

MSK and locomotor system

CM Name the parameters that are included in the musculoskeletal assessment:

- a Posture and alignment
- b Joint mobility
- c Muscular strength
- d Motor control and tolerance to the effort
- e Cardio-respiratory adaptation

CM Orthoses are made from the following materials, with the exception of:

- a Metal (hardened steel - stainless steel, aluminum alloy)
- b Plastic
- c Skin-like materials (leather materials)
- d Paper
- e Paraffin wrapping

CM Name the goals of rehabilitation in arthrosis:

- a Reducing pain
- b Increasing stability
- c Increasing mobility
- d Increasing the degree of coordination when walking
- e Re-education of sensation

CM Name the rehabilitation goals in the acute phase of arthritis:

- a Reducing the pain and inflammation
- b Over-loading of the surface of the joints
- c Maintaining joint mobility
- d Maintaining muscle strength and resistance
- e Increasing muscle strength and endurance

CM The reduction of joint pain and inflammation is achieved by:

- a Joint immobilization
- b Electrotherapy
- c Maximum mobilizations
- d Ice massage
- e Increasing muscle strength

CS Select the deformities of the spine that can be observed within the frontal plane assessment:

- a Kyphosis
- b Spondylosis
- c Osteoarthritis
- d Scoliosis
- e Dysarthrosis

CM Cryotherapy in the acute stage of arthritis has the following effects:

- a Increases local metabolism
- b Decreases the tissue temperature
- c Anti-inflammatory effect
- d Resorptive effect
- e Increases cellular metabolism

CM Select the indicated methods in the acute phase of the inflammation process:

- a Electrophoresis with NSAIDs
- b Thermotherapy
- c Cryotherapy
- d Balneotherapy
- e Manual massage

CM Name the elements assessed in the joint objective examination:

- a Joint deformation
- b Local temperature changes
- c Deviations in the axis
- d Deep tendon reflexes
- e Sensitivity disorders

CM Select the functional components of the osteoarticular assessment:

- a Posture and alignment
- b Joint mobility
- c Muscular strength and endurance
- d Motor control and muscular strength
- e Deep and superficial sensation

CM Select the statements that refer to the range of motion assessment:

- a localization of painful points
- b assessing the degree of mobility in a joint
- c palpation of bone landmarks
- d description of the joint landmarks
- e goniometry

CS Mark the score corresponding to the assessment of muscle strength in the case of mobilizing the segment to full amplitude with overcoming the force of gravity:

- a 5 points (100%)
- b 4 points (75%)
- c 3 points (50%)
- d 2 points (25%)
- e 1 point (0%)

CM Select the plans in which the assessment of alignment is observed

- a Frontal
- b Sagittal
- c Transverse
- d Diagonal
- e Trans-professional

CM Name the functional deficits that can be observed in assessment:

- a Joint swelling
- b Muscle tone
- c Joint hypermobility
- d Joint inflammation
- e Pathological mobility

CM Name the purpose of physiotherapy in knee arthrosis:

- a Re-education of coordination
- b Increasing the strength of quadriceps and gastrocnemius muscles
- c Increasing joint mobility
- d Improving rotation
- e Gait re-education

CM Select tests applied for gait assessment

- a MoCA assessment
- b The manual test
- c Up and go test
- d Tinetti balance test
- e The bimodal test

CM Note the areas of analysis in the assessment of the quality of life

- a Interaction with the environment
- b Economical domain
- c Goniometry
- d Muscle strength
- e Social relationships

CM Select the purpose of medical rehabilitation in musculoskeletal conditions

- a Reduction of pain
- b Recovery of vicious attitudes
- c Reeducation of osteotendinous reflexes
- d Restoring range of motion
- e Increasing muscle strength

CM Select the effects of medical massage on tendons and muscular tissues

- a Blood, lymphatic drainage

- b Reduction of inner-tissue adhesions
- c General relaxation
- d Vasoconstriction
- e Local relaxation

CS Name the type of orthosis that fixes the joints in a functional position with facilitation

- a Fixative
- b Corrective
- c Functional
- d Protective
- e Critical

CM Select the clinical-functional deficits that can be observed in the analytical assessment:

- a Body attitude
- b Height
- c Joint deformation
- d The mechanical axis of the member
- e Muscular hypotrophies

CM selects the methods of objective assessment of the musculoskeletal system:

- a Kinetic analysis of movement
- b Inspection/Somatoscopy
- c Palpation
- d Joint mobility
- e Muscle balance (muscle tone, muscle strength)

CS Select the term that corresponds to the functional ability to grasp the hand:

- a Joint balance
- b Stability
- c Muscle tone
- d Mobility
- e Prehension

CS Select the planes in which body posture is examined:

