



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF REHABILITATION MEDICINE  
BACHELOR OF SCIENCE IN PHYSIOTHERAPY**

**END OF TRIMESTER EXAMINATIONS JANUARY TO APRIL 2025**

**UNIT CODE: PHT 411**

**UNIT NAME: Community based rehabilitation (Main Exam)**

**DATE: 2nd DECEMBER 2025**

**TIME: 11.15am-1.15pm**

**INSTRUCTIONS**

- 1. All students will have two (2) hours to complete the examination**
- 2. This is an online exam, Attempt all questions as per the instruction**
- 3. It is the student's responsibility to report any page and number missing in this paper.**
- 4. Check that the paper is complete**
- 5. Total number of pages is 6 including the cover.**
- 6. Read through the paper quickly before you start.**

**Section A. 30 Multiple choice questions. Answer all the questions**

1. Community-based rehabilitation (CBR) was initiated by the World Health Organization (WHO) following the Declaration of Alma-Ata in 1978 as a strategy:-
  - a. For rehabilitation services for PWDs in low-income by making optimum use of local resources
  - b. To improve access to rehabilitation services for PWDs in low-income and middle-income countries, by making optimum use of local resources
  - c. To improve access for PWDs in middle-income countries, by making optimum use of local resources
  - d. For rehabilitation services to PWDs in low-income countries by making optimum use of local resources
2. According to the United Nations, CBR emphasizes that girls with disabilities should have preferential rights than boys with disabilities:-
  - a. Sometimes
  - b. True
  - c. False
  - d. It depends on disability
3. There is a strong correlation between disability and poverty.
  - a. Sometimes
  - b. True
  - c. False
  - d. It depends on disability
4. Which of the following should be amongst the areas for ‘inclusion’ for implementation to policies and services in CBR:-
  - a. health, skills training , employment, community life in general
  - b. health, employment, community life in general
  - c. skills training , employment, community life in general
  - d. health, skills training , employment
5. Who initiates CBR ?
  - a. the community development committee,
  - b. organizations of people with disabilities,
  - c. other non-governmental organizations, lead ministries
  - d. all of the above

6. The ICF also includes five environmental factors that can limit activities or restrict participation
  - a. products and technology, natural environment, human made changes to it
  - b. support, relationships, attitudes and services,
  - c. systems and policies.
  - d. All of the above
  - e. a and b only
7. Under the ICF “ body functions and structures includes:-
  - a. Vision, Hearing, Speech,
  - b. Vision, Hearing, Speech, Breathing, Pain
  - c. Hearing, Speech, Breathing, Pain
  - d. None of the above
8. Under the ICF “ major life areas ” includes:-
  - a. Employment, Leisure / Social Participation
  - b. Education, Employment, Leisure / Social Participation
  - c. Education, Employment, Leisure
  - d. Education, Leisure / Social Participation
9. In order for CBR programmes to be sustainable:-
  - a. community representatives must be involved in the planning, implementation and evaluation of CBR programmes
  - b. Non-governmental organisation (NGOs) should continue giving more funds
  - c. The government should keep on supervising them
  - d. All of the above
10. CBR is a strategy within general community development for:-
  - a. the rehabilitation, equalization of opportunities, social inclusion of all people with disabilities
  - b. equalization of opportunities, social inclusion of all people with disabilities
  - c. the rehabilitation, social inclusion of all people with disabilities
  - d. social inclusion and corrective surgery of all people with disabilities physical impairments
11. Which of these domains pertains to ambulation?
  - a. Hearing impairment

