is not amongst the five ICF environmental factors high cost of living in disabling situations.
10. Which one is not a barrier to health for PWDs:
 - a. Full access to the Environment (towns, countryside & buildings)
 - b. An accessible Transport system
 - c. Integrated education and Training
 - d. Technical aids and equipment
 - e. Accessible/adapted housing
 - f. Personal Assistance and support
11. One of the following is not a communication barrier to health provision for PWDs:
 - a. Availability of written material or sign language interpreters at health services.
 - b. Health information or prescriptions may not be provided in accessible formats, including Braille or large print, which presents a barrier for people with vision impairment.
 - c. PWDs - experiences of prejudice, stigma and discrimination by health service providers and other staff at health facilities
 - d. An accessible Transport system

12. Which of the following is not amongst the five environmental factors of the ICF that can limit activities or restrict participation?
- Products and technology,
 - Assistive devices
 - Natural environment, and human made changes to it
 - Support and relationships,
 - Attitudes and services,
 - Systems and policies.
13. Which of the following is not viewed as a medical causative factor in the disability concept of WHO:
- Disease
 - Social exclusion
 - Trauma
 - Health
14. One of the following is not a domain of disability:
- Hearing impairment
 - Difficulty moving
 - Visual Impairments
 - Physical disability
 - Mental disability
 - Self-care difficulty
15. Which of these is not amongst the basic needs and rights:
- Full access to the Environment (towns, countryside & buildings)
 - An accessible Transport system
 - Technical aids and equipment
 - Free medical care
 - Personal Assistance and support
16. The 3rd stage in community level (community mobilization) is:
- Community mobilization
 - Community organization
 - Awareness raising
 - Animation
17. In rehabilitation orientation means:
- Restoration of functional skills that were there before the disability
 - Teaching of a new skill
 - Ability to move freely from one area to another
 - Acquisition of knowledge about ones new environment before the disability occurred

18. Which of the following is the most effect model in CBR implementation process?
- Outreach
 - Institution based
 - Comprehensive
 - Individual
19. Which of the following matches the definition of impairment in disability?
- Disadvantage
 - Loss of body part/disability
 - Restriction
 - Stigmatization
20. Which one of the following is not associated with PHC?
- Acceptability
 - Accessibility
 - Attachment
 - Availability
21. The following are part of CBR service delivery system except except?
- Persons with disability
 - Family trainer
 - Non professionals
 - Community health promoter
22. In individual rehabilitation:
- Emphasis is not on medicinal treatment and care
 - Targets ones impairment
 - Rehabilitation is done in the community
 - Physical and economic environment is non-issues
23. The UN convention on the rights of PWDs outlines the following:
- Civil and cultural,
 - Political,
 - Social and economic rights of PWDs.
 - All the above
24. The CBR Guidelines is inspired by:
- World Health organization and International labour organization (ILO)
 - World Health organization and International labour organization (ILO) and United Nations Education Scientific Cultural Organisation (UNESCO)
 - the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD).
 - A and b

25. One of the advantages of CBR is that it:
- The services are client based, involves the primary care giver, family and community
 - The services are of high quality and involves every one
 - It does not lead to dependency syndrome
 - Its innovative and thus suitable
26. The overall objective of the CBR program was:
- To provide guidance on how to develop and strengthen CBR programmes
 - To promote CBR as a strategy for community-based inclusive development strategy and to reduce poverty.
 - To empowerment of people with disabilities and their families by promoting their inclusion and participation in development of their communities.
 - All of the above
 - A and c only
27. Self-advocacy in CBR does not entail:
- Individualism
 - Self determination
 - Making a challenge
 - The central and consistent involvement of PWDs defining for themselves goals and processes
28. The advantage of service delivery in CBR is:
- Reaches out to many who may not make it to the Centre
 - Demystifies medicine
 - Leads to a sense of ownership
 - Medication is the main focus of management
29. In CBR the following questions are important except:
- What?
 - So?
 - Why?
 - When?
30. The UN convention on the rights of PWDs has to:
- Promote and protect
 - ensure the full and equal enjoyment of all human rights
 - ensure fundamental freedoms by all PWDs and promote respect for their inherent dignity.
 - All the above
 - a, c and d

Section B -Short structured questions. Answer all the questions (20 marks)

31. Explain the CBR joint position paper – 2004(International Labour Organization (ILO), United Nations Educational Scientific and Cultural Organization (UNESCO) and World Health Organization (WHO) – (5 marks).
32. List the five components of the CBR matrix (5 marks).
33. List down the elements of any two components of the CBR matrix (5 marks).
34. Explain the “Disability” s envisaged by WHO in 1978- (5 marks).

Section C –Long structured questions – 20 marks

35. Discuss any **ONE** of the following:
 - a. the CBR guidelines on Education component (10 marks)
or
 - b. the CBR guidelines on Livelihood component (10 marks)
36. Explain the CBR matrix (10 marks)