- a Longitudinal, transverse and sagittal
- b Superior, inferior a
- c Cranial, caudal and superior
- d Vertical, caudal and cranial
- e Vertical, horizontal, transverse

CM Select the abilities observed in the assessment of activities of daily living (ADL):

- a Self-care
- b Mobility
- c Inhibition
- d Communication
- e Sensibility

CM Select the methods that can be used in acute and painful musculoskeletal disorders:

- a Infrared therapy
- b Pulsating currents
- c Infiltrations of therapeutic substances
- d Magnetic fields
- e Relaxation positions

CM Select the effects of cryotherapy in the acute stage of joint pathology:

- a Increases local metabolism
- b Decreases the tissue temperature
- c Anti-inflammatory effect
- d Resorptive effect
- e Increases cellular metabolism

CS Select the method contraindicated in the acute inflammatory joint syndrome:

- a Physiotherapy
- b Electrophoresis
- c Cryotherapy
- d Hot applications
- e Corrective orthosis

CM Select the methods that contribute to muscle relaxation:

- a Manual massage
- b Hot applications
- c Cold applications
- d Goniometry
- e Electrical stimulation

CM Select the correct statements regarding walking mobility aids:

- a Ensures movement control
- b Decreases joint load
- c Facilitates joint deformations
- d Increases muscle strength
- e Overloads the joints

CM Select the methods applied to reduce musculoskeletal pain and inflammation:

- a Joint immobilization
- b Warm baths
- c Maximum mobilizations
- d Ice massage
- e General and local relaxations

CM Select the affirmations related to Somatometry:

- a Palpation of muscle groups

- b Measurement of some osteoarticular landmarks
- c Joint inspection
- d Appreciation of spontaneous motor skills
- e Calculation of anthropometric indices

CM Select the goals of physical therapy in the rehabilitation of musculoskeletal pathologies:

- a Increasing joint mobility
- b Muscle strengthening
- c Muscle retraction
- d Re-education of balance
- e Re-education of walking

CS Select the method used in the detection of limitations in range of motion:

- a Muscle force assessment
- b Goniometry
- c Electroneuromyography
- d Dynamometry
- e The stress test

CM Select the statements that are true regarding the musculoskeletal disorders in physical and rehabilitation conditions:

- a. Acute musculoskeletal disorders are among the most common problems of human beings
- b. Acute musculoskeletal disorders are among the most uncommon problems of human beings
- c. Sports may cause injuries responsible for reduced physical activities
- d. Sports injuries facilitate functioning
- e. Aging facilitates decreasing of musculoskeletal conditions

CM Select the statements that are true regarding the musculoskeletal disorders in physical and rehabilitation conditions:

- a. Osteoarthritis (OA) is the most common age-related joint disorder throughout the world
- b. Rheumatoid arthritis is the most common age-related joint disorder throughout the world
- c. The only effective treatment for the control of the OA symptoms is pharmacological intervention
- d. Rehabilitation and physical medicine intervention are essential for the management of OA
- e. Physical medicine is contraindicated in the management of OA

CM Select the true statements about the degenerative joint disease:

- a. Degenerative joint diseases are usually progressive
- b. Degenerative joint diseases are usually regressive
- c. Both pharmacological and non-pharmacological procedures are applied
- d. Only pharmacological treatments are applied
- e. Only non-pharmacological treatments are applied

CM Select the role and competencies of the specialist in Physical and rehabilitation medicine (PMR) in musculoskeletal disorders :

- a. PRM specialist has the key role to optimize patient's functioning
- b. PRM specialist promotes patient participation
- c. PRM practice aims to promote quality of life in patients with musculoskeletal conditions
- d. PRM specialist has a key role to optimize patients' disability
- e. PRM specialist promotes patient limitation of motion

CM Select the statement that is true regarding the clinical course and disability in musculoskeletal conditions:

- a. Pain is the most prominent symptom of arthritis
- b. Progressive musculoskeletal disorders cause more functional limitations in the adult population
- c. There will be a diminution of disability related to musculoskeletal conditions in relation to age
- d. The younger persons are more vulnerable to the degenerative joint condition than the older ones
- e. Physical and rehabilitation medicine has no impact on disability related to musculoskeletal disorders

Neurorehabilitation

CS Select from the following affirmations those which refer to neuroplasticity:

- a There is the reabsorption of blood in cases of hemorrhagic processes
- b The nervous system adapts to various injuries through structural and functional reorganization in the white and gray matter
- c The nervous system adapts to various injuries through structural and functional reorganization in the white matter
- d The nervous system adapts to various injuries through structural and functional reorganization in the gray matter
- e There is resolution of the ischemic penumbra

CS Choose from the following terms which term refers to neural plasticity:

