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**KENYA MEDICAL TRAINING COLLEGE**

**FACULTY OF CLINICAL SCIENCES**

**DEPARTMENT OF ORTHOPAEDIC & TRAUMA MEDICINE**

**PROMOTIONAL EXAMINATION**

**CERTIFICATE IN ORTHOPAEDIC PLASTER TECHNOLOGY**

**PAPER: REHABILITATION TECHNIQUES 1**

**DATE: TIME:**

**INSTRUCTIONS**

1. This paper consists of:
* Section 1 (30 Multiple Choice Questions)
* Section 2 (True/False)
* Section 3 (4 Short Answer Questions)
* Section 4 (1 Long Answer Question)
1. Attempt **ALL** Questions
2. Write the EXAMINATION **NUMBER** given on all the answer sheets provided and on the question paper.
3. Ensure that all examination answer scripts are handed in at the end of the examination
4. Ensure you sign the examination register provided

COLLEGE NUMBER ………………………………………………………………

**SECTION ONE: MULTIPLE CHOICE QUESTIONS (40 Marks)**

**1. Which of the following is not correct regarding to fracture humerus**

a) A fracture humerus can cause radial nerve injury

b) A fracture humerus causes a wrist drop

c) A fracture humerus cannot heal on a U-slab

d) A fracture humerus can cause sensory changes

**2**. **Which of the following statement is not correct?**

a) An atrophy of the deltoid muscle indicates a neuropathy C 5 level

b) Atrophy in the thumb web space can indicate injury of the ulnar nerve

c) Numbness of the ring finger indicates neuropathy C4 level

d) Weakness of elbow flexion may indicate C 6 level involvement

**3. A 45 year old patient with a fracture left tibia after POP application can be best ambulated with**

a) Walking frame

b) Axillary crutch

c) Walking stick

d) Wheelchair

**4. The following can cause spinal canal stenosis except**

a) Space occupying lesion

b) Ankylosing spondylolisis

c) Degenerative disc disease

d) Degenerative joint disease

**5. Which of the following statement is not true**

a) Balance and coordination is a factor to consider while using a walking device

b) Cauda equina syndrome is not a contraindication to physiotherapy treatment

c) Hypereflexia is an indication of upper motor neuron lesion

d) Hypotonia is an indication of lower motor neuron lesion

**6. Which of the following is odd one out?**

a) AFO

b) Cork-up splint

c) KAFO

d) Caliper

1. **The following are causes of visual disabilities EXCEPT?**
2. Eye infection
3. Amputation
4. Diabetes
5. Stroke
6. **Which of the following is NOT a preventive measure of disability?**
7. Advance medical care
8. Late identification
9. Secondary prevention
10. Tertiary prevention
11. **Which of the following CANNOT help to achieve the school health objective**
12. Health education
13. Omission of pupil and teachers in community education
14. Comprehensive health care
15. Safe and health school environment
16. **Rehabilitation team refers patients and………………**
17. Attend to needy cases
18. Does follow-ups of the cases identified
19. Do not educate the local community about physical cases it identifies
20. Offer some inducement to clients
21. **The purpose of physical therapy include the following EXCEPT?**
22. Reduce pain
23. Build muscle strength
24. Correct abnormal posture
25. Treat soft tissue trauma

**12. Which of the following is not a foot disorder?**

a) Genu varus

b) Pes planus

c) Conenital Talipes Calcaneal Varus

d) Pes Cavus

**13. Below are activities of daily living which one is not?**

a) Eating

b) Feeding

c) Bathing

d) Shopping

**14. Which is the correct order of the roles of physiotherapy in the patient management**

1. Rehabilitation, Curative, Educative, and Preventive
2. Curative, Educative, Preventive and Rehabilitative
3. Educative, Preventive, Curative and Rehabilitative
4. Preventive, Educative, Curative and Rehabilitative

**15. Following are classification of structural scoliosis except**

1. Infantile
2. Idiopathic scoliosis
3. Juvenile
4. Adolescent

**16. Below are methods used by Occupational Therapists to provide occupational therapy EXCEPT?**

1. Provision
2. Modifying
3. Enabling through counseling and problem solving skills
4. Compensation

**17. The following are assumptions of Occupational Therapy**

1. To maintain existing capacities
2. To recover lost function capacities
3. To achieve adaptive changes
4. To provide Occupations for patients

**18. The following are conditions of the knee EXCEPT**

1. Genu valgum
2. Genu valgus
3. Genu recurvutum
4. Tibial torsion

**19. Following are conditions of the spine EXCEPT**

1. Cauda equina
2. Scoliosis
3. Kyphosis
4. Lordosis

**20. The following conditions can lead to prescription of Orthopaedic devices EXCEPT**

1. Wrist drop
2. Chest pains
3. Benign tumor
4. Spastic cerebral palsy

**21. The following are levels of amputation through the foot EXCEPT**

1. Hemipelvectomy
2. Chorpart
3. Lisfranc
4. Pirogof

**22. With regards to Benign tumors choose the WRONG statement**

1. Fast growing
2. Not life threatening
3. Does not spread
4. Histologically well differentiated.

**23. Cerebral Palsy can be caused by all of the following apart from**

1. Birth Asphyxia
2. Foetal distress
3. Infection
4. Child crying immediately after birth

**24. Which of the following is not correct regarding to fracture humerus**

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b) A fracture humerus causes a wrist drop

c) A fracture humerus cannot heal on a U-slab

d) A fracture humerus can cause sensory changes

**25**. **Which of the following statement is not correct?**

a) An atrophy of the deltoid muscle indicates a neuropathy C 5 level

b) Atrophy in the thumb web space can indicate injury of the ulnar nerve

c) Numbness of the ring finger indicates neuropathy C4 level

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**26. A 45 year old patient with a fracture left tibia after POP application can be best ambulated with**

a) Walking frame

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c) Walking stick

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**27. With regards to Benign tumors choose the WRONG statement**

1. Fast growing
2. Not life threatening
3. Does not spread
4. Histologically well differentiated

**28. In Poliomyelitis the part that is affected is**

1. Anterior Horn cells
2. Anterior root
3. Grey matter
4. Posterior Horn cells

**29. One of the following may cause delayed milestone to a child**

1. Cerebral palsy
2. Standing aid
3. Pediatrics
4. Post burns scars

**30. Which of the following tools may be used to alleviate insecurity from a child**

1. Vibrator
2. Incubator
3. Darts
4. Hammock

**31. Community mobilization process needs many analytical and supportive resources, which are internal and external. Which one is not?**

1. Leadership.
2. Communication channels.
3. Gender sensitivity/choices.
4. Resource mobilization.

**32. The following are stakeholders in Community Based Rehabilitation program except?**

1. Persons with disability
2. Politicians
3. Non-governmental Organizations
4. County governments

**33. Disabled people’s organization (DPO) is aimed primarily at;**

1. Enhancing skills of people with disability
2. Empowering the people with disability
3. Educating people with disability
4. Improving the livelihood of people with disability

**34. The following factors are to be considered in Community Based Rehabilitation., Activities of Daily Living and in Instrumental Activities of Daily Living Evaluation. Which one is not?**

1. Clients and individual environment.
2. Co-ordination, sensation and balance.
3. Home evaluation, financial capacities.
4. Political and social justices

**35. Which one of the following is not a principle of community based rehabilitation?**

1. Equality
2. Social justice
3. Solidarity
4. Inclusion

**36. Following are non-operative treatments of clubfoot EXCEPT**

1. Manipulative and serial POP casting
2. Stretching and adhesive strapping
3. Manipulation and slight release of a muscle
4. Dennis Brown splinting

**37. Choose the ODD one out**

1. Scoliosis
2. Kyphosis
3. Lordorsis
4. Hydrocephaly

**38. Choose the ODD one out**

1. Pes equinus
2. Pes calcaneus
3. Coxa vara
4. Pes cavus

**39. In the Aetiology of cerebral palsy choose the ODD one out**

1. Neonatal
2. Natal
3. Pre-natal
4. Post-natal

**40. Choose the ODD one out**

1. C.T.L.S.O.
2. T.L.S.O.
3. H.K.A.F.O.
4. L.S.O.

**SECTION TWO: SHORT ANSWER QUESTIONS (40 Marks)**

1. Outline five (5) signs and symptoms of a stroke patient (5Marks)
2. Highlight five (5) indications of a splint (5Marks)
3. Name five (5) pressure sensitive areas of the human body (5Marks)
4. Mention five (5) mobility aids and their uses (5Marks).
5. State 5 roles and benefit of Physiotherapy (5 Marks)
6. Highlight 5 indicators of referring a child to Occupational department (5 Marks)
7. Name 10 activities of daily living ADL ( 5 marks)
8. Cerebral palsy can be caused by brain damage .What can cause this brain damage ( 5 marks)

**SECTION FOUR: LONG ESSAY QUESTION (20 Marks)**

1. Describe clubfoot in the following headlines
	1. Definition (2 marks)
	2. Causes (6 marks)
	3. Clinical features (6 marks)
	4. Management (6 marks)