

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.

- 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 heaving 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]