- a The brain's ability to change shape
- b The brain's ability to be physically modulated by experiences
- c The phenomenon that once developed, the brain cannot be changed
- d The ability of neurons to change their shape
- e Resolution of diaschisis

CS Select from the following the most common communication disturbance which characterises neurological disorders:

- a Allodynia
- b Anosmia
- c Apraxia
- d Aphasia
- e Acalculia

CS Name the specific rehabilitation treatment commonly used for communication disorders:

- a Speech therapy
- b Electrotherapy (Vital Stim)
- c Application of gastrostomy
- d Exercises to improve the functionality of the muscles involved in swallowing
- e Positions or strategies that promote swallowing

CS Name the term that defines swallowing disorder:

- a Aphasia
- b Dysarthria
- c Dysphagia
- d Dysphonia
- e Verbal apraxia

CS Select the condition in which muscle hypertonia develops:

- a Peripheral nerve injuries
- b Nerve root lesions
- c Disorders of the cerebellum
- d Huntington's Chorea
- e Parkinson's disease

CS Select the condition in which muscle spasticity develops:

- a Peripheral nerve injuries
- b Stroke
- c Cerebellum conditions
- d Huntington's chorea
- e Radiculopathy

CS Early mobilization of patients with neurological diseases takes place during the following period of time:

- a 24 to 48 hours
- b 72 to 96 hours
- c 5 days
- d 1-week
- e 10 days

CS Select one from the list below that would fit the ICF (International Classification of Functioning) component of "participation" in stroke:

- a Transfers, verticalization, walking
- b Professional activities
- c Handling objects
- d Use of the bathroom
- e Multimorbidity

CM Select from the list below all that would fit the ICF (International Classification of Functioning) components that can be attributed to the "functions and body structures" in stroke patients :

- a Transfers
- b Handling objects
- c Lack of coordination
- d Motor deficits
- e Walking

CM Select the correct processes describing recovery mechanisms in neuroplasticity:

- a The synaptogenesis
- b The unmasking
- c Resolution of cerebral edema
- d Neurotransmitter changes
- e Resolution of the ischemic penumbra

CM Name the mechanisms involved in the spontaneous recovery that occurs after a stroke:

- a Reduction of edema (fluid accumulation)

- b Restoring neurotransmitter levels to pre-morbid levels
- c Neuronal migration
- d Reabsorption of blood in cases of hemorrhage
- e Diaschisis recovery

CM Select imaging methods suitable for objectifying neuroplasticity in the human brain:

- a Functional magnetic resonance imaging
- b Electroencephalography
- c Electromyography
- d Positron emission tomography (PET)
- e Computer tomography

CM Name the members of the multidisciplinary neurorehabilitation team:

- a Neurologist / neurosurgeon
- b Orthopedic surgeon / orthopedist
- c Neonatologist
- d Physiotherapist
- e Psychiatrist

CM Name the common complications in neurorehabilitation:

- a Bed sores
- b Urinary infections
- c Pneumonia
- d Herpes Zoster
- e Spasticity

CM Select communication and speech disorders:

- a Aphasia
- b Dysarthria
- c Dysphagia
- d Dysphonia
- e Verbal apraxia

CM Name the methods of clinical functional assessment of patient with aphasia:

- a Oral language assessment
- b Electrophysiological examination
- c Evaluation of understanding of addressed speech
- d Examination of muscle tone
- e Neuroimaging examination

CM Select the most common functional deficits determined by neurological pathology:

- a Motor disorders (paresis/ plegia)
- b Sensory disorders (superficial, deep)
- c Disorders of muscle tone (spasticity)
- d Exercise-induced dyskinesia
- e Coordination disorders (cerebellar ataxia, sensory ataxia)

CM Select the manifestations of motor disorders in neurological diseases:

- a Paresis
- b Hyperkinesia
- c Convulsions
- d Movement coordination disorders
- e Hemi-hypoalgesia

CM Select the conditions in which muscle hypotonia is usually found:

- a Peripheral nerve injuries
- b Radicular syndromes
- c Disorders of the cerebellum
- d Huntington's Chorea
- e Parkinson's disease

CM Select the conditions in which muscle hypertonia is found:

- a Pyramidal lesions
- b Extrapyramidal lesions

- c Peripheral motor neuron lesions
- d Lesions of the cerebellum
- e Lesions of the peripheral nervous system

CM Name characteristic signs of muscle hypertonia:

- a Clasp knife rigidity phenomenon
- b In the upper limbs, the flexor muscles are contracted
- c In the lower limbs, the extensor muscles are contracted
- d It is accentuated under the influence of cold temperature, and emotions

CM Name the treatment methods applied in the rehabilitation of patients with spasticity:

- a Providing noxious (nociceptive) stimuli
- b Positioning, passive stretching
- c Use of antispasmodic drugs
- d Botulinum toxin A injection
- d Neurosurgical intervention (selective dorsal rhizotomy)

