

## ASSESSMENT OF 30 MCQs

FPSC No : 58

## MCQS ON IMPROVING HEALTHCARE FOR PERSONS WITH DISABILITIES

Submission DEADLINE: 10 JUNE 2014, 12 NOON

**INSTRUCTIONS**

- To submit answers to the following multiple choice questions, you are required to log on to the College Online Portal ([www.cfps2online.org](http://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 Online Portal before the submission deadline stated above.
- There will be NO further extension of the submission deadline.

1. About the life course approach in the Ministry of Social and Family Development's Enabling Masterplan 2012-2016, which of the following is one of the 4 areas of emphasis?
  - A. Weight control.
  - B. Adolescent health.
  - C. Early intervention.
  - D. Preventive care.
  - E. Vocational training.
2. In the Ministry of Social and Family Development's Enabling Masterplan 2012-2016, which of the following is identified as a cross cutting issue?
  - A. Accessibility.
  - B. Adult care.
  - C. Employment.
  - D. Health literacy.
  - E. Respite care.
3. In Singapore it is estimated that a percentage of the resident population will have some form of disability. What is this percentage?
  - A. 3%.
  - B. 4%.
  - C. 5%.
  - D. 6%.
  - E. 7%.
4. About the patient-centred medical home as a health care delivery model, which of the following is NOT a characteristic feature?
  - A. Use of health information technology.
  - B. Patient centred care
  - C. Residential care.
  - D. Quality care.
  - E. Practice organisation.
5. In a local study by Wee et al (2013) on the sociodemographic and clinical profile of older adults with intellectual disability aged 40 and older receiving services from the Movement of Intellectually Disabled of Singapore (MINDS), the authors found that the majority of the persons with intellectual disability had a primary caregiver. Who was the primary care giver?
  - A. Seventy percent from parents.
  - B. Fifty percent from parents.
  - C. Seventy percent from siblings.
  - D. Fifty percent from siblings.
  - E. Equal proportions from parents or siblings.
6. About services for children and youth with special needs, which of the following statement is CORRECT?
  - A. Early Intervention Programme for Infants & Children have services focused on treatment of secondary disabilities.
  - B. Integrated Child Programme (ICCP) provides training for children with moderately severe intellectual impairment.
  - C. Development support programme (DSP) teach social and life skills for independent living.
  - D. Special Student Care Centres (SSCCs) provide before- and after-school care services.
  - E. Early Intervention Programme for Infants & Children (EIPIC) provides skills training for independent living.
7. For adults with disabilities, which of the following statement is CORRECT?
  - A. Day Activity Centres provide care and skill training to adults with mild to moderate disabilities.
  - B. Community Group Homes provide respite care for families unable to cope.
  - C. Sheltered Workshops provide therapy for adult with mild to moderate disabilities who are not in employment.

