

FINAL EXAM
DECEMBER 2016

NATIONAL BOARD OF EXAMINATIONS

PHYSICAL MEDICINE & REHABILITATION

PAPER – III

PMR/D/16/35/III

Time : 3 hours

Max. Marks : 100

Important instructions:

- Attempt all questions in order.
- Each question carries 10 marks.
- Read the question carefully and answer to the point neatly and legibly.
- Do not leave any blank pages between two answers.
- Indicate the question number correctly for the answer in the margin space.
- Answer all the parts of a single question together.
- Start the answer to a question on a fresh page or leave adequate space between two answers.
- Draw table/diagrams/flowcharts wherever appropriate.

Write short notes on:

1. A 10 years old male presented with weakness of both lower limbs with difficulty in holding urine. He was born with a swelling in the lower lumbar region and was operated in early childhood. 2+2+6
 - a) What is your differential diagnosis?
 - b) Investigations with their expected results,
 - c) Outline his orthotic management.
2. a) What is spasticity? How does it help a patient and how it can be harmful? (2+2)+6
b) Pharmacological management of spasticity in a patient with stroke.
3. a) Etiological factors of cerebral palsy. 4+6
b) Outline management of cerebral palsy.
4. A 35 year old man presented with spinal cord injury at D7 level. 2+3+5
 - a) What are the possible urinary bladder presentations in such a case?
 - b) Investigations that would be pertinent to manage bladder and the findings expected.
 - c) What would be the ultimate bladder management at the time of discharge from the hospital?
5. Carpal tunnel syndrome: Clinical features, diagnosis and management. 3+3+4
6. a) How would you suspect deep vein thrombosis (DVT) in a patient having spinal cord injury? 3+7
b) Outline management of DVT.
7. a) What is postural drainage? 3+5+2
b) How would you prepare the patient for postural drainage?
c) In which conditions does this help?
8. a) How is treadmill testing helpful in a patient with post myocardial infarction? 3+4+3
b) How and when is it done?
c) What precautions would you take while performing it? P.T.O.

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9. a) What is thoracic outlet syndrome? 2+4+4
b) How would you diagnose it?
c) Outline its management.
10. What are the principles of parental counseling in a patient having 10
Duchenne Muscular Dystrophy? Mention the key areas to be covered in
counseling.

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