CM Indicate the specific treatments in the rehabilitation of swallowing disorders:

- a Botulinum toxin A injection
- b Electrotherapy (Vital Stim)
- c Application of gastrostomy when necessary
- d Specific physical therapy
- e Certain positions or strategies that promote swallowing

CM Name the contraindications for neurorehabilitation:

- a Acute phase subarachnoid hemorrhage
- b Cognitive disorders
- c Changes in muscle tone
- d Severe orthostatic hypotension
- e Communication disorders

CM Select the main goals of neurorehabilitation:

- a Social integration

- b Increasing the quality of life
- c Thrombolysis
- d Thrombectomy
- e Diminishing disability

CM Indicate the interventions of the rehabilitation programme in traumatic brain injury:

- a Pharmacotherapy for the relief of disorders of consciousness, and cognitive and behavioral problems
- b Neurosurgical treatment
- c Pain management
- d Management of spasticity
- e Assessment of nutrition and dysphagia

CM Indicate the main activity limitations according to the ICF (International Classification of Functioning) in patients with stroke:

- a Clothing
- b Eating
- c Spasticity
- d Recreational activities
- e Professional activities

CM Select from the following terms which terms refer to neural plasticity:

- a The brain's ability to change shape
- b The ability of the brain to be structurally and functionally modified
- c Brain tissue does not regenerate
- d Formation of new neural networks
- e Reorganization of cortical maps

CM Select the diseases for which neurorehabilitation is indicated:

- a Stroke (ischemic, hemorrhagic)
- b Consequences of brain trauma
- c Multiple sclerosis

d Acute myocardial infarction

e Neuropathies

CM Name the main activity limitations, ADL, that can be encountered in patients with neurological disorders:

a Walking

b Going up/down the stairs

c Eating

d Insomnia

e Pruritus

CM Select members of the multidisciplinary team in neurorehabilitation:

a Speech therapist

b Psychologist

c Occupational therapist

d Trichologist

e Epidemiologist

CM Select possible complications that can be encountered in neurorehabilitation:

a Tendon and joint inflammations

b Central neuropathic pain

c Blepharospasm

d Painful hemiplegic shoulder

e Complex regional pain syndrome

CM Select possible complications that can be encountered in neurorehabilitation:

a Immobilization osteoporosis

b Venous thromboembolism

c Aortic aneurysm

d Cognitive and communication disorders

e Swallowing disorders

CM Choose the goals of neurorehabilitation:

- a Minimizing deficits and impairments
- b Improving the quality of life
- c Mechanical thrombus extraction
- d Prevention of recurrences and complications
- e Mini-invasive neurosurgical interventions

CM Name the interventions that are used in neurorehabilitation:

- a Pharmaceutical treatment
- b Vascular surgery
- c Treatment of medical complications
- d Physical Therapy
- e Neurosurgery

CM Name the goals of physical therapy in neurological rehabilitation:

- a Prevention of vicious attitudes of the locomotor system
- b Prevention of muscle atrophy
- c Prevention of venous thrombosis
- d Hearing recovery
- e Olfactory recovery

cs

CM Select the specific components of neurogenic bladder management:

- a Adequate fluid intake
- b Food that is rich in fibers
- c Bladder training
- d Intermittent urinary catheterizations
- e Food rich in vitamins

CM Select the interventions that are used in the rehabilitation of patients with spasticity:

- a Pulsatile currents
- b Positioning
- c Passive stretching
- d Botulinum toxin A injection

e Thermotherapy

CM Select the specific interventions for rehabilitation in neurological conditions:

- a Electrotherapy and thermotherapy (physical therapy)
- b Specific physiotherapy, massage and occupational therapy (ergotherapy)
- c Psychotherapy and other therapeutic categories (orthosis)
- d Neurosurgical interventions
- e Prosthetics

Introduction to PMR

CM Select the terms that can be interpreted as stigmatization:

- a) handicap
- b) restriction in participation
- c) invalid
- d) limitation in activity
- e) special need

CM Select the components of the International Classification of Functioning (CIF):

- a) body functions
- b) body structures
- c) activities
- d) participation
- e) mortality

CM Select applications of the International Classification of Functioning (CIF):

- a) statistical tool
- b) technical tool
- c) research tool
- d) clinical investigation tool
- e) policy tool

CM Select the areas of functioning that require rehabilitation assistance:

- a) mobility
- b) morbidity
- c) hearing
- d) speech
- e) cognition

CS Name the contingent of people who can benefit from medical rehabilitation:

- a) only persons with disabilities
- b) only people with serious sports injuries
- c) only people with severe diseases
- d) any person with health problems limiting functioning
- e) only people with motor impairments