- D. Sheltered Workshops provide alternative housing arrangements for adults with disabilities who can work.
- E. Day Activity Centres provide physiotherapy and occupational therapy for adults with mild to moderate disabilities.
8. For adults with disabilities and financial assistance funds, which of the following statement is **CORRECT**?
- Computer Access Trust Fund (CATF) provides financial assistance to middle-income families in purchasing assistive equipment to aid persons with disabilities in their mobility, independence or rehabilitation.
  - Special Assistance Fund (SAF) provides financial assistance to low-income families in purchasing assistive equipment, technical aids and retrofits to aid persons with disabilities in their mobility, independence or rehabilitation.
  - Assistive Technology Fund (ATF) provides financial assistance to persons with disabilities to purchase computers and IT devices.
  - Assistive Technology Fund (ATF) provides financial assistance to persons with disabilities purchase electronic educational equipment.
  - Special Assistance Fund (SAF) provides financial assistance to buy mobility aids for adults with disabilities from traffic accidents.
9. The concession scheme allows persons with disabilities to have a percentage discount off the adult fares when they travel on public transport for distances shorter than 7.2km. What is the percentage discount?
- 10.
  - 15.
  - 20.
  - 25.
  - 30.
10. For persons with disabilities, there is a **Monthly Concession Pass** with unlimited bus and train rides. How much does this cost per month?
- \$80.
  - \$70.
  - \$60.
  - \$50.
  - \$40.
11. With regards to the consequences of caregiver stress in looking after elderly family members with disabilities, in a percentage of elder abuse cases occurring annually, the underlying cause is caregiver stress. What is this percentage?
- 14.
  - 18.
  - 22.
  - 26.
  - 30.
12. About what the family physician can do in improving the experience of family caregivers of persons with disabilities, which of the following is **LEAST** likely to be overlooked by the family physician in attendance?
- Caregiver training.
  - Psycho-education.
  - Emotional support.
  - Caregiver stress.
  - Physical help.
13. Family caregivers often perceive that the support received by the attending family physician is weak. Which of the following is the **LEAST** likely factor resulting in such a perception?
- Management policies in handling patients with disabilities.
  - Tendency to stereotype.
  - Negative attitude.
  - Lack of commitment.
  - Limited knowledge of disabilities.
14. In order to foster the supportive relationship between family physicians with family caregivers, which of the following actions on the part of the family physician is **MOST** likely to be effective?
- Assess family caregivers' wellbeing.
  - Follow-up visits with calls to check compliance.
  - Tell family caregivers the right thing to do.
  - Engage family caregivers and make use of their care expertise.
  - Tell family caregivers the wrong thing to avoid doing.
15. About advice that family physicians can give to family caregivers, which of the following is **MOST** likely to be useful?
- Advise family caregivers to have a separate consultation time for their family member with disability and themselves.
  - Advise family caregivers to schedule either the first or last appointment for shorter waiting time or a less crowded room.
  - Advise family caregivers to feed their family member with disability well before the visit to prevent hunger causing disruptive behaviour.
  - Advise family caregivers on the need to discipline disruptive behaviour.
  - Advise family caregivers to bring distractions to engage their family member with disability at the waiting room and examination room.

- 16. Developmental delays and disorders are not uncommon. These are present in a percentage of children under age of 5. What is this percentage? n?**
- 5 to 10%.
  - 10 to 20%.
  - 20 to 30%.
  - 30 to 40%.
  - 40 to 50%.
- 17. Jim is a 1 year-old-boy. There is parental concern about a child's development, and there is evidence of delay in that he is able to shuffle around but unable to stand up and walk. Which is the next step you would take?**
- Tell the parents this is often seen so there are no worries he will walk.
  - See in a week's time to make up your mind.
  - See the child in 6 months' time and refer if he still cannot walk.
  - Make an early referral for diagnostic assessment.
  - See the child in a month's time to make up your mind.
- 18. About the definition of a developmental milestone, which of the following is the BEST description?**
- A developmental milestone is the age at which 50% of children acquire a specific skill.
  - A developmental milestone is the age at which a specific skill should be achieved for 95% of the children.
  - A developmental milestone is the age at which 75% of children acquire a specific skill.
  - A developmental milestone is the age at which 99.5% of children acquire a specific skill.
  - A developmental milestone is the age at which a specific and important development skill is achieved.
- 19. About the order of fine motor development, which of the following is the CORRECT order?**
- Palmar grasp – Pincer grip – Pencil control – Handwriting skill.
  - Palmar grasp – Pencil control – Pincer grip – Handwriting skill.
  - Palmar grasp – Pincer grip – Handwriting skill -- Pencil control.
  - Pincer grip – Palmar grasp – Pencil control – Handwriting skill.
  - Pincer grip – Pencil control – Palmar grasp – Handwriting skill.
- 20. About the sequence of gross motor development, which of the following is the usual order of development?**
- Roll over -- Head control – Sit – Stand -- Walk.
  - Head control – Roll over – Stand – Crawl -- Walk.
  - Roll over -- Sit – Head control -- Crawl -- Walk.
  - Head control – Sit – Crawl -- Stand -- Walk.
  - Head control – Roll over -- Crawl -- Sit – Walk.
- 21. About the worldwide prevalence of intellectual disability per thousand population, which of the following figure is CORRECT?**
- 8.37.
  - 9.37.
  - 10.37.
  - 11.37.
  12. 37.
- 22. About the risk factors that lead to health inequalities in adults with intellectual disabilities, which of the following is the LEAST IMPORTANT factor?**
- Impaired communication skills.
  - Reduced health literacy.
  - Social disconnectedness.
  - Poor housing.
  - Easy going personality.
- 23. About the clinical picture of adults with intellectual disability which of the following statement is CORRECT?**
- Most of adults with milder intellectual impairment are able to maintain skilled manual labour.
  - In a person with moderate disability, completely independent living in adult life is rarely achieved.
  - In adults with profound intellectual disability, the majority will still be continent.
  - In an adult with severe intellectual disability, the IQ is equivalent to one who is below 3 years.
  - In an adult with mild intellectual disability, the IQ is equivalent to one who is 8 years.
- 24. In persons with intellectual disability, the prevalence of epilepsy is of certain percentage that is sizeable. What is this prevalence?**
- 35-65%.
  - 30-60%.
  - 25-55%.
  - 20-50%.
  - 15-45%.
- 25. About the diagnostic DSM-5 criteria for Autism Spectrum Disorder, which of the following criteria is NOT CORRECT?**
- Persistent deficits in communication and social interaction.
  - Restricted repetitive patterns of behavior, interests or activities.
  - Symptoms must be present in early adolescence.
  - Symptoms cause clinically significant impairment in social, occupational and other areas of functioning.
  - Impairments are not better explained by intellectual disability or global developmental delay.

