

**BOWEN UNIVERSITY
COLLEGE OF HEALTH SCIENCES
BACHELOR OF PHYSIOTHERAPY PROGRAMME**

FIRST SEMESTER EXAMINATION - 2022/2023 SESSION

COURSE CODE/TITLE: PST 522 Physiotherapy In Pain Managment

DATE: Thursday May 11 2023

TIME: 2 Hours.

PAPER I

GENERAL INSTRUCTIONS

1. **ANSWER ALL QUESTIONS.**
2. PAPER ONE CONSIST OF MULTIPLE-CHOICE QUESTIONS, I.E., MCQ (1 – 30)
3. FOR THE MCQ, EACH QUESTION IS FOLLOWED BY FOUR OR FIVE STATEMENTS.
4. CHOOSE THE BEST **(ONE)** CORRECT ANSWER AND SHADE APPROPRIATELY.
5. RETURN THE QUESTION PAPER WITH YOUR ANSWER SHEET TO THE INVIGILATOR BEFORE LEAVING THE EXAMINATION HALL.
6. PAPER I (MCQ) IS FOR HALF HOUR (30 MINUTES) WHILE PAPER II (ESSAY) IS FOR ONE HOUR THIRTY MINUTES.
7. FOR PAPER II, START EACH QUESTION ON A FRESH PAGE OF THE ANSWER BOOKLET.

Section A: Multiple Choice Question (MCQ)

- Is **Not** one of the importance of Pain Assessment, during
 - It is avenue to communicate pain severity;
 - It enhances communication among clinicians
 - Scales also allow effective monitoring of interventions;
 - It can serve as evidence intervention;
 - It can be used to ascertain malingering in patient
- is **Not** one of the ways of assessing Pain in children
 - Ask the child;
 - Ask the parent or caregiver;
 - Ask the caregiver.
 - Observe the child;
 - None of the above
- What is the Pain rating for an 18 months old baby you were asked assess for pain? You observe that he is withdrawn, kicking his legs, and squirming. His is constantly crying or screaming, but is calmed down by breastfeeding.
 - Seven;
 - Eight;
 - Six;
 - Nine;
 - Ten
- The goals/effects of Physiotherapeutic treatment of pain include the following **Except**
 - Increase pain threshold of sufferers;
 - Increase the perception of pain
 - Assist in relaxation/Improve sleep;
 - Enhance quality of life;
 - A and D
- All of the following statements concerning the assessment of an infant for pain is correct **Except**
 - Wong-Baker FACES Scale is an appropriate assessment tool.
 - Parent's observations should be included in the patient's assessment of pain.
 - if something causes pain in an adult, it can cause pain in an infant;
 - The child is the best person to report his/her pain
 - Wong-Baker FACES Scale is use in children who cannot talk;
 - None of the above
- A 40-year-old patient who reports pain in the low-back that moves down the buttock and calf says: "My right foot feels like it is on fire." The patient reports that the pain started yesterday, and s/he has no prior history of injury or falls. Which components of pain assessment has the patient reported?
 - Intensity, temporal characteristics, and functional impact;
 - Location, quality, and onset;
 - Exacerbation, with associated signs and symptoms;
 - Aggravating and alleviating factors
 - All of the above
- The lowest intensity at which a given stimulus is perceived/sensed as being painful is called
 - Pain Threshold;
 - Pain Stimulus;
 - Pain Tolerance;
 - Thermal stimulus
- Is **Not** one of the factors that determine the use of any modality for the relieve of Pain.
 - The availability of the modality;
 - The deep penetration required.
 - Whether condition is localised or widespread;
 - The ease of application of the modality.
 - The Skills of the Physiotherapist.
- Factors Guiding Patient's Management of Pain includes the following, **Except**
 - Patient's personal qualities;
 - Aetiology of Pain;
 - Sources of Symptoms of Pain
 - Pain Tolerance and/or Pain Threshold;
 - None of the above

