

ASSESSMENT OF 30 MCQs

FPSC NO : 49
MCQs on UPDATE ON FUNCTION AND DISABILITY IN
PRIMARY CARE
Submission DEADLINE : 7 JULY 2012

INSTRUCTIONS

- To submit answers to the following multiple choice questions, you are required to log on to the College On-line Portal (www.cfps2online.org).
- Attempt ALL the following multiple choice questions.
- There is only ONE correct answer for each question.
- The answers should be submitted to the College of Family Physicians Singapore via the College On-line Portal before the submission deadline stated above.

1. About common physical disabilities in childhood, which of the following is NOT progressive?
 - A. Spinal muscular atrophy (SMA).
 - B. Spinal bifida cystica.
 - C. Cerebral palsy.
 - D. Spinal dysraphism.
 - E. Duchenne muscular dystrophy (DMD).
2. Duchenne muscular dystrophy (DMD) affects 1 per X male births. What is X?
 - A. 2,000.
 - B. 2,500.
 - C. 3,000.
 - D. 3,500.
 - E. 4,000.
3. About the prevention of spina bifida, a Medical Research Council Vitamin Study Group in a multi-centre randomized control trial showed that maternal peri-conceptional folic acid supplementation provided a X% protective effect. What is X?
 - A. 64.
 - B. 66.
 - C. 68.
 - D. 70.
 - E. 72.
4. After Down's syndrome, which of the following is the most common cause for mental retardation in boys?
 - A. Prader-Willie syndrome.
 - B. Tuberous sclerosis.
 - C. Fragile X syndrome.
 - D. Duchenne muscular dystrophy.
 - E. Spinal muscular atrophy.
5. A 2-year-old child is brought by his mother to see you because he was noted to have difficulty communicating, loves repeatedly opening and closing doors, and gets upset if his toys are disarranged by his brother. Which of the following is the most likely diagnosis?
 - A. Attention deficit hyperactive disorder.
 - B. Autistic spectrum disorder.
 - C. Asperger syndrome.
 - D. Obsessive compulsive disorder.
 - E. Fragile X syndrome.
6. A 4-year-old boy is brought to see you because for the last 6 months, he seems to have difficulty climbing up and down the stairs. The diagnosis is supported by a creatinine kinase which is raised in up to X% of such patients. What is X?
 - A. 72.
 - B. 62.
 - C. 52.
 - D. 42.
 - E. 32.
7. About the ability of children to dress themselves, most X-year-olds are able to undress and dress independently. What is X?
 - A. 2.
 - B. 3.
 - C. 4.
 - D. 5.
 - E. 6.
8. About the ability of children to feed themselves, by the age of X, they are able to eat skillfully with a fork and spoon. What is X?
 - A. 2.
 - B. 3.
 - C. 4.
 - D. 5.
 - E. 6.

9. **Encopresis is defined as regular soiling of the underwear in children aged X years and older, with no organic disease. What is X?**
- 2.
 - 3.
 - 4.
 - 5.
 - 6.
10. **About transferring and mobility in children, by the age of X, they are able to walk or run alone up and down stairs, one foot to a step in adult fashion. What is X?**
- 2.
 - 3.
 - 4.
 - 5.
 - 6.
11. **About bathing, typically children in Singapore start bathing independently from the age of X. What is X?**
- 2 or 3.
 - 3 or 4.
 - 4 or 5.
 - 5 or 6.
 - 6 or 7.
12. **Developmental disabilities are a group of chronic disorders of early onset estimated to affect X% of children. What is X?**
- 5 to 10.
 - 10 to 15.
 - 15 to 20.
 - 20 to 25.
 - 25 to 30.
13. **About the prevalence of disability of women at all ages compared to men, which of the following is most likely answer?**
- The prevalence of disability in women is lower than men at all ages in rural communities.
 - Women tend to have a higher prevalence than men at all ages.
 - The prevalence of disability in women is higher than men at all ages in urban communities.
 - Women tend to have a lower prevalence than men at all ages.
 - The difference in prevalence is unknown.
14. **In a community study done in Singapore to assess the functional status of those 60 years and older, X% were dependent in at least one area of ADL. What is X?**
- 21.
 - 20.
 - 19.
 - 18.
 - 17.
15. **A person with 3 impairments has a X% likelihood of developing disability in the next one year. What is X?**
- 30.
 - 40.
 - 50.
 - 60.
 - 70.
16. **A 65-year-old woman complains of pain and stiffness of both shoulders and the neck. She is diagnosed to have polymyalgia rheumatica. Which of the following is a complication that may occur?**
- High tone hearing loss.
 - Blindness.
 - Unsteady gait.
 - Anxiety symptoms.
 - Dry mouth.
17. **Older persons decondition rapidly when they lie in bed. For every 24 hours of bed rest, the person loses X% of muscle tone and this is translated clinically into weaker muscles. What is X?**
- 3.
 - 5.
 - 8.
 - 10.
 - 20.
18. **A 70-year-old person complains of hearing loss of a week's duration. Which of the following is the most common cause?**
- Impacted ear wax.
 - Noise induced hearing loss.
 - Otitis media.
 - Perforated tympanic membrane.
 - Meniere's disease.
19. **In the United States, a 2008 survey amongst people in the civilian non-institutionalised population aged 5 years and older, showed that X% reported ambulatory difficulty (walking or climbing stairs). What is X?**
- 4.9.
 - 5.9.
 - 6.9.
 - 7.9.
 - 8.9.
20. **In a World Health Survey, it was noted that X% of people aged 15 and older lived with disability. What is X?**
- 11.6.
 - 12.6.
 - 13.6.
 - 14.6.
 - 15.6.

