

ASSESSMENT OF 30 MCQs

FPSC NO : 60
MCQs on DISABILITY ASSESSMENTS
Submission DEADLINE : 2 DECEMBER 2014, 12 NOON

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.
- There will be NO further extension of the submission deadline.

1. A 65-year-old woman is taken by the son to see you for assessment for Eldershiel pay-out. Which of the following disability qualifies her to claim?
 - A. One severe and two moderate ADL limitations.
 - B. Three severe ADL limitations.
 - C. Three moderate ADL limitations.
 - D. Three mild ADL limitations.
 - E. Two severe and one mild ADL limitations.
2. In the Pioneer Generation Disability Assistance Scheme (PioneerDAS) which of the following is the Administrative Agency?
 - A. MSF.
 - B. AIC.
 - C. NTUC Income.
 - D. AVIVA.
 - E. SG Enable.
3. In a study on self-reported health amongst adults aged 60 years and older on 5000 Singapore subjects, which of the following health conditions had the highest odds ratio for ADL limitations?
 - A. Stroke.
 - B. Heart diseases.
 - C. Osteoporosis.
 - D. Pelvic/femoral fractures.
 - E. Cancer.
4. In the Singapore Burden of Disease (SBoD) Study 2004, which of the following conditions had the highest years of life lost to premature mortality (YLL)?
 - A. Cancers.
 - B. Respiratory infections.
 - C. Cardiovascular disease.
 - D. Diabetes mellitus.
 - E. Mental disorders.
5. In the Singapore Burden of Disease (SBoD) Study 2004, which of the following conditions had the highest years of life lost due to disability (YLD)?
 - A. Ischaemic heart disease.
 - B. Lung cancer.
 - C. Anxiety & depression.
 - D. Osteoarthritis.
 - E. Diabetes mellitus.
6. Which of the following is the LEAST suitable candidate for comprehensive Inpatient Rehabilitation?
 - A. "Motivation somewhat lacking".
 - B. Physical endurance assessed to be "good enough".
 - C. Patient with moderate dementia.
 - D. Medically unstable.
 - E. Presence of two or more persistent functional deficits.
7. 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. Autonomic dysreflexia – Amitriptyline, Capsaicin.
 - B. Neuropathic pain – Nifedipine, Hydralazine.
 - C. Bladder management – Methyphenidate, Haloperidol.
 - D. Spasticity – Baclofen, Carisprodol.
 - E. Psycho-modulation – Oxybutinin, Flavoxate.
8. 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. Open kinetic chain – squats or running.
 - B. Isokinetic – constant velocity or accommodating resistance exercise.
 - 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.

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

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

10. Which of the following best describes the services provided by Singapore Programme for Integrated Care for the Elderly (SPICE)?

- A. Community in-patient services.
- B. Centre-based services only.
- C. Home-based services.
- D. Respite care services.
- E. Both centre-based and home-based services.

11. About IADL (Instrumental activity of daily living) which of the following is NOT an example?

- A. Food preparation.
- B. Telephone use.
- C. Going outdoors.
- D. Medication use.
- E. Housekeeping and laundry.

12. A patient presents for Eldersfield assessment. He has a stroke requiring only moderate assistance with dressing of the upper body, such as wearing a shirt, but requires maximal 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.

13. A patient with advanced rheumatoid arthritis presents for Eldersfield assessment. He requires moderate 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.

14. A patient presents for Eldersfield assessment. He has a stroke requiring only moderate assistance to move from bed to chair, but requires maximal 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.

15. 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.

16. In children with a mental disability, what is the intelligent quotient (IQ) used to decide if mental retardation is present?

- A. 70 and below.
- B. 65 and below.
- C. 60 and below.
- D. 55 and below.
- E. 50 and below.

17. 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).

18. Preterm babies are vulnerable to periventricular leukomalacia or periventricular haemorrhagic infarction. Two thirds of such babies have which of the following?