CS Name the main purpose of rehabilitation strategies in the health system:

- a) disease control
- b) disease prevention
- c) optimal functioning
- d) optimal physiological state
- e) optimal biological health

CS Select the model considered optimal for organizing of the rehabilitation service:

- a) medical
- b) biological
- c) social
- d) biopsychosocial
- e) individual

CM Choose the positive terms used in rehabilitation assistance:

- a) disability
- b) participation
- c) invalidity

- d) activity
- e) functioning

CM Select the possible activity limitations in patients with bronchial asthma:

- a) bronchospasm
- b) limiting self-care activities
- c) inflammation of the bronchi
- d) difficulties in climbing stairs
- e) restrictions on playing football

CM Select possible participation restrictions in patients with bronchial asthma:

- a) bronchospasm
- b) the impossibility of continuous work
- c) inflammation of the bronchi
- d) limiting self-care activities
- e) restrictions on playing football

CM Choose the statements specific to the medical model of disability:

- a) environmental changes are needed that would ensure the full participation of people
- b) social actions are needed that would ensure the full participation of people
- c) considers the disability as a problem of the person directly caused by the disease
- d) has as its main purpose the healing of the individual
- e) considers disability as a responsibility of the whole society

CM Select the objectives of medical rehabilitation:

- a) treating the underlying pathology
- b) preventing complications
- c) increasing disability
- d) reducing functioning
- e) enabling participation

CM Name the principles of rehabilitation goal setting:

- a) centered on the patient
- b) patient-centered
- c) centered on the rehabilitation physician
- d) accepted by the patient
- e) centered on the multidisciplinary team members

CM Select the professional competencies of the multidisciplinary team:

- a) initial functional assessment
- b) ensuring a progressive rehabilitation program
- c) approval of the rehabilitation program by the head of the rehab department
- d) setting the rehabilitation goals
- e) setting the rehabilitation objectives

CM Select the possible treatments that rehabilitation physician can provide:

- a) pharmacological treatment
- b) infiltrations with anesthetics
- c) botulinum toxin infiltrations
- d) mycotoxin infiltrations
- e) physical treatment

CM Select the stages of the rehabilitation process:

- a) initial functional evaluation
- b) genetic evaluation
- c) goal setting
- d) rehabilitation interventions
- e) functional re-evaluation

CM Select the disease phases in which the rehabilitation process can be initiated:

- a) critical phase
- b) acute phase
- c) subacute phase
- d) chronic phase

e) sequela phase

CM Select the objectives of medical rehabilitation:

- a) preventing the disease
- b) preventing the disease recurrences
- c) preventing the disease complications
- d) increasing the functional independence
- e) reducing the disability

CM Select the correct statements with regard to "White Book on Physical and Rehabilitation Medicine in Europe":

- a) sets out the position of Physical Medicine and Rehabilitation in Europe,
- b) defines the specialty and its work
- c) includes clinical rehabilitation treatment protocols
- d) defines the activity parameters of the specialty
- e) defines the skills of rehabilitation physician

CM Choose the correct statements stipulated in the WHO World Report on Disability:

- a) the prevalence of disability is constantly increasing
- b) the prevalence of disability is continuously decreasing
- c) people with disabilities represent approximately 1% of the world's population
- d) people with disabilities represent approximately 10% of the world's population
- e) disability will be defeated in 2050

CM Select the main indicators of the rehabilitation strategy for the health care system:

- a) mortality
- b) morbidity
- c) capacity
- d) performance
- e) lethality

CM Choose the possible structural impairments in stroke patients:

- a) hemiplegia

- b) cerebral ischemia
- c) dysphasia
- d) cerebral hemorrhage
- e) hemianopsia

CM Choose the possible functional impairments in stroke patients:

- a) hemiplegia
- b) playing football
- c) dysphasia
- d) washing
- e) ataxia

CM Choose the possible activity limitations in stroke patients:

- a) hemianesthesia
- b) washing
- c) hemiplegia
- d) dressing
- e) hemianopsia

CM Choose the possible participation restrictions in stroke patients:

- a) hemiplegia
- b) personal hygiene
- c) playing football
- d) political activities
- e) hemianopsia

CS Choose the age of the beneficiaries for the rehabilitation services:

- a) in the interval up to 25 years
- b) between the ages of 25 and 44
- c) between the ages of 44 and 65
- d) in the interval after 65 years

e) all ages

CM Select the consequences of lack of rehabilitation:

- a) muscle atrophy
- b) pain
- c) coordination disorders
- d) communication
- e) satisfaction

CS Choose the correct statement that defines the concept of functioning in rehabilitation:

- a) the integrity of the central nervous system
- b) all the actions that a person can perform
- c) the possibility of performing physical exercises
- d) the integrity of the locomotive system
- e) the integrity of the cardiovascular system

