



UNIVERSITI KUALA LUMPUR
ROYAL COLLEGE OF MEDICINE PERAK

FINAL EXAMINATION
MARCH 2026 SEMESTER

COURSE CODE : RFD33903
COURSE NAME : PHYSIOTHERAPY IN WOMEN'S HEALTH
PROGRAMME NAME : DIPLOMA IN PHYSIOTHERAPY
DATE : 22 JUNE 2026
TIME : 2.30 PM – 4.30 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 role of a physiotherapist in women's health.
 - A. To perform surgery.
 - B. To conduct delivery.
 - C. To prescribe medication.
 - D. To promote health, posture and wellbeing.

2. Identify the importance of physiological changes during pregnancy.
 - A. To reduce maternal activity.
 - B. To prevent hormonal changes.
 - C. To cause discomfort to the mother.
 - D. To assist fetal survival and prepare for labor.

3. Select the approximate gestational week at which cardiac output begins to increase.
 - A. 2 weeks gestation.
 - B. 6 weeks gestation.
 - C. 12 weeks gestation.
 - D. 20 weeks gestation.

4. Which cardiorespiratory feature is associated with increased progesterone levels during pregnancy?
 - A. Increased lung capacity.
 - B. Decreased lung function.
 - C. Reduced respiratory rate.
 - D. Reduced oxygen demand.

5. Select the characteristics of threatened miscarriage.
 - A. No bleeding and closed cervical os.
 - B. Heavy bleeding with open cervical os.
 - C. Severe infection with retained products.
 - D. Bleeding and pain with closed cervical os.

6. **"The forewaters assist cervical dilatation by acting as a X."**
Identify X.
- A. plug.
 - B. cushion.
 - C. lubricant.
 - D. hydrostatic wedge.
7. Find the ideal time to attend antenatal education classes.
- A. 12 – 20 weeks.
 - B. 20 – 24 weeks.
 - C. 24 – 30 weeks.
 - D. 30 – 36 weeks.
8. Which type of exercise is recommended during pregnancy?
- A. Swimming.
 - B. Scuba diving.
 - C. Contact sports.
 - D. High impact jumping.
9. Select the purpose of forward leaning position during first stage of labor.
- A. Reduce fetal heart rate.
 - B. Increase lumbar lordosis.
 - C. Prevent uterine contractions.
 - D. Facilitate uterine anterversion.
10. Find the complication caused by minor illness post episiotomy.
- A. Pubic diastasis.
 - B. Diabetes mellitus.
 - C. Wound break down.
 - D. Urinary tract infection.
11. Identify the appropriate exercise for patients with recti diastasis.
- A. Pelvic tilting.
 - B. Single leg up.
 - C. Double leg up.
 - D. Abdominal core stabilization.

12. Select the third common cancer among women in Malaysia.
- A. Breast cancer.
 - B. Ovarian cancer.
 - C. Cervical cancer.
 - D. Endometrial cancer.
13. Find the classification of fibroids.
- A. Benign tumours.
 - B. Infective growths.
 - C. Malignant tumours.
 - D. Inflammatory masses.
14. Identify the average menopausal age among Asian women.
- A. 51 years old.
 - B. 65 years old.
 - C. 50 years old.
 - D. 45 years old.
15. Find the highest implication of menopause.
- A. Osteoporosis.
 - B. Cervical cancer.
 - C. Alzheimer's disease.
 - D. Cardiovascular disease.

Question 16 to 20 requires the following answer.

A	B	C	D
I and III	II and IV	I, II and III	II, III and IV

16. Select the functions of pelvic bone.
- Support of the trunk.
 - Protection of pelvic contents.
 - Transfer of weight during walking.
 - Production of red and white blood cells.
17. Identify the common clinical features of ectopic pregnancy.
- Bilateral leg edema.
 - Mild vaginal bleeding.
 - Increased fetal movement.
 - Unilateral lower abdominal pain.
18. Which of the following are the characteristics of true labor?
- Urge to push.
 - Full dilatation of cervical.
 - Regular uterine contraction.
 - Absence of cervical effacement.
19. Find the benefits of antenatal exercise.
- Increase water retention.
 - Maintain maternal fitness.
 - Reduce risk of preterm labor.
 - Improve posture and energy level.
20. Which of the following are included in labor training programme?
- Body awareness.
 - Relaxation during labor.
 - Soft tissue manipulation.
 - Pharmacological pain management.

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**

Madam Z is currently in 28 weeks of pregnancy attending the antenatal class. She complained of breathlessness and therapist asked her to stop the exercise. Based on doctor's assessment, she has P2G3, complained of bleeding and pain. She was diagnosed with a threatened miscarriage.

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

- (a) Describe P2G3. (4 marks)
- (b) Explain her current fetal development. (5 marks)
- (c) Justify her breathlessness during antenatal class. (8 marks)
- (d) Identify **THREE (3)** risk factors of threatened miscarriage. (3 marks)

Question 2

Madam Y is 37 years old, P2G4 and she is currently in 38 weeks of pregnancy waiting to deliver her baby to the maternity ward. She has gestational diabetes mellitus (GDM) in her current pregnancy. She complaint of calf muscles cramp, medium pain and regular contraction of uterus.

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

- (a) Define GDM. (2 marks)
- (b) Describe her stage of normal delivery. (8 marks)
- (c) Explain **ONE (1)** breathing exercise technique that is suitable for her. (4 marks)
- (d) List **FOUR (4)** suitable positions that can be performed during her labor's stage based on the answer in (b). (4 marks)
- (e) State **TWO (2)** soft tissue manipulation techniques to relieve her calf cramps. (2 marks)

Question 3

A 48-year-old woman lower segment caesarian section (LSCS) day 4, giving birth to 37 weeks old baby girl with history of placenta previa and multiple admission. She is having a mild fever (38.9°C), lower abdominal pain, and mild shortness of breath (SOB). On palpation, her uterus is tender and not reduced in size.

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

- (a) Identify the possible diagnosis. (1 mark)
- (b) List **TWO (2)** indications for her to undergo LSCS. (2 marks)
- (c) Describe **THREE (3)** physiotherapy treatments for her. (6 marks)
- (d) Determine **TWO (2)** possible post-partum complications related to her. (4 marks)
- (e) The following questions are related to her previous history of placenta previa.
- i. Define placenta previa. (1 mark)
- ii. List **THREE (3)** fetal risks following her condition. (3 marks)
- iii. State **THREE (3)** doctor management. (3 marks)

Question 4

- (a) "Mrs. A, a 62-year-old multiparous woman, presents with a feeling of pelvic heaviness and a bulge per vagina, worsened by standing and walking. She also reports stress urinary incontinence. On examination, she has a Stage II uterine prolapse."

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

- i. Define uterine prolapse. (1 mark)
- ii. Give **THREE (3)** contributing factors of her prolapsed uterine. (3 marks)
- iii. Describe **THREE (3)** physiotherapy treatments for her. (6 marks)
- iv. List **THREE (3)** lifestyle modifications that can assist in reducing her symptoms. (3 marks)

- (b) "A 55-year-old woman diagnosed with early post-menopausal phase, presented with hot flashes, vaginal dryness, and pain over the lower back. She had difficulty getting up from prolonged sitting to standing and sleeping. The pain persistently disturbs her functional daily activities."

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

- i. Define early post-menopause. (2 marks)
- ii. Determine **FIVE (5)** treatment plans for her. (5 marks)

END OF EXAMINATION PAPER