- A. Spastic hemiplegia.
- B. Dyskinetic hemiplegia.
- C. Spastic quadriplegia.
- D. Ataxic quadriplegia.
- E. Spastic diplegia.

19. After Down's syndrome, which of the following is the most common cause for mental retardation in boys?

- A. Prader-Willie syndrome.
- B. Fragile X syndrome.
- C. Tuberous sclerosis.
- D. Duchenne muscular dystrophy.
- E. Spinal muscular atrophy.

20. 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. Asperger syndrome.
- C. Obsessive compulsive disorder.
- D. Autistic spectrum disorder.
- E. Fragile X syndrome.

21. A 10 year-old-child has childhood disability. He is noted to have proximal myopathy. Which of the following conditions is he likely to have?

- A. Duchenne muscular dystrophy.
- B. Spina bifida.
- C. Cerebral palsy.
- D. Down syndrome.
- E. Prader Willi syndrome.

22. A 12-year-old girl has childhood disability. She is noted to have posture and movement difficulties. Which of the following conditions is she likely to have?

- A. Down syndrome.
- B. Autism spectrum disorder.
- C. Spina bifida.
- D. Cerebral palsy.
- E. Prada Willi Syndrome.

23. A 15-year-old girl has childhood disability. She is on self-care catheterisation. Which of the following conditions is she likely to have?

- A. Duchenne muscular dystrophy.
- B. Autism spectrum disorder.
- C. Spina bifida.
- D. Cerebral palsy.
- E. Fragile X syndrome.

24. 16-year-old boy has childhood disability. He needs assistance in ventilation. Which of the following conditions is he likely to have?

- A. Autism spectrum disorder.
- B. Spina bifida.
- C. Duchenne muscular dystrophy.
- D. Cerebral palsy.
- E. Autism spectrum disorder.

25. About instruments to assess disability in children, which of the duration needed for testing is CORRECT?

- A. WeeFIM (Functional Independence Measure) needs 10 minutes.
- B. Paediatric Evaluation of Disability Inventory (PEDI) needs 15 minutes.
- C. Measurement of activities of living (M-ADL) needs 5 minutes.
- D. Vineland Adaptive Behaviour Scales (VABS) needs 15 minutes.
- E. Battelle Developmental Inventory (BDI) needs 15 minutes.

26. Developmental disabilities are a group of chronic disorders of early onset in childhood. What is the estimated prevalence in children?

- A. 2 to 4%.
- B. 3 to 6%.
- C. 4 to 8%.
- D. 5 to 10%.
- E. 6 to 12%.

27. About the ADL of dressing in children, which of the following is correct?

- A. 18 months – toddlers can take off shoes.
- B. Two years – child able to pull pants down and up.
- C. Two years – able to button or zip.
- D. Four years – able to undress independently.
- E. Four years – able to dress independently.

28. About the ADL of feeding in children, which of the following is correct?

- A. 16 months – toddlers able to hold a spoon and get food into his mouth.
- B. 18 months toddlers able to hold his cup between both hands.
- C. 20 months – able to feed competently with a spoon.
- D. 20 months – able to lift a cup and drink well without spilling.
- E. Three years – able to eat skillfully with fork and spoon.

29. In the community study of 5000 Singaporeans to assess the functional status of those 60 years and older, what percentage were dependent in at least one ADL?

- A. 7.7%.
- B. 8.0%.
- C. 8.7%.
- D. 9.0%.
- E. 9.7%.

30. In children, about enuresis and encopresis, which of the following is CORRECT

- A. Enuresis is defined as a lack of urinary continence beyond the age of 5 for diurnal enuresis.
- B. Enuresis is defined as a lack of urinary continence beyond the age of 7 for nocturnal enuresis.
- C. Enuresis is defined as the loss of continence after 4 months of dryness.
- D. Encopresis is defined as regular soiling of underwear in children aged 4 years and older, with no organic disease.
- E. The definition of enuresis includes A, B, and C.