CM Choose the goals of Physical Medicine and Rehabilitation:

- a) facilitating the physical functioning
- b) facilitating the cognitive functioning
- c) facilitating the participation
- d) encouraging the rehabilitation specialists
- e) modification of environmental factors

CM Select the settings in which rehabilitation specialists can provide assistance:

- a) intensive care unit
- b) musculoskeletal rehabilitation unit
- c) functional imaging unit
- d) neurorehabilitation unit
- e) cardiac rehabilitation unit

CM Select the personal factors that should be assessed for rehabilitation plan:

- a) access to clean water

- b) weather conditions
- c) age
- d) overweight
- e) smoking

CM Select the frequent complications that are common in rehabilitation of immobile patients:

- a) pneumonia
- b) thrombosis
- c) coarctation of the aorta
- d) muscular hypotrophy
- e) bedsores

CM Select the medical conditions a rehabilitation specialist deals with:

- a) prolonged bed rest and immobilization
- b) motor disorders
- c) acute abdomen
- d) bladder and bowel dysfunctions
- e) pain syndromes

CM Select the proper approaches rehabilitation settings:

- a) non-holistic approach to the patient
- b) continuity of rehabilitation
- c) late initiation
- d) early initiation
- e) patient-centered approach

CM Choose the complications that can be prevented by applying medical rehabilitation:

- a) spasticity
- b) joint contracture
- c) vascular phlebothrombosis
- d) venous malformation
- e) arterial malformation

CM Name the key principles for organization of the rehabilitation service:

- a) early initiation even if the vital parameters are unstable
- b) multidisciplinary teamwork
- c) continuity
- d) centered on the patient
- e) early completion

CS Choose the incorrect statement with regard to multidisciplinary rehabilitation teamwork:

- a) good communication between specialists
- b) sharing experience and sharing tasks
- c) distribution of tasks by the rehabilitation doctor
- d) coordination of the team by the rehabilitation doctor
- e) treatment planning and final evaluation after treatment

CM Select the necessary information for setting up a rehabilitation plan:

- a) clinical diagnosis
- b) histopathological diagnosis
- c) functional diagnosis
- d) personal factors
- e) environmental factors

CM Choose the interventions used in medical rehabilitation:

- a) pharmacological treatment
- b) nuclear therapy
- c) electrotherapy
- d) occupational therapy
- e) hydrotherapy

CM Name the goals that should be included into rehabilitation plan:

- a) the patient's goals
- b) the goals of the insurance company
- c) the goals of the hospital management board

- d) the goals of the caregiver/family
- e) the goals of rehabilitation specialists

CM Choose the basic principles of medical rehabilitation:

- a) respecting the rehabilitation phases
- b) continuity
- c) monotherapy
- d) centered on the patient
- e) focused on the rehabilitation physician

CM Name the basic principles of medical rehabilitation:

- a) early initiation
- b) late initiation
- c) continuity
- d) discontinuity
- e) monodisciplinary teamwork

CS Choose the proper management for rehabilitation medicine:

- a) rehabilitation management of an organ
- b) rehabilitation management of several organs
- c) rehabilitation management of a system
- d) rehabilitation management of several systems
- e) rehabilitation management of the whole person

CM Name the functional assessment tools used in physical medicine and rehabilitation:

- a) clinical laboratory analyses
- b) biochemical analyses
- c) clinical functional examinations
- d) standardized tests
- e) scales

CS Select the basic tool used in rehabilitation medicine:

- a) International Classification of Diseases (ICD XI)
- b) International Classification of Functioning (ICF)
- c) European medical guidelines
- d) Medical standards of diagnosis and treatment
- e) National programs in health

CM Select the goals of medical rehabilitation:

- a) decreasing disability
- b) decreasing the degree of disability
- c) decreasing the degree of participation
- d) increasing functional independence
- e) increasing the quality of life

CS Choose a correct goal of medical rehabilitation:

- a) facilitation of disability
- b) decreasing the degree of participation
- c) decreasing functional independence
- d) increasing functional independence
- e) decrease in the quality of life

CS Select the correct statement with regard to medical rehabilitation:

- a) is intended only for persons with disabilities
- b) it is luxury healthcare
- c) is intended for any person with health problems
- d) is a highly specialized service for athletes
- e) is intended only for people with severe trauma

CS Select the incorrect statement with regard to rehabilitation goal:

- a) must be general
- b) must be specific
- c) must be achievable
- d) must be realistic

e) must be measurable

CM Choose the personal factors that should be assessed for rehabilitation program:

- a) motivation
- b) education
- c) age
- d) climate
- e) the workplace

CM Choose the environmental factors that should be assessed for rehabilitation program:

- a) age
- b) meteorological conditions
- c) education
- d) living conditions
- e) physical development

