**King Saud University**

**Applied Medical Sciences College**

**Department of Health Rehabilitation Sciences**

**Physical Therapy Program**

**Mid Term Exam**

Academic year 1434-1435H (2013-2014 G)

**Spring Semester**

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| **Course title:** Geriatric Physical Therapy  **Course code and #:** RHS 424  **Course Instructor:** Ms. Asma alrushud |

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| **Exam date:** November 5, 2013  **Exam duration:** 45minutes  **Exam marks:** 10 marks  **Exam page numbers:**3 pages |

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| **Student Name: Key answer**  **University ID #:** |

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| --- | --- | --- | --- |
| **Signature** | **Student mark** | **Fall mark** | **Section** |
|  |  | 4.5 | **A** |
|  | 2.5 | **B** |
|  | 3 | **C** |
|  | 10 | **Total** |

*Best of luck*

*Course Instructor*

*Ms. Asma alrushud*

Saleha Abdullah is a 60 y\o lady, lives in Riyadh. She is married with children. Her level of education is secondary. Her vacations and hobbies are cooking, housekeeping and sometimes tailoring. Most of the time she watches TV , has 7 hours of sleep and spends half an hour of her day walking. Saleha has family history of hypertension where 2 members of the family have it as will as she. She got hypertension and high cholesterol level since 20 years ago and took medication.

The progression of disease is stable. She had bilateral knee OA and it has been treated by steroid injection 3 years ago. She is never been hospitalized and has no history of fracture, trauma, surgery and frequent falls. On the other hand, she had muscle strain at the right shoulder at deltoid muscle. She has never been in physical therapy treatment.

Saleha chief complains is pain in the top of her right arm (shoulder) the pain is sharp continue through half of the day with normal intensity increase when she lift an object , over head activity , circular motion by her arm and prolong sitting the pain decreases when she walks and she has never had this problem before . She experiences knee pain during kneeling. She walks normally and got fast short steps. Her posture alignment is normal with moderate kyphosis. She doesn't use any assistive aids. Her functional activities are normal except overhead activities. On inspection, there were no deformities or burses. There is suture following suzerain section.

|  |  |
| --- | --- |
| **78** | **Heart rate** |
| **97%** | **SPO2** |
| **128/78 mmHg** | **Arterial Blood Pressure** |
| **37ºC** | **Temperature** |
| **18-20** | **Respiratory Rate** |

**Body mass index (BMI) = 29.3 (overweight)**

**Height = 150 cm.**

**Weight = 66 kilograms**

**One leg standing test is the same for both legs.**

**Functional reach test average is 10.16**

**Sit to stand test average is 39.5 sec**

**Time up and go test is 14.7**

**A: Depending on the previous case please answer the following question:**

1- Saleha is a hypertensive patient so you have to be sure that her blood pressure is controlled by medication and before each session you need to check her vital signs. What is the accepted rang of blood pressure in her case?

90-139

60-90

2-Saleha has bilateral knee OA but she doesn't use an assistive devices. Do you think she needs? Why?

No she doesn't need because time up and go test is 14.7, the test reflect that she has good mobility and can go out alone, mobile without a gait aid.

3-She has been treated by steroid injection 3 years ago but why she still has a pain during kneeling?

Because the steroid injection not pain killers but it reduces inflammation, but the patient has degeneration bilaterally which makes kneeling is difficult and painfull.

4- Mention three problems of this case (priority)?

1-Right shoulder pain.

2-pain during kneeling position.

3-poor posture kyphosis

5- When you analyzing her gait you need to measure her step length which defined as is the distance between the point of initial contact of one foot and the point of initial contact of the opposite foot and stride length which defined as the distance between successive points of initial contact of the same foot.

**B: Put T in front of right sentences and F on front of wrong one.**

1-Geriatric assessment is multidisciplinary assessment depends on collecting data and set long terms goals then follow the plan.T

2-The geriatric assessment differs from a standard medical evaluation in emphasize on functional status & QOL.T

3-During STS test scoring therapist click the stopwatch off while participant is in the sitting position in the 10th repetition.F

4- During STS test scoring conduct two trials, separated by three minutes.T

5- During OLS test subject is asked to focus on a spot on the wall at eye level in front of him, for the duration of the eyes open test.T

**C: Complete the following:**

a- During OLS test time when the therapist has to end the test?

1- Uses the raised foot (moved it toward or away from the standing limb, or touched

the floor)

2 Moves the weight-bearing foot to maintain his balance (i.e., rotated foot on the

ground or the person hops)

3 A maximum of 45 seconds had elapsed

4 Opens eyes on eyes closed trials.

B-Before assessment of elder person there are some important points distinguish the geriatric population from the other.

1-Qick cognitive assessment (Date, time, place, person)

2-rapid mood changes.

3-mental rigidity,

4-how to motivate

5-confirm information (care giver, family)