

**BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
BACHELOR OF PHYSIOTHERAPY PROGRAMME
SECOND SEMESTER - 2022/2023 SESSION EXAMINATION
PST 201: INTRODUCTION TO PHYSIOTHERAPY II**

DATE: Thursday, 22nd June, 2023

Time Allowed: Two (2) Hours

MATRIC NO:

GENERAL INSTRUCTION: Answer all questions in Sections A and B.

SECTION A

Instruction: Answer all questions on the Question Paper. For each of the questions 1 to 35, from the given options *a-d*, CIRCLE the options that are correct for each question.

1. Indicate the option that is untrue about the role of Physiotherapists.
 - a) Physiotherapists diagnose movement dysfunction.
 - b) Physiotherapists manage movement dysfunction.
 - c) Physiotherapists enhance physical and functional abilities.
 - d) Physiotherapists expand movement dysfunction and enhance functional disabilities.
2. The roles of Physiotherapists in healthcare include the following except:
 - a) Restore and maintain optimal physical function and wellness.
 - b) Promote a sedentary lifestyle and sub-optimal quality of life as it relates to movement and health
 - c) Restore, maintain, and promote optimal quality of life as it relates to movement and health
 - d) Promote fitness and optimal quality of life.
3. Physiotherapists perform the following roles except:
 - a) Prevent recovery from diseases or injuries.
 - b) Prevent progression of functional limitations and disabilities that may result from diseases.
 - c) Prevent the onset and symptoms of impairments.
 - d) Prevent the onset of functional limitations and disabilities that may result from conditions or injuries.
4. "Physiotherapists are involved in management of patients across specialties such as neurology, orthopaedics/musculoskeletal, cardiovascular/pulmonary, paediatrics, geriatrics, women's health". This statement is:
 - a) Always true b) Never true c) Sometimes true d) Inconsistent
5. Curative Physiotherapy care involves the following except:
 - a) Assessment of patient's presenting condition.
 - b) Treatment or management of patient's presenting condition.
 - c) Prevention of patient's presenting condition.
 - d) Diagnosis of patient's presenting condition.
6. The following are true of rehabilitative physiotherapy care except:
 - a) It aims to maximize independence in individuals with compromised function

- b) It generally addresses the sequelae of pathology
 - c) It generally addresses the aftermath of pathology
 - d) It addresses the patient's pathology
7. The curative care process in physiotherapy management begins with:
- a) An assessment b) A diagnosis c) Means of treatment d) Plan of care
8. For patients that cannot fully recover lost function after pathology;
- a) They are abandoned in the pathological state
 - b) They are restored to as near normal function as possible
 - c) They are trained and counseled to forget about the pathology
 - d) They seek their full recovery by all means
9. Which of the following statements is correct?
- a) Diagnosis leads to assessment
 - b) Recovery leads to appropriate means of treatment
 - c) Assessment leads to diagnosis
 - d) Means of treatment leads to assessment
10. Which of the following is true about assessment in curative physiotherapy care?
- a) Assessment assists in arriving at a clinical impression
 - b) Assessment begins when the patient walks in to the clinic
 - c) Assessment refers to what the patient cannot do because of the condition or illness
 - d) Assessment aids in arriving at a diagnosis
11. The curative management of a patient is not concluded until _____.
- a) The patient is able to finance their family
 - b) The patient is entrepreneurial and excellent
 - c) The patient is able to fit into job and community life in general
 - d) The patient is able to learn to depend on others
12. Rehabilitation is directed at the following except:
- a) Curing a disease
 - b) Improving the quality of life of the individual
 - c) Maximizing function as much as possible
 - d) Maximizing mobility as much as possible
13. Physical rehabilitation focus includes ONE of the following:
- a) Use of laboratory investigation to diagnose disease
 - b) Use of surgical intervention to rehabilitate the patient
 - c) Use of machines to promote 100% recovery
 - d) Use of non-invasive and physical intervention to promote progress toward functional goals
14. Physiotherapy in rehabilitative care may involve the following except:
- a) Helping a patient having a disease with consequent impairment
 - b) Assisting a patient that had a disorder which caused functional limitations
 - c) Helping a patient that has a condition that resulted in a disability
 - d) Assisting a patient with immunization to prevent an infection