Methods and physical agents

CM Select the components of kinesiology:

- a Biomechanics
- b Therapeutic exercise
- c The psychomotor component
- d The socio-human component
- e The socio-economic component

CM Select the forms of kineto-therapy:

- a selective medical gymnastics
- b Curative sport
- c Games and imitations
- d Climbing to altitude
- e Overcoming obstacles

CM Select the principles of application of kineto-therapy:

- a Individualization
- b Precocity
- c Unlimited effort
- d Progressivity
- e non-specificity

CM Select the effects of kinetic therapy:

- a Increases muscle strength and endurance
- b Decreases muscle tone
- c Improves joint mobility
- d Re-trains coordination and balance
- e Reduces joint mobility

CM Select the methods that use the electromagnetic field as a therapeutical agent:

- a Electric stimulations
- b Magnetotherapy
- c Ultrasound
- d Ultra-high Wave Therapy
- e Ultraviolet therapy

CM Select occupational therapy activities:

- a Work
- b Daily self-care
- c Hobbies
- d Muscular stimulations
- e Psychotherapy

CS Select the correct statements about kinesiology

- a The science that deals with the correction of functional deficits
- b The science of the movement of living organisms and the structures that participate in these movements
- c The study of neuromuscular and joint mechanisms that ensure movement
- d The study of the environment in which the body moves

e The study of the movement of the multicellular organism in different living environments

CM Select natural physical agents with therapeutical action:

- a Mineral waters
- b Mud therapy
- c Electrophoresis
- d Electrical stimulation
- e LASER

CM Select hydrotherapy procedures:

- a Bathrooms
- b Shower
- c Relaxations
- d Steam baths
- e Stimulations

CM Select types of therapeutic baths:

- a general
- b local
- c nuclear
- d segmental
- e global

CS Select the temperature of the water in the cold baths:

- a < 20 degrees Celsius
- b 20-30 degrees Celsius
- c 34-37 degrees Celsius
- d 36 degrees Celsius
- e 36.1-36.9 degrees Celsius

CM Select the directions of kinesiotherapy

- a Therapeutical

- b Prophylactical
- c Recovery
- d Epidemiological
- e Palliative

CM Select natural physical factors:

- a Water
- b Sun
- c Air
- d TENS
- e Electric current

CM Select artificial physical factors:

- a Magnetic field
- b Electric current
- c Mechanical vibrations
- d Sunlight
- e Speleotherapy

CS Choose the type of current that can be used in electrotherapy:

- a Low frequency: 1-1000Hz
- b Medium frequency: 2000-4000 Hz
- c High frequency: 5000-7000 Hz
- d Low frequency: 10-100 Hz
- e Medium frequency: 100-4000 Hz

CM Select the methods of electrotherapy, which use low-intensity direct current:

- a Galvanization
- b Magnetotherapy
- c Ultra-phonophoresis
- d Electrophoresis
- e TENS

CM Name the methods by which galvanic current is obtained:

- a Physical
- b Chemical
- c Mechanical
- d Thermo-electrical
- e Vibration

CM Select the physical agents used in phototherapy:

- a Ultraviolet rays
- b Infrared rays
- c Mechanical waves
- d Visible rays
- e Nuclear radiation

CM Select the physical methods in which mechanical waves are applied:

- a Ultrasound therapy
- b Medical phonophoresis
- c Vibrotherapy
- d Cryotherapy
- e Phototherapy

CM Select thermotherapy methods in which high temperatures are applied:

- a Paraffin therapy
- b Peloid therapy
- c Cryotherapy
- d Hypothermia
- e Thalassotherapy

CM Select thermotherapy methods in which low temperatures are applied:

- a Paraffin therapy
- b Peloid therapy

- c Cryotherapy
- d Hypothermia
- e Thalassotherapy

CM Select the principles of using physical factors in medical rehabilitation:

- a Etiological
- b Pathogenetic
- c Symptomatic
- d Physical factor origin
- e Physical factor absorption

CS Name the type of electric current applied in electrophoresis:

- a Low frequency pulsating current
- b High voltage current
- c Low-intensity direct current
- d Low-voltage low-power alternating current
- e High frequency pulsating current

CM Select the general effects of massage:

- a Increase basal metabolism
- b Muscle relaxation
- c Improvement of general condition
- d Hyperemia
- e Decreased basal metabolism

CS Select the methods of phototherapy

- a Infrared irradiation
- b Visible rays' therapy
- c Ultraviolet irradiation
- d LASER therapy
- e mechanical vibrations

CM Choose the methods of thermotherapy that uses low temperatures

- a cryotherapy
- b paraffin wraps
- c magnetic- therapy
- d hypothermia
- e ionophoresis

CM Select methods of application of therapeutic mud:

