



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF HEALTH SCIENCES
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF TRIMESTER EXAMINATION

UNIT CODE: PHT 134

DATE: 9th APRIL 2025

TIME: 11.15am-1.15am

UNIT NAME: PHYSIOTHERAPY PRINCIPLES AND PROCEDURES

INSTRUCTIONS

1. All students will have three (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 11 including the cover.
6. Read through the paper quickly before you start.

MULTIPLE CHOICE QUESTIONS (40 MARKS)

1. Which of the following is not a Manual handling operation?
 - A. Pushing a wheelbarrow
 - B. Digging a hole
 - C. Carrying and supporting a load
 - D. Securing a load
2. Who is responsible for conducting manual handling risk assessments?
 - A. The Employer
 - B. The Health and Safety Manager
 - C. The Employee
 - D. An Enforcement Officer
3. Within the regulations what is the MAXIMUM weight an employee can lift?
 - A. 25kg
 - B. 20kg
 - C. There is no maximum weight
 - D. 15kg
4. How many bones are contained within an adult spine?

5. What does the letter 'I' stand for in relation to the acronym 'TILE' when conducting manual handling risk assessments?
- A. Instrumentation
 - B. Impact
 - C. Individual
 - D. Industry
6. Which of the following lifting and carrying operations is thought to be the most dangerous?
- A. Holding loads at arms-length from the body
 - B. Hold loads close to the body
 - C. Two handed carrying
 - D. Using a sack truck
7. Which of the following is not a common manual handling injury?
- A. Dermatitis
 - B. Hand injuries
 - C. Sprains and strains
 - D. Strains and sprains
8. According to the HSE's approved code of practice which of the options below is the best method of controlling manual handling risks?
- A. Team lifting
 - B. Avoid manual handling tasks
 - C. Having first aiders available at all times
 - D. Training

9. Vital signs include blood pressure, Pulse, Temp. Resp. Rate & Oxygen saturation. True or False?

A. True

B. False

10. Where is temperature regulated?

A. Hypothalamus

B. Skin

C. Heat & Cold

D. The spine

11. What is the normal range of temperature?

A. 36.6-37.5 c

B. 34-36 c

C. 34.6-36 c

D. 35.6-38 c

12. What is the normal pulse rate?

A. 12-20 bpm

B. 15-20 bpm

C. 60-100 bpm

D. 50-80 bpm

13. Which of the following is NOT considered a vital sign?

A. Temperature

B. Pulse

C. Respiration

D. Blood glucose level

14. A patient has a pulse rate of 102, a respiration rate of 25, a B/P of 139/90 and a temperature of 103 F. As a nurse, which will you assess first?

A. B/P of 139/90

B. Pulse of 102

C. Resp. rate of 25

D. Temp. of 103 F

15. Blood pressure is the force against the arterial wall. True or False?

A. True

B. False

16. A person that is dehydrated will experience a low B/P. True or False?

A. True

B. False

17. What factor does not influence Respiration rate?

A. Age

B. Gender

C. Smoking

D. Medication

E. Pain

18. Pulse deficit is the difference between the apical and radial rate. True or False?

A. True

B. False

19. For a patient with a Temp. of 104 F and a damaged hypothalamus, will you give an antipyretic to lower the temperature?

A. Yes

B. No

20. Which statement is not true about the range of motion exercises?

A. Range of motion exercises can improve joint function.

B. The goal of these exercises is to gently increase range of motion while decreasing pain, swelling and stiffness.

C. There are three types of range of motion exercises.

D. There are four types of range of motion exercises.

E. Only a & b are true.

21. Which of the following is not one of the considerations during rehabilitation (therapeutic exercise)?

A. Short term goals as well as long term goals for rehabilitation must be planned.

B. The rehabilitation program must be followed and the activities must be paced as recovery takes place.

C. The targets and set-backs must not be shared with the family and friends.

D. The regular reviews of the progress and targets with the physiotherapist must be done to maintain realistic progress plans.

E. A & B only.

22. Which of the following is true about how physiotherapy exercises can help the elderly population?

- A. The physiotherapist can help improve balance to reduce the risk of falling
- B. Physiotherapists can also help strengthen bones.
- C. The physiotherapist can advise a patient on activities to suit their needs
- D. All of the above

23. 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.

24. _____ is the process of making clinical judgments, based on examination data, to create a problem list for each patient.

- A. Examination.
- B. Evaluation.
- C. Treatment.
- D. Prognosis.
- E. None of the above.