15. Which of the following groups of patients may not undergo Physiotherapy rehabilitative care?
 - a) Patients with stroke b) Patients with heart failure c) Patients with osteoporosis to reduce their risk of fall d) Patients with drug addiction
16. In healthcare, Physiotherapy rehabilitation may focus on any of the following body systems except:
 - a) Cognitive-behavioural system b) Cardiovascular system c) Musculoskeletal system d) Neurological system
17. The goals of physical rehabilitation include the following except:
 - a) To optimize patient function at home
 - b) To optimize patient function in logical reasoning
 - c) To optimize patient function at work
 - d) To optimize patient function in the community
18. Ideally, in rehabilitation, patient's outcomes should be focused on:
 - a) Patient's own goals for functional improvement b) Patient's difficulties c) What patients cannot do d) What endangers a patient
19. Which of the following statements is incorrect about patient's care in rehabilitation?
 - a) Educating the patient about their condition and rehabilitation is important
 - b) Healthcare professionals alone should make all the vital decisions in the care of the patient
 - c) Family members should be actively involved as informal carers
 - d) Patient should be actively involved in their own care
20. In the management of patients with COVID 19, physiotherapists have:
 - a) An important role to play in respiratory care
 - b) No role to play
 - c) A role in information dissemination regarding contact tracing
 - d) A frontline role to play in diagnostic investigation
21. Physiotherapy is an autonomous profession. This means that physiotherapy
 - a) helps individuals and populations to develop b) helps to maintain and restore maximum movement c) is an independent self-regulated health care profession d) is a myriad of health conditions
22. As a part of the primary health care team, physiotherapists can assist in
 - a) health promotion and disease prevention strategies b) surgical procedures and restoration
 - c) drug administration and control d) laboratory investigations and interpretation
23. Which of the following best describes the role of physiotherapists in promotive and rehabilitative care?
 - a) They are experts in work and rest regulation
 - b) They enhance prevention of non-communicable diseases
 - c) They are the first respondents in emergency situations
 - d) They are the professions to certify an individual dead

24. Physical activity can be defined as
 a) Any bodily movement produced by skeletal muscles b) Any movement that exercises the body
 c) Any bodily movement produced by involuntary muscles d) Any activity that requires large amount of energy
25. Which of the following does not qualify as physical activity?
 a) Washing dishes b) Playing football once in a semester c) Dry-cleaning as a job at a laundry house d) Traveling on a regular basis
26. The following are accepted as physical activity except
 a) Playing Ludo game b) Washing clothes c) Watching TV d) Playing volleyball at the beach
27. According to World Health Organisation (W.H.O.), which of the following is not a recommended dosage of physical activity?
 a) 30 minutes of skipping for five days in a week
 b) 15 minutes of weight-lifting for five days in a week
 c) 25 minutes of light brisk walking three days in a week
 d) 50 and 25 minutes each of running on Mondays and Tuesdays respectively
28. Regarding the benefits of physical activity, which of the following is incorrect?
 a) It helps to increase weight b) It helps to strengthen the bones c) It reduces the risk of breast cancer d) It reduces the risk of falls
29. Ergonomics is concerned about the following except
 a) The fit between people and their work tools b) The fit between people and their work environment c) The prevention of musculoskeletal injuries d) The prevention of loss of fitness
30. Which of the following is incorrect about lifestyle modification in promotive healthcare?
 a) Stoppage of cigarette smoking can decrease the risk of cancer
 b) Stoppage of alcohol can decrease the risk of non-communicable diseases
 c) Stoppage of positive diets can decrease the risk of stroke
 d) Engaging in physical activity can decrease the risk of non-communicable diseases
31. Which of the following is not the physical activity recommendation of W.H.O.?
 a) Jogging for 20 minutes 5 days weekly and weight lifting for 30 minutes once weekly
 b) Skipping for 20 minutes 5 days weekly and push-ups 15 minutes once weekly
 c) Push-ups for 25 minutes 3 days weekly and weight-lifting 35 minutes once weekly
 d) Stretching and jogging for 30 minutes 6 times weekly
32. The statement: "physical activity is not the same as exercise" is: a) always true b) sometimes true
 c) never true d) it depends on some factors
33. Which of the following is true of Physiotherapy: a) it is under the control of physicians b) it is controlled by physiotherapists c) it is controlled by nurses d) it is controlled by the hospitals
34. Lifestyle modification can decrease the incidence of the following except: a) stroke b) cancer c) HIV/AIDS d) malaria

35. Physiotherapists are expert in: a) health education and health promotion b) movement and function c) injury prevention and rehabilitation d) all of the above

SECTION B- ESSAY

Instructions: Answer all questions in the answer booklet provided

- 1a. Define Physiotherapy. (2 marks)
- 1b. Mention 4 criteria that qualifies Physiotherapy as a profession and write short notes on 3. (10 marks)
- 2a. Enumerate and briefly describe 4 factors that determine the scope of practice of Physiotherapy in Nigeria and other countries. (8 marks)
- 2b. What does the following abbreviations stand for?
- i. NSP
- ii. MRTB (2 marks)
- 3a. Define Ethics in Physiotherapy practice (2 marks)
- 3b. Give 4 importance of Ethics in Physiotherapy practice (8 marks)
4. Mention 5 basic principles in Physiotherapy practice (5 marks)