- b. Visual impairment
  - c. Self-care difficulties
  - d. Physical disability
12. Which of the following matches the definition of impairment:
- a. Disadvantage
  - b. Loss of body part / disability
  - c. Restriction
  - d. Stigmatization
13. The 3<sup>rd</sup> step in the management of CBR at community level is:
- a. Community mobilization
  - b. Awareness building
  - c. Community organization
  - d. Animation and stigmatization to communities
14. In individual rehabilitation:
- a. Emphasis is not on medical treatment and care
  - b. Targets spectacles of one's impairment
  - c. Rehabilitation is done at community level
  - d. Physical and economic environment are non-issues
15. Which of the following is the most effective model of CBR implementation practices:
- a. Individual
  - b. Institutional
  - c. Comprehensive
  - d. Outreaches
16. As a human rights activist for Persons with Disability ( PWDs), health provision should be..... (which is the odd one out):
- a. compulsory
  - b. Available,
  - c. Accessible
  - d. Affordable
  - e. Acceptable.
17. Disability mainstreaming involves supporting basic services to ensure that:-
- a. Care givers and PWDs are included, and enjoy equality of access to those services
  - b. Care givers enjoy equality of access to CBR services
  - c. PWDs enjoy equality of access to CBR services
  - d. a and b only
18. In the CBR matrix “ Education” has the following elements – (in their order)
- a. Lifelong learning, Early childhood, primary, secondary & higher, non-formal,
  - b. Early childhood, primary, secondary & non-formal, higher, lifelong learning
  - c. Early childhood, primary, secondary & higher, non-formal, lifelong learning

- d. Early childhood, primary, higher, secondary, non-formal, lifelong learning
19. In the CBR matrix “ Lively hood” has the following elements (in their order)
- a. Social protection, Skills development, Self-employment , Wage employment, Financial services,
  - b. Skills development, Financial services, Self-employment , Wage employment, Social protection
  - c. Self-employment, Skills development, Wage employment, Financial services, Social protection
  - d. Skills development, Self-employment , Wage employment, Financial services, Social protection
20. In the CBR matrix “ Social” has the following elements (in their order)
- a. Leisure and sports, justice, Personal assistance, Relationship, marriage & family, Culture and arts, Recreation
  - b. Personal assistance, Relationship, marriage & family, Culture and arts, Recreation, leisure and sports, justice
  - c. Personal assistance, marriage & family, Culture and arts, Recreation, leisure and sports, justice Relationship,
  - d. Personal assistance, Relationship, marriage & family, Culture and arts, leisure and sports, justice, Recreation
21. Which of the following is not true for “appropriate technology” ?
- a. Requires only a small amount of capital
  - b. Emphasizes the use of locally available material
  - c. Does not offer opportunity for innovation
  - d. Can be produced at the village / local levels
22. CBR being an element of Primary Health Care (PHC), which of the following is not a quality of PHC?
- a. Accessibility
  - b. Availability
  - c. Acceptability
  - d. Attachment
23. Under developmental milestones of infants, which of the following comes first in a “normal child”:
- a. Seeing
  - b. Turning towards the origin of sound
  - c. Social smile
  - d. Head control
24. Babies learn and are able to sit between:-

- a. 6 - 9 Months
  - b. 4 – 6 Months
  - c. 5 - 9 months
  - d. 10 – 12 Months
25. Around what age do babies extend to grasp objects / toys :
- a. 2 – 3 months
  - b. 4 – 6 months
  - c. 5 – 7 months
  - d. 6 months
26. Which one is not an assistive technology for persons with physical disability or challenges:-
- a. Wheel chairs
  - b. Crutches
  - c. Prosthetics
  - d. Screen readers and braille display
27. The CBR principles include all the following except:-
- a. Satisfaction
  - b. Inclusion
  - c. Participation
  - d. Equity
28. Self-advocacy within CBR means .....
- a. Allowing PWDs to have all they want in society
  - b. Consistently involving people with disabilities in all issues relating to their wellbeing
  - c. Multisectoral collaboration to support PWDs
  - d. None of the above
29. The goals of CBR include all the following EXCEPT;
- a. Awareness creation
  - b. Pre-vocational training
  - c. Community mobilization
  - d. Self-employment
30. In the top to down approaches of CBR implementation, activities are:
- a. Planned, started, organized and controlled from the community
  - b. Planned, started, organized and initiated by government or an international organization
  - c. Planned , organized, started and controlled by a community member
  - d. All of the above

**Section B -Short structured questions. Answer all the questions – 20 marks**

- a) Explain the medical model of rehabilitation (5 Marks)
- b) Explain the social model of rehabilitation (5 Marks)
- c) Explain an impairment (5Marks)
- d) Explain disability (5 Marks)

**Section C –Long structured questions – 20 marks**

- a) Explain 5 target audiences of the CBR guidelines. (10Marks)
- b) Explain the five elements of the Health Component in the CBR matrix. (10Marks)

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