- a Ionophoresis
- b Packages
- c Indirect applications
- d Aerosols
- e Friction

CM Select artificial physical agents with therapeutical action:

- a Mineral waters
- b Mud
- c Electricity
- d Magnetic field
- e Sunlight

CM Select the natural physical agents with therapeutical action:

- a Pulsating current
- b Mud
- c Electric current
- d Magnetic field
- e Sunlight

CS Select the physical agent used in electrophoresis

- a Direct electric current
- b Pulsating electric current
- c Mechanical waves

- d Medicinal substances
- e Magnetic field

CS Select the curative agent used in magnetotherapy:

- a Direct electric current
- b Pulsating electric current
- c Mechanical waves
- d Medicinal substances
- e Magnetic field

CS Select the therapeutical agent used in peloid therapy:

- a Direct electric current
- b Pulsating electric current
- c Mud
- d Water
- e Sand

CS Select the therapeutical agent used in hydrotherapy:

- a Direct electric current
- b Pulsating electric current
- c Light
- d Water
- e Sand

CS Select the therapeutical agent used in balneotherapy:

- a Hot applications
- b Pulsating electric current
- c Electricity
- d Mineral waters
- e Sand

CM Select the curative agents used in thermotherapy:

- a Direct electric current
- b Pulsating electric current
- c Hot paraffin
- d Ice
- e Alternating current

CM Select the methods of hydrotherapy:

- a Aerosols
- b Baths
- c Warm paraffin
- d Showers
- e Inhalations

CM Select the methods of hydrotherapy:

- a Compresses
- b Baths
- c Hot paraffin
- d Showers
- e Inhalations

Cardiovascular and pulmonary rehabilitation

Select the correct statements that are true regarding the stages of cardiac rehabilitation :

- a. Phase 1 includes the beginning of rehabilitation while the patient is still in the acute phase
- b. Phase 2 takes place in in-patient and/or out-patient settings;
- c. Phase 3 includes outpatient setting and/or community-based rehabilitation
- d. Phase 1 takes place in the community
- e. Phase 3 take place in acute cardiological unit

CM Selects the statements that are true regarding obstructive pulmonary disease(OPD):

- a OPD is characterized by increased airway resistance
- b OPD is characterized by impaired blood oxygenation secondary to perfusion-ventilation mismatching
- c OPD is characterized by flattening of the diaphragm, with increased airway resistance
- d Is the cause of Duchenne's Muscular Dystrophy (DMD), Amyotrophic Lateral Sclerosis (ALS),
- e Is the cause of Guillain-Barré Syndrome (GBS), Myasthenia Gravis

CM Select the cause of restrictive pulmonary diseases

- a Pneumonia
- b COPD
- c Amyotrophic Lateral Sclerosis

- d Guillain-Barré Syndrome
- e Myasthenia Gravis

CM Select the components of pulmonary rehabilitation

- a Exercise
- b Patient Education
- c Bed rest
- d Physical therapy
- e Nutritional assessment and correction

CM Select the conditions in which Chest Wall Disease (increased stiffness of chest wall) can cause restrictive pulmonary syndromes

- a Thoracic deformities (eg, kyphoscoliosis)
- b Ankylosing spondylitis (limited expansion of the chest wall)
- c Cervical radiculopathy
- d Chest pain
- e Panic attack

CM Select the true statements that are true regarding the pulmonary rehabilitation (PR) outcomes

- a increases the exercise capacity
- b increases the quality of life
- c increases the number of exacerbations
- d increases the number of hospitalizations
- e decreases the number of hospitalizations

CM Name the factors that contribute to the development of cardiovascular diseases:

- a Hypercholesterolemia
- b Obesity
- c Sports
- d Smoking
- e Weight of the body

CM Select the benefits of applying physical therapy and rehabilitation program to cardiac patients:

- a Increases the function of the cardiovascular and respiratory systems
- b Increases the amount of O₂ in the myocardium
- c Heart rate increases
- d Increases in cholesterol level
- e Aortic stenosis

CM Name the contraindications for performing physical therapy in acute myocardial infarction:

- a Severe heart pain
- b Blood pressure 120/80
- c Blood pressure 80/50
- d Pleurisy
- e Severe arthritis

CM Select cardiac rehabilitation goals:

- a Increasing exercise tolerance
- b Combating cardiovascular risk factors
- c Improvement of the pulse
- d Rehabilitation of the patient to carry out daily activities

CM Name the goals of cardiac medical rehabilitation:

- a Reintegration of the patient into socio-professional life
- b Rehabilitation of the patient to carry out daily activities
- c Improving the socio-economic status of the patient
- d Reducing the psychological consequences of the disease
- e Increase in BMI (Body Mass Index)

CS Name the intervention to combat cardialgia in the rehabