



**UNIVERSITI KUALA LUMPUR
ROYAL COLLEGE OF MEDICINE PERAK**

**FINAL EXAMINATION
JULY 2025 SEMESTER**

COURSE CODE	: RFD22903
COURSE NAME	: HEALTH CARE SYSTEM
PROGRAMME NAME	: DIPLOMA IN PHYSIOTHERAPY
DATE	: 17 SEPTEMBER 2025
TIME	: 2.00 PM – 4.00 PM
DURATION	: 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. Please read **CAREFULLY** the instructions given in the question paper.
 2. This question paper has information printed on both sides of the paper.
 3. This question paper consists of **TWO (2)** sections; Section A and Section B.
 4. Answer **ALL** questions in Section A and **THREE (3)** questions in Section B.
 5. Please mark/write your answers on the OMR answer script and answer booklet provided.
 6. Answer all questions in English language **ONLY**.
-

THERE ARE 8 PAGES OF QUESTIONS, EXCLUDING THIS PAGE.

SECTION A: MULTIPLE CHOICE QUESTIONS (Total: 20 marks)**INSTRUCTION: Answer ALL questions.****Please use the OMR sheet provided.**

1. Find the mission of Malaysian Physiotherapy Association.
 - A. Institute clinical practice.
 - B. Increase self awareness.
 - C. Institute theory-based practice.
 - D. Nurture non-physiotherapy leaders.

2. **“Information gained from asking the question related to the injuries.”**
Identify the term that is related to above statement.
 - A. Analysis.
 - B. Plan of treatment.
 - C. Objective assessment.
 - D. Subjective assessment.

3. Find the mission of Ministry of Health (MOH).
 - A. Working hard for better health.
 - B. Facilitate and support the people.
 - C. Ensure a low-quality health system.
 - D. Emphasis on selfness and caring people.

4. Select the meaning of the heart in MOH logo.
 - A. Emphasizing the principles on the job executed.
 - B. Indicate symbolizes sincerity and willingness to help.
 - C. Symbolizing the gentleness, warmness and concerns on the job carried-out.
 - D. Symbolizes of spirit and commitment of the Ministry of Health work force to enhance the quality of services.

5. Identify the primary goal of rehabilitation.
 - A. Provide short-term pain relief.
 - B. Replace surgical interventions.
 - C. Improve muscle strength of limb.
 - D. Restore maximum functional independence.

6. Find the importance of interdisciplinary teamwork in rehab management.
- A. It improves patient outcomes.
 - B. It eliminates budgeting needs.
 - C. It promotes company branding.
 - D. It reduces the need for therapists.
7. Identify a strategy to reduce staff stress in rehab units.
- A. Provide some activity area for staff to relax.
 - B. Remind frequently the staff to achieve the KPI.
 - C. Increase work shift for staff with low salary payment.
 - D. Mixed the clinical work with administrative management.
8. How Continuous Professional Development (CPD) helps enhance a physiotherapist's credibility?
- A. Helps to quickly increase therapist salary.
 - B. Guarantees therapist will never make a mistake.
 - C. Build trust and respect among peers and patients.
 - D. Enables therapist to depend to other professional during rehabilitation.
9. Select the ethical principle of autonomy.
- A. Make all decisions for the patient.
 - B. Treat all patients in the same exact way.
 - C. Ignore the patient's personal preferences.
 - D. Respect a patient's right to make choices.
10. Identify the second step of CPD.
- A. Action.
 - B. Planning.
 - C. Reflection.
 - D. Evaluation.
11. Find the legal responsibility of a physiotherapist.
- A. Acting within the scope of training.
 - B. Providing care only to close friends.
 - C. Avoiding any interaction with other staff.
 - D. Maintaining absolute secrecy from all staff.

12. **“Each folder is given a number, and the folders are arranged and stored in strict order.”**

Identify the method of filing that refers to the above statement.

- A. Numerical.
 - B. Categorical.
 - C. Alphabetical.
 - D. Chronological.
13. **“Understanding Patient Perspectives on Physiotherapy Interventions During Inpatient Stroke Rehabilitation.”**
- Select the type of research.
- A. Basic.
 - B. Applied.
 - C. Qualitative.
 - D. Quantitative.
14. Which of the following best describes a hypothesis in research?
- A. A brief detail of the methods used.
 - B. A statistical method for analyzing data.
 - C. A detailed description of the study population.
 - D. A tentative statement that can be tested through research.
15. Select the statement that refers to conclusion in research article.
- A. Present the research questions.
 - B. Discuss the results of the study.
 - C. Summarizes the findings of the study.
 - D. Explain the relevant arguments with respect to the findings.
16. Identify the statement that is related to spiritual health.
- A. Maintain satisfying relationships.
 - B. Connecting with our beliefs and values.
 - C. Ability to build harmonious relationships.
 - D. Connection with friends, family, and community.

17. Find a way to attain good physical health.
- A. Go for regular checkup.
 - B. Accept one's strength and weakness.
 - C. Look at every opportunity with an open mind.
 - D. Keep our mind active by seeking out learning opportunities.
18. Identify the component of practical time saver.
- A. Delay the work.
 - B. Do simple work only.
 - C. Plan the things to do.
 - D. Just do without thinking.
19. **“The practice of using the time that you have available in a useful and effective way, especially in your work.”**
Find the term related to the above statement.
- A. Time planning.
 - B. Time productive.
 - C. Time arrangement.
 - D. Time management.
20. Identify the reason that is related to the worst practice of always saying yes.
- A. Fear of rejection.
 - B. Missed opportunities.
 - C. Lack of energy or motivation.
 - D. Failure to achieve important goals.

SECTION B: MODIFIED ESSAY QUESTIONS (Total: 60 marks)

**INSTRUCTION: This section consists of FOUR (4) questions.
Answer THREE (3) questions in the answer booklet provided.**

Question 1

(a) Define the following.

i. Empathy.

(2 marks)

ii. Sympathy.

(2 marks)

(b) State **FOUR (4)** benefits of interdisciplinary teamwork in rehab.

(4 marks)

(c) "Mr. Ahmad is working as a head of physiotherapy department in a private hospital in Kuantan, Pahang. However, he faces many issues and challenges with his work management, employees and patients."

With reference to the above case, answer all the following questions.

i. List **SIX (6)** primary aims of rehabilitation.

(6 marks)

ii. Identify **SIX (6)** criteria for physiotherapist.

(6 marks)

Question 2

- (a) Describe MOH motto. (3 marks)
- (b) List **FIVE (5)** types of CPD activities for physiotherapists. (5 marks)
- (c) Describe CPD. (6 marks)
- (d) Explain the importance of staff management in physiotherapy. (6 marks)

Question 3

- (a) Explain applied research. (6 marks)
- (b) List **FIVE (5)** steps in research process. (5 marks)
- (c) State **THREE (3)** objectives of holistic health. (3 marks)
- (d) Describe **THREE (3)** applications of holistic model. (6 marks)

Question 4

“Mr. Daniel is an accountant but he has the habit of procrastinating his work that results in low performance appraisal. He dislikes filing his documents and left them on the table unattended.”

With reference to the above case, answer all the following questions.

- (a) Explain **THREE (3)** effects of procrastination. (6 marks)
- (b) State **TWO (2)** elements in Stephen Covey's time management matrix. (2 marks)
- (c) Outline **FOUR (4)** importance of filing document. (4 marks)
- (d) Explain **FOUR (4)** ways to improve Mr. Daniel's filing system. (8 marks)

END OF EXAMINATION PAPER