10. Pain is defined as a perception instead of a sensation, for the following reasons, *Except*,

 A). It is always a subjective experience; B). It is differently experienced by each individual
 C). Pain is always a psychological state; C). It is a reflection of the individuals' pain threshold;
 D). Individual's expression of tissue damage is the primary cause of pain; E). None of the above
11. In assessing a 14 months old baby girl for pain, you observe that there was no particular expression on her face, and with her legs relaxed, lying quietly and moves easily. She does not cry (awake or sleeping), and relaxed and calmed. What is the baby's pain rating?
 A). Seven; B) Eight; C). Six; D). Nine; E). zero
12. Which of the following statement is **Not correct** concerning "Pain tolerance"?
 A). It is the greatest level of pain that a subject is prepared to endure.
 B). The level of pain a person can tolerate or bear.
 C). It is constant across subjects and depends on prescribed medications;
 D). None of the above.
13. Pain can be classified using the following **Except**
 A). Duration; B) Intensity; C). Source of pain; D). Intention
14. Pain threshold as it relates to sensitivity to pressure is measured with
 A). an Algometer; B) an Ammeter; C). a Thermometer; D). an Algorithm
15. Pain perception can be communicated using the following **Except**
 A). Signs; B) Language; C). Movement; D). Bowel Movement
16. Which of the following statement **is correct** concerning the *Clinical Implication of Pain Threshold/Tolerance*?
 A). High pain threshold can result in patients ignoring their body's warning signals against danger.
 B). Low pain threshold can result in patients ignoring their body's warning signals against danger.
 C). Patient with low Pain Tolerance may have little experience dealing with pain.
 D) Someone who rarely feels pain has low Pain threshold
17. Is **Not** one of the external stimuli of Pain.
 A). Prickling; B) Cutting and crushing; C). Freezing; D). Inflammation
18. Pain is the nervous system response to noxious (harmful) stimulus called
 A). Response phenomena; B) Neuronal; C). Neurotransmitter; D). Nociceptors
19. Which of the following is **Not** an element of Pain?
 A). Modulation; B) Integration; C). Transmission; D). Transduction
20. Which of the following is **Not Correct** concerning the description of Pain?
 A). It is a perception; B) It is a sensation; C). It is what the suffer says it is; D). It can be objective
21. Pain assessment is based on the use of tools that provide detailed information on the following **Except**
 A). Quality and response of the patient to treatment;
 B). Location of pain; C) Type of pain; D). Transduction

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COURSE CODE/TITLE: PST 522 PHYSIOTHERAPY IN PAIN MANAGENT

DATE: Thursday May 11 2023

TIME: 1Hour, 30 Minutes.

ESSAY QUESTIONS

INSTRUCTIONS: Attempt all Questions in section on a separate answer booklet.

SECTION A

1. A 45-year-old Civil servant, diagnosed with pain in the low-back, and radiating to the right leg, was referred for physiotherapy twelve weeks after onset. On assessment, the patient's appeared to be someone who rarely feels pain, with pain rating of 4/10 on Numerical Rating Scale.
 - a) Discuss the factors guiding the management of Pain. **6 Marks**
 - b) Briefly Explain how a consideration patient's Pain Threshold/Tolerance at your first contact with the patient, can influence your decision making for therapy. **6 Marks**
 - c) Why is the feeling of pain is regarded as an important experience? **4 Marks**
 - d) How can you describe the patient's pain disposition (i.e., Pain Threshold)? **5Marks**
2. Outline five factors that can affect the perception of pain. **5Marks**
3. Mention four reasons for assessing pain, prior to therapy. **4Marks**
4. With illustration, briefly explain the Pain Gate Control model of Melzack and Wall (1965) for pain modulation. **4Marks**
5. What is the central change in the 2020 definition of "Pain" by IASP, compared to the 1979 version? Provide a justification for the change. **6Marks**