25. The following are types of documentation except?

- A. Written.
- B. Dictated.
- C. Typed.
- D. Electronic.
- E. None of the above.

26. Physical therapist is working in an outpatient orthopedic clinic. During the patient's history the patient reports, "I tore 3 of my 4 Rotator cuff muscles in the past." The following characteristics have been shown in the documentation, except?

- A. Accuracy.
- B. Specific.
- C. Clarity.
- D. Realistic
- E. Abbreviations.

27. Which of the following is not one of the reasons why health professionals need to keep good record of the care given to patients/clients?

- A. To make sure the care and treatment can continue to be given safely no matter which staff on duty, 24 hours a day, and seven days a week
- B. To record the care that has been given to the patient/client
- C. To make sure there is accurate record to be used as evidence when there is an important complaint from a patient/client about the care they received.
- D. To avail the information to anybody who needs it.

28. During documentation of a patient clinical file preoperative of the abdominal region, the following is not true about hypothesis except _____

- A. Determining the nature of the condition.
- B. Determining the proper treatment.
- C. Determining the extent of severity.
- D. Determining the outcome of the condition.
- E. Determining the extent of irritability.

29. Which one of the following is a joint problem?

- A. Osteoarthritis.
- B. Athlete's foot.
- C. Diabetes.
- D. Obesity.
- E. Only a & b.

30. Which of the following is not one of the FOUR primary vital signs?

- A. Blood pressure
- B. Temperature
- C. Heart rate
- D. Dizziness.

31. While assessing a young woman, respiratory rate varies with age. What is the normal reference for an adult?

- A. 16/20 breaths/minute
- B. 4-10 breaths/minute
- C. 20-30 breaths/minute
- D. 1-3 breaths/minute.

32. A normal blood pressure would be 120/80mmHg. What is the pulse pressure?

- A. 40mmHg
- B. 200mmHg
- C. 2/2mmHg
- D. None of the above.

33. Which statement is not true about vital signs?

- A. Vital signs (Often shortened to just vitals) are a group of the 4 to 6 most important signs that indicate the status of the body's vital (life-sustaining) functions.
- B. Vitals signs are taken to help assess the general physical health of a person
- C. Vital signs give cues to possible diseases, and show progress towards recovery
- D. The normal ranges for a person's vital signs do not vary with age, weight and gender.

34. The pulsimeter is used to measure?

- A. Oxygen saturation
- B. Glucose level
- C. Sodium level
- D. Blood pressure

35. The pulse rate is commonly taken from the following areas except from:

- A. The wrist (Radial pulse)
- B. The elbow (brachial artery)
- C. The neck (Carotid artery)
- D. The neck (The vertebral artery)
- E. The foot (Dorsalis pedis)

36. Whilst attending to a patient, clinicians clinically read notes with regards to the patient, why do clinicians read the notes? Reading gives.....

- A. An impression of the Co morbid conditions.
- B. Causes for surgery.
- C. Any other note by the surgeon/physician.
- D. Respiratory assessment.
- E. All the above.

37. The following part of an instrument (stethoscope) plays an important role during assessment, name the apart in the diagram bellow?



- A. Diaphragm.
- B. Stethoscope.
- C. The bulb.
- D. Thermometer.

38. The instrument in the question above is used during?

- A. Chest expansion test.
- B. Auscultation.
- C. Doing percussion note.
- E. None of the above.

39. What is the first thing to do during clinical practice and cannot see a patient post abdominal surgery you were assigned to treat?

- A. Leave the clinical practice area and go home and rest.
- B. Document on the file that you were unable to trace the patient.
- C. Inquire with the nurses responsible for the ward of your clinical practice.
- D. You should do all the above.

40. Post abdominal surgery, you performed the following test while the patient was unaware, “Patient sat comfortably on the chair, expose the chest region, took reading with a stop watch for one minute. The final reading was 24 breaths per minute.” Which test did you carry out?

- A. Heart rate.
- B. Pulse rate.
- C. Temperature.
- D. Respiratory rate.

SECTION B: SHORT ANSWER QUESTIONS. ANSWER ALL THE QUESTIONS (10MARKS)

- 41. Describe some of the precautions when positioning a patient (5 marks)
- 42. Discuss the biomechanical principles behind correct body mechanics (5 marks)

SECTION C: LONG ANSWER QUESTIONS. ANSWER ALL THE QUESTIONS (20 MARKS)

- 43. Describe some of the challenges facing a clinician while moving a patient or heavy object (10 marks)
- 44. Describe some of the mechanical devices that can be used during bed mobility tasks (10 marks)