21. About the therapeutic effects of various modalities of physiotherapy, which of the following pair of association of mode of therapy and therapeutic effects is CORRECT?

- A. Heat therapy – decreases activity of enzymes that may damage the joint.
- B. Cold therapy – improved blood flow and increased non-elastic tissue extensibility.
- C. Hydrotherapy – improves circulation and reduces edema.
- D. Iontophoresis – improves circulation with pumping action.
- E. Electrical stimulation – produces positive psychological benefits.

22. About the therapeutic effect of various medications used in rehabilitation, which of the following pair of association of symptom or sign and medication is CORRECT?

- A. Spasticity – Baclofen, Carisprodol
- B. Autonomic dysreflexia – Amitriptyline, Capsaicin.
- C. Neuropathic pain – Nifedipine, Hydralazine.
- D. Bladder management – Methyphenidate, Haloperidol
- E. Psycho-modulation – Oxybutinin, Flavoxate.

23. About the type of exercise and description or example, which of the following pair of association of exercise and description or example is CORRECT?

- A. Isokinetic – constant velocity or accommodating resistance exercise.
- B. Open kinetic chain – squats or running.
- C. Closed kinetic chain – leg press or cycling.
- D. Power building exercise – high repetition, low resistance exercise.
- E. Endurance building exercise – low repetition, high resistance exercise.

24. About the initial assessment for in-patient rehabilitation, which of the following is the LEAST important item?

- A. Neurological and musculoskeletal deficits.
- B. Financial status.
- C. Medical co-morbidities.
- D. Cognitive deficits.
- E. Family dynamics.

25. Singapore shares a common trend with most developed countries whereby non-communicable diseases account for X% of the principal causes of death. What is X?

- A. 60.
- B. 65.
- C. 70.
- D. 75.
- E. 80.

26. About IADL (Instrumental activity of daily living) which of the following is an example?

- A. Grooming.
- B. Toileting.
- C. Wheelchair use.
- D. Medication use.
- E. Climbing stairs.

27. A patient presents for Eldersfield assessment. He has a stroke requiring only minimal assistance with dressing of the upper body, such as wearing a shirt, but requires moderate assistance in dressing of the lower body, such as the wearing of trousers. What should the score be for dressing?

- A. Independence.
- B. Minimal assistance required.
- C. Moderate assistance required.
- D. Maximal assistance required.
- E. Total assistance required.

28. A patient with advanced rheumatoid arthritis presents for Eldersfield assessment. He requires maximal assistance in the morning in eating because of early morning stiffness and fatigue, but subsequently performs better in the evening. What should the score be for feeding?

- A. Independence.
- B. Minimal assistance required.
- C. Moderate assistance required.
- D. Maximal assistance required.
- E. Total assistance required.

29. A patient presents for Eldersfield assessment. He has a stroke requiring only minimal assistance to move from bed to chair, but requires moderate assistance to move from chair to bed. What should the score be for mobility?

- A. Independence.
- B. Minimal assistance required.
- C. Moderate assistance required.
- D. Maximal assistance required.
- E. Total assistance required.

30. A patient presents for Eldersfield assessment. He has a spinal cord injury with complete paraplegia. He is able to propel a wheelchair more than 50 meters in a straight well paved corridor. He lives in a one room flat which makes it difficult to move his wheelchair around and maximal assistance is needed. What should the score be for mobility?

- A. Independence.
- B. Minimal assistance required.
- C. Moderate assistance required.
- D. Maximal assistance required.
- E. Total assistance required.