- 26. The number of people worldwide who have severe disabling illness which impact considerably on survival, daily function, employment, and quality of life is substantial. As of 2011, what is the number of people worldwide who have severe disabling illness?**
- 170 million.
  - 190 million.
  - 210 million.
  - 230 million.
  - 250 million.
- 27. In Singapore and worldwide, large numbers of people live with disabling illness. What is the proportion of the world's population have mental or physical disabilities?**
- 15%.
  - 17%.
  - 19%.
  - 21%.
  - 23%.
- 28. About feeding as an activity of daily living, which of the following statement is CORRECT?**
- Minimal assistance in feeding means the helper needs to scoop food on to a spoon repeatedly for the person who is feeding.
  - Preparation of modified food consistency is considered moderate assistance.
  - In a rheumatoid arthritis patient with temporo-mandibular joint involvement and has a lot of pain in chewing, assistance required is likely to be moderate.
  - Cutting meat for the patient to eat is considered as moderate assistance.
  - Independence in feeding is the ability to cut food, bring food to mouth, chew and swallow without a helper.
- 29. About dressing as an activity of daily living, which of the following statement is CORRECT?**
- If a person is able to do 2 of the 3 parts of upper body dressing, he is scored as maximal assistance required.
  - Independence in dressing is the ability to dress the upper and lower body completely without the need for a helper.
  - Wearing undergarments is counted in assessing the ability to dress.
  - Wearing socks is counted in assessing the ability to dress.
  - If a person is prescribed a rigid thoraco-lumbar orthosis and he is unable to do it but he can dress with clothing is scored as dressing independent.
- 30. About toileting as an activity of daily living, which of the following statement is CORRECT?**
- A patient who is unable to maintain continence is scored as maximal assistance required for toileting.
  - Perineal hygiene maintenance is not a step in toileting.
  - The person is scored as independent if he is able to perform all the 4 steps of toileting.
  - Transferring from bed or chair into the toilet seat is counted as a step of toileting.
  - Maintaining balance during toileting is not counted as a step in toileting.

<b>FPSC No. 53</b> <b>“Chronic Lung Disease”</b> <b>Answers to 30 MCQ Assessment</b>		
1. A	11. A	21. D
2. D	12. A	22. A
3. B	13. E	23. E
4. B	14. B	24. C
5. E	15. C	25. D
6. D	16. C	26. B
7. D	17. E	27. A
8. C	18. A	28. B
9. C	19. B	29. D
10. E	20. E	30. C

<b>FPSC No. 54</b> <b>“Dementia”</b> <b>Answers to 30 MCQ Assessment</b>		
1. D	11. A	21. E
2. B	12. A	22. B
3. C	13. E	23. A
4. D	14. B	24. C
5. C	15. C	25. C
6. D	16. C	26. B
7. D	17. E	27. A
8. C	18. A	28. B
9. C	19. B	29. D
10. E	20. E	30. C

<b>FPSC No. 55</b> <b>“Emergency Medicine”</b> <b>Answers to 30 MCQ Assessment</b>		
1. D	11. A	21. D
2. B	12. A	22. A
3. B	13. B	23. C
4. D	14. E	24. E
5. A	15. C	25. D
6. E	16. C	26. B
7. D	17. E	27. B
8. C	18. A	28. A
9. E	19. B	29. C
10. C	20. E	30. D