



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

**FINAL EXAMINATION
MARCH 2026 SEMESTER**

COURSE CODE : RFD23803
COURSE NAME : PHYSIOTHERAPY IN PAEDIATRICS
PROGRAMME NAME : DIPLOMA IN PHYSIOTHERAPY
DATE : 2 JULY 2026
TIME : 2.30 PM – 4.30 PM
DURATION : 2 HOURS

INSTRUCTIONS TO CANDIDATES

19. Please read CAREFULLY the instructions given in the question paper.
20. This question paper has information printed on both sides of the paper.
21. This question paper consists of TWO (2) sections; Section A and Section B.
22. Answer ALL questions in Section A and THREE (3) questions in Section B.
23. Please mark/write your answers on the OMR answer script and answer booklet provided.
24. 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. Which reflex appears at birth and disappears at 4 to 6 months?
 - A. Moro.
 - B. Landau.
 - C. Stepping.
 - D. Parachute.

2. Select the developmental skill that demonstrates improving hand–eye coordination.
 - A. Rolling.
 - B. Cooing.
 - C. Pincer grasp.
 - D. Babinski reflex.

3. Identify the age a child starts running.
 - A. 12–15 months.
 - B. 16–18 months.
 - C. 19–24 months.
 - D. 24–29 months.

4. Select the reflex that prepares a baby for walking.
 - A. Moro reflex.
 - B. Palmar reflex.
 - C. Stepping reflex.
 - D. Asymmetrical tonic neck reflex.

5. Find the common clinical sign of respiratory distress syndrome (RDS).
 - A. Seizure.
 - B. Vomiting.
 - C. Grunting.
 - D. Joint swelling.

6. Select the clinical symptom of neonatal pneumonia.
- A. Constipation.
 - B. High-pitched cry.
 - C. Bloated abdomen.
 - D. Abnormal body temperature.
7. Identify the effect of inadequate surfactants on respiration.
- A. Alveoli collapse easily.
 - B. Airways become larger.
 - C. Lungs become hyperinflated.
 - D. Oxygen cannot dissolve in blood.
8. Select the common symptom of chronic lung disease (CLD).
- A. Wheezing.
 - B. High appetite.
 - C. Effortless breathing.
 - D. Strong cough reflex.
9. Find the common type of cerebral palsy (CP).
- A. Ataxic.
 - B. Spastic.
 - C. Hypotonic.
 - D. Dyskinetic.
10. Select the condition associated with a "waiter's tip" posture in a baby.
- A. Erb's palsy.
 - B. Cerebral palsy.
 - C. Klumpke's palsy.
 - D. Total plexus injury.
11. Identify the nerve roots affected in total brachial plexus injury.
- A. C5–T1.
 - B. C8–T1.
 - C. C3–C5.
 - D. C5–C6.

12. Select the description that best defines a "Simian crease".
- A. A space between the toes.
 - B. A crease on the sole of the foot.
 - C. An extra fold of skin near the eye.
 - D. A single transverse crease across the palm.
13. Find the common form of muscular dystrophy.
- A. Limb-Girdle Dystrophy.
 - B. Becker's Muscular Dystrophy.
 - C. Facioscapulohumeral Dystrophy.
 - D. Duchenne's Muscular Dystrophy.
14. Select the type of scoliosis caused by an underlying condition such as cerebral palsy or muscular dystrophy.
- A. Idiopathic.
 - B. Functional.
 - C. Degenerative.
 - D. Neuromuscular.
15. Identify the test for Developmental Dysplasia of the Hip (DDH) that involves abducting the hip to 90 degrees to feel a "clunk of entry".
- A. Thomas test.
 - B. Barlow's test.
 - C. Ortolani's test.
 - D. Trendelenburg test.
16. Select the spina bifida condition characterized by protrusion of the spinal cord and meninges through a vertebral defect.
- A. Rachischisis.
 - B. Meningocele.
 - C. Myelomeningocele.
 - D. Spina bifida occulta.

17. Find an example of information gathered in perinatal history.
- A. Use of forceps during delivery.
 - B. Presence of neonatal jaundice.
 - C. Mother's health during pregnancy.
 - D. Family history of genetic disorders.
18. Select the objective assessment component that evaluates a child's ability to suck, swallow, and feed.
- A. Vocalization.
 - B. Oral function.
 - C. Hand function.
 - D. Emotional state.
19. Identify the most appropriate grade for a child who achieves sitting from lying with minimal help.
- A. Fair.
 - B. Poor.
 - C. Good.
 - D. Excellent.
20. Select the appropriate population for assessment using the Pediatric Balance Scale (PBS).
- A. Typically developing toddlers.
 - B. Newborns in the neonatal intensive care unit.
 - C. Adolescents with severe intellectual disability.
 - D. School-age children with mild to moderate motor impairments.

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 10-month-old baby is brought to a physiotherapy clinic. The mother reports the child is not crawling, cannot pull to stand and seems "weak". On assessment, you notice persistence of asymmetrical tonic neck reflex (ATNR) and palmar grasp reflex.

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

- (a) List **TWO (2)** primitive reflexes normally present at birth. (2 marks)
- (b) Describe the ATNR reflex. (3 marks)
- (c) Explain how the persistence of primitive reflexes can interfere with a child's motor development. (5 marks)
- (d) Outline **SIX (6)** management strategies to promote gross motor development for this child. (6 marks)
- (e) List **FOUR (4)** aims of physiotherapy approach for this patient. (4 marks)

Question 2

A term baby born through meconium-stained fluid develops severe respiratory distress. Chest X-ray shows patchy infiltrates.

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

- (a) Define meconium. (2 marks)
- (b) State **FOUR (4)** clinical signs of meconium aspiration syndrome (MAS). (4 marks)
- (c) Explain the pathophysiology of MAS. (4 marks)
- (d) Outline **SIX (6)** physiotherapy interventions for the baby. (6 marks)
- (e) State **FOUR (4)** feeding-related information to be obtained during subjective assessment of an infant with MAS. (4 marks)

Question 3

- (a) Define Hydrocephalus. (2 marks)
- (b) List **FOUR (4)** signs of hydrocephalus in infants. (4 marks)
- (c) Explain how cerebrospinal fluid (CSF) imbalance leads to symptoms. (4 marks)
- (d) Describe physiotherapy roles in hydrocephalus management. (6 marks)
- (e) List **FOUR (4)** elements of paediatrics subjective assessment. (4 marks)

Question 4

A 3-month-old infant diagnosed with left-sided congenital muscular torticollis. The mother reports the baby always sleeps with head turned to the right. Upon palpation, there is a small, firm lump in the left sternocleidomastoid (SCM) muscle.

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

- (a) State the primary postural deformity seen in congenital torticollis. (2 marks)
- (b) Describe **TWO (2)** possible causes of muscular torticollis. (4 marks)
- (c) Explain **TWO (2)** home exercise programmes to the mother. (4 marks)
- (d) Identify the potential long-term complications if this condition is left untreated. (6 marks)
- (e) Describe **TWO (2)** specific measurements to quantify the limitation caused by the tight left SCM. (4 marks)

END OF EXAMINATION PAPER