

[Total No. of Pages : 2

51414



**Fourth B.P.Th. (2012) Examination, Winter -2020**  
**COMMUNITY PHYSIOTHERAPY**

Total Duration : Section A+B = 3 Hours

Total Marks : 80

**SECTION - A & SECTION - B**

- Instructions :**
- 1) Use **blue/black** ball point pen only.
  - 2) **Do not write anything on the blank portion of the question paper.** If written anything, such type of act will be considered as an attempt to resort to unfair means.
  - 3) **All questions are compulsory.**
  - 4) The number to the **right** indicates **full** marks.
  - 5) Draw diagrams **wherever** necessary.
  - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
  - 7) Use a common answerbook for **all** sections.

**SECTION - A (SAQ) (50 Marks)**

1. Short answer question (**any five** out of six) : [5 × 3 = 15]
  - a) Define Disability and classify types.
  - b) PERFECT method of Pelvic floor muscle grading.
  - c) FITT principle of aerobic training.
  - d) Sequelae of Pneumoconiosis.
  - e) Role of Medical Social Worker in Rehabilitation.
  - f) Enumerate risk factors for falls in elderly.
  
2. Short answer question (**any five** out of six): [5 × 7 = 35]
  - a) Write on levels of Disability prevention.
  - b) Physiological changes during pregnancy.
  - c) Enumerate theories of Ageing and explain any 3.

**51414**

- d) Write a note on influence of physical agents on industrial worker's health.
- e) Write a note on Community Based Rehabilitation.
- f) Define Obesity & it's effects on health in adult population.

**SECTION - B (LAQ) (30 Marks)**

**3. Long answer question (any one out of two) : [1 × 15 = 15]**

- a) Mrs. Rai, 29 years old lady executive by job and a fitness freak has delivered her second baby by FTND, write about the assessment and physiotherapy management in detail in the post delivery phase and fitness program in the months to follow.
- b) Write on the changes in cardiovascular-respiratory and metabolic systems in elderly population. Write on national policies for the rehabilitation & welfare of senior citizens. Discuss ageing in terms of fun, function, frailty and failure. **[6+6+3]**

**4. Long answer question (any one out of two) : [1 × 15 = 15]**

- a) Write on the causes & ill effects of obesity among children. Plan a fitness screening program for high school children. How would you go ahead with health promotion activities for overweight and obese among them? **[3+6+6]**
- b) Mr. Patil, a 54 years old individual, a non diabetic, healthy active person and working as Production Supervisor in a garment factory met with a Road Traffic Accident with multiple trauma and being operated upon for the fracture stabilisations a month back.-Plan.
  - i) Functional Capacity Assessment
  - ii) Work conditioning and work hardening program.



20

[Total No. of Pages : 2

51414

Fourth B.P.T.H. (2012) Examination, (Phase - III) Winter - 2021

**COMMUNITY PHYSIOTHERAPY**

Total Duration : 3 Hours

Total Marks : 80

- Instructions :**
- 1) Use **blue/black** ball point pen only.
  - 2) Do not write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.
  - 3) **All questions are compulsory.**
  - 4) The number to the **right** indicates **full** marks.
  - 5) Draw diagrams **wherever** necessary.
  - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
  - 7) Use a common answer book for all sections.

**SECTION - "A" SAQ (50 Marks)**

1. Short answer question (**any Five** out of Six) : [5 × 3 = 15]

- a) Principles of C.B.R.
- b) Three National Programmes for Prevention of Disability.
- c) Effects of Shift work on health of an individual.
- d) Define and types of Uterine Prolapse.
- e) Define Work Hardening & Work Conditioning.
- f) Functions of Red Cross Society.

2. Short answer question (**any five** out of six) : [5 × 7 = 35]

- a) Discuss five causes of childhood obesity.
- b) Communication barriers in Geriatric population.

51414

- c) Compare Institutional Based Rehabilitation with Community Based Rehabilitation.
- d) Aims and principles of Obstetric Physiotherapy.
- e) Discuss the role of Physiotherapy in Industrial setup for stress management.
- f) Discuss various social issues having impact on physical function of women in India.

**SECTION - "B" LAQ (30 Marks)**

3. Long answer question (any one out of two) : [1 × 15 = 15]

a) A 36 yrs. old female, who is a Computer Operator and working in a multinational company office since 5 years, complains of neck & low back pain since a month. She belongs to middle class socio economically and has 2 school going children. Husband has been transferred outstation since 3 months. Give Functional Diagnosis, Short term & Long term goals with management in the view of health promotion & Ergonomics.

[5 + 5 + 5 = 15]

b) A 26 yrs. old female multi-para having three children, 3 weeks post natal period after vaginal delivery; visits Physiotherapy clinic with chief complains of vague dragging back pain. She had assisted delivery by forceps, received epidural analgesia. Write on the evaluation & management with special emphasis to pelvic floor muscle strengthening. Write health promotion advice as well.

[4 + 6 + 5 = 15]

4. Long answer question (any one out of two) : [1 × 15 = 15]

a) Write Physiological effects of Ageing. Describe effects of exercise in detail on neuromuscular system for Aged population.

b) 14 yrs. old urban boy from upper class with frequent consumption of fast food weighing 64 kgs has been advised to reduce weight & his height is 5'3". Write in detail about

- i) Assessment & evaluation.
- ii) Short term management plan.
- iii) Long term management plan.

[5 + 5 + 5 = 15]



**Fourth B.P.T.H (2012) Examination, Winter - 2022**  
**COMMUNITY PHYSIOTHERAPY**

Total Duration : 3 Hours

Total Marks : 80

- Instructions :**
- 1) Use *blue/black ball point pen only.*
  - 2) *Do not write anything on the blank portion of the question paper. If written anything, such type of act will be considered as an attempt to resort to unfair means.*
  - 3) **All questions are compulsory.**
  - 4) *The number to the right indicates full marks.*
  - 5) *Draw diagrams wherever necessary.*
  - 6) *Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.*
  - 7) *Use a common answer book for all sections.*

**SECTION - "A" SAQ (50 Marks)**

- I. Short answer question (any five out of Six) : [5 × 3 = 15]
- a) Enumerate the various levels of prevention in Community level Rehabilitation.
  - b) Enumerate the various theories of ageing (Any three).
  - c) Enlist the predisposing factors for osteoporosis.
  - d) Define work conditioning & work hardening.
  - e) Define Functional Capacity assessment
  - f) Define Body mass index & state its uses.

2. Short answer question (any five out of Six) : [5 × 7 = 35]

- a) Write on the various types and degrees of urogenital prolapse. Explain briefly its management.
- b) Describe cumulative trauma disorder & explain one common CTD.
- c) Enumerate the various causes of falls in the elderly and explain the environmental modifications for prevention of falls in the elderly.
- d) Explain the factors leading to low back<sub>pain</sub> in industrial health and their preventive measures.
- e) Define aerobic & anaerobic exercises with examples. Define Metabolic Equivalent.
- f) Describe the role of Physiotherapist in school for physically handicapped children.

SECTION - "B" LAQ (30 Marks)

3. Long answer question (any one out of two) : [1 × 15 = 15]

- a) Explain the various changes occurring in the Musculoskeletal & Neurological systems due to aging (9 Marks)

Also write effects of exercises in the same systems in this population.

(7 Marks)

- b) A 38 year old woman comes to you with complaints of inability to control urination, especially during coughing & during doing house work & lifting weights. She has 2 children & is from an affluent family. Presently she has been referred to you for physiotherapy management.

Give her functional diagnosis with clinical reasoning as per ICF

(5 Marks)

Also write her PT management with the treatment goals. (10 Marks)

## 4. Long answer question (any one out of two) :

[1 × 15 = 15]

- a) A 27 year old laborer coming to you with complaints of pain in the back radiating in right lower limb since 5 months. He has to lift around 50 kg weight bags to load in the truck at a height of around 3ft . He is 5ft5" with moderate built and a bidi smoker since 8 years. He has no neuro-deficit but complaints of pain (VAS 3/10) during bending forwards & during loading the bags.

Give his functional diagnosis with clinical reasoning according to ICF

(7 Marks)

Write the treatment goals & plans.

(8 Marks)

- b) A 27 year old girl has been referred to you for weight reduction in your wellness clinic. She is 5ft 3inches in height & weighs 68 kgs. She has to get married & has also started on crash dieting.

Calculate her BMI (3 Marks)

Give her functional diagnosis with clinical reasoning ( 5 Marks)

Write about her PT management. (7 Marks)



[Total No. of Pages : 2

51414



FOURTH B.P.TH. (2012) Examination, (Phase - III) Winter - 2024

**COMMUNITY PHYSIOTHERAPY**

Total Duration : 3 Hours

Total Marks : 80

- Instructions :**
- 1) Use **black** ball point pen only.
  - 2) **Do not** write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.
  - 3) **All** questions are **compulsory**.
  - 4) The number to the **right** indicates **full** marks.
  - 5) Draw diagrams **wherever** necessary.
  - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
  - 7) Use a common answerbook for **all** sections.

**SECTION - A SAQ (50 Marks)**

1. Short Answer Questions (**any five** out of six) [5×3=15]
  - a) Assessment of Diastasis recti.
  - b) Differentiate between Aerobic and Anaerobic exercises
  - c) How socioeconomic factors affect Physiotherapy services in India?
  - d) Give any three features of Community Based Rehabilitation
  - e) Three national programmes for prevention of disability.
  - f) Enumerate six changes in cardio-pulmonary systems of elderly.
2. Short Answer Questions (**any five** out of six) [5×7=35]
  - a) Discuss causes of childhood obesity.
  - b) Communication barriers in geriatrics.
  - c) Compare institution based rehabilitation with community based rehabilitation.
  - d) Aims and principles of Obstetrics Physiotherapy.
  - e) Discuss the role of Physiotherapy for stress management in an Industrial setup
  - f) Discuss various social issues having impact on physical function of women in India.

**SECTION - B LAQ (30 Marks)**

3. Long answer questions (**any one** out of two): [1×15=15]
- a) 31 yr old moderately obese lecturer, a known case of non insulin dependent diabetes mellitus and hypertension since 7 years approaches a Physiotherapist for Healthcare. Discuss short term and long term goals of physiotherapy management with special health tips about diet. [5+7+3=15]
- b) i) Describe the hormonal changes and primary sequel of menopause.  
ii) Physiotherapy management of above along with clinical reasoning. [8+7=15]
4. Long answer questions (**any one** out of two): [1×15=15]
- a) Describe Pathomechanics of balance issues in elderly and physiotherapy programme for fall prevention in geriatrics. [7+8=15]
- b) 45 yr old male goldsmith by occupation complains of neck and upper back pain with tingling and numbness in right arm since one month. Discuss the functional diagnosis as per ICF and rationale of physiotherapy management with preventive and curative strategies for goldsmith professionals. [5+5+5=15]

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