



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

**FINAL EXAMINATION
MARCH 2026 SEMESTER**

COURSE CODE : RFD33202
COURSE NAME : PHYSIOTHERAPY IN GERIATRIC CARE
PROGRAMME NAME : DIPLOMA IN PHYSIOTHERAPY
DATE : 25 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. "X is based solely on the passage of time."
Find X.
 - A. Physical age.
 - B. Biological age.
 - C. Psychological age.
 - D. Chronological age.
2. Identify the physiological changes in ageing.
 - A. Cognitive impairment decreases with age.
 - B. Increased homeostasis is a Hallmark of Aging.
 - C. Body systems lose reserve capacity by ageing at different rates.
 - D. Weight of the brain increases with age that is limited to the grey matter.
3. Which symptom is commonly associated with angina in older adults?
 - A. Headache.
 - B. Sharp leg pain.
 - C. Sudden weight loss.
 - D. Chest pain radiating to the left arm.
4. What is the common physiotherapy intervention for chronic bronchitis?
 - A. Treadmill exercise.
 - B. Passive limb exercises.
 - C. Ice applications over chest wall.
 - D. Postural drainage and chest percussion.
5. Find the primary pathological feature of Alzheimer's disease.
 - A. Dopamine excess.
 - B. Lesions in the spinal cord.
 - C. Decreased serotonin levels.
 - D. Neurofibrillary tangles in the brain.

6. Select the common type of arthritis among older adults.
- A. Gout.
 - B. Osteoarthritis.
 - C. Psoriatic arthritis.
 - D. Rheumatoid arthritis.
7. **“An inflammation of the digestive tract lining, which can lead to abdominal pain, severe diarrhoea, fatigue, weight loss and malnutrition.”**
Identify the term that refers to the above statement.
- A. Cellulitis.
 - B. Aneurysm.
 - C. Crohn’s disease.
 - D. Ulcerative colitis.
8. Select the exercise prescription of pelvic floor muscle (PFM).
- A. Hold and contract the PFM.
 - B. Contract and release the PFM.
 - C. Contract, release and hold the PFM.
 - D. Release, hold and contract the PFM.
9. Find the clinical feature of urinary tract infection (UTI).
- A. Cystitis.
 - B. Rectocele.
 - C. Neuropathy.
 - D. Retinopathy.
10. Select the common condition that can lead to fall among elderly adults.
- A. Parkinson.
 - B. Depression.
 - C. Incontinence.
 - D. Osteoporosis.

11. Identify the nutritionist role in geriatric care.
- A. Meal planning.
 - B. Assist in cooking the meals.
 - C. Managing geriatric clients in primary care.
 - D. Focuses on holistic wellness in fine motor and cognitive skills.
12. Find the exercise for in-patient geriatric care for acute stage.
- A. Group exercise.
 - B. Aerobic exercise.
 - C. Active free exercise.
 - D. Weight and pulley circuit.
13. Identify the smart modification tool to prevent fall during night for elderly patients.
- A. Smart phone.
 - B. Use of call bell.
 - C. Voice activates light.
 - D. Use motion-sensor light.
14. Select the modification for patient with psychological and cognitive impairment.
- A. Adjustable treatment bed.
 - B. Simple and clear instruction.
 - C. Low impact aerobic exercise.
 - D. Low intensity and high repetition movement.
15. Find the safety modification for bathroom in geriatric population.
- A. Bathtub.
 - B. Marble tiles.
 - C. Shower bench.
 - D. Squatting toilet.

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. Which of the following are the causes of coronary artery disease?
- Smoking.
 - High cholesterol.
 - Diabetes mellitus.
 - Regular physical activity.
17. Select the reasons of UTI among women.
- Menopause.
 - Shorter urethra.
 - Vaginal prolapse.
 - Prostate enlargement.
18. Which of the following are the components in subjective assessment?
- Gait.
 - Dominant hand.
 - Local observation.
 - Patient's underlying condition.
19. Identify the statements that are related to KATZ ADL scale
- It consists of 10 components.
 - The essential elements of self-care.
 - Can provide subjective data to assists with targeting patient's need.
 - Bathing and dressing are the component or activities being assess in the scale.
20. Select the effective techniques of communication with geriatric.
- Minimum noise.
 - Eye contact at eye level.
 - Speak with simple sentence.
 - Use opened question to get attention.

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**

Mdm. Molly, 72 years old woman was diagnosed with osteoporosis. She has successfully undergone surgery for her right tibia fracture 1 month ago due to fall. Currently, she is a wheelchair dependent and was referred to physiotherapy for rehabilitation. On assessment, she complains of swollen and pain at the right knee and is afraid to ambulate.

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

- (a) List **THREE (3)** possible complications based on her current condition. (3 marks)
- (b) Identify **FOUR (4)** objective assessments for her. (4 marks)
- (c) Outline **FOUR (4)** physiotherapy treatments for her. (8 marks)
- (d) State **FIVE (5)** safety measures to prevent her from frequent falls. (5 marks)

Question 2

Mr. Anson, a 76-year-old man, was diagnosed with chronic obstructive airways disease (COAD) 10 years ago. He is a former smoker who quit smoking five years ago. He was admitted to the hospital with complaints of shortness of breath, productive cough and fatigue over the past three days. Physical examination revealed bilateral wheezing and crackles. He required assistance for toileting due to fear of falling.

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

- (a) List **TWO (2)** risk factors of COAD.
(2 marks)
- (b) Describe the steps involved in the physiotherapy management process after receiving a referral letter.
(6 marks)
- (c) Outline **SIX (6)** physiotherapy goals for him.
(6 marks)
- (d) Analyze **THREE (3)** physiotherapy treatments for him.
(6 marks)

Question 3

Mrs. S, a 70-year-old woman, was diagnosed with an ischemic stroke three months ago. She presents with right-sided hemiparesis, with muscle strength graded at 3/5 according to the Medical Research Council (MRC) scale, along with reduced coordination and impaired fine motor skills. Her medical history includes hypertension 15 years ago, type 2 diabetes mellitus, and hyperlipidemia. Mini-Mental State Examination (MMSE) indicating mild cognitive impairment and Berg Balance Scale (BBS) score was 21/40.

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

- (a) Describe **ONE (1)** exercise tolerance test and its procedure after her condition is stable. (8 marks)
- (b) Describe **TWO (2)** physiotherapy intervention strategies used to improve her gait and motor control. (4 marks)
- (c) Justify **TWO (2)** treatment plans based on her BBS score. (4 marks)
- (d) Determine **FOUR (4)** ways to promote psychosocial well-being for her. (4 marks)

Question 4

- (a) Define ageing.

(2 marks)

- (b) List **FOUR (4)** factors affecting ageing.

(4 marks)

- (c) "An 80-year-old man came to physiotherapy department using quadripod accompanied by his daughter. He was diagnosed with Parkinson's disease 3 years ago. He is very cooperative throughout the assessment session."

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

- i. Define Parkinson's disease.

(2 marks)

- ii. State **FOUR (4)** motor symptoms of Parkinson's disease.

(4 marks)

- iii. Plan **FOUR (4)** physiotherapy treatments for him.

(8 marks)

END OF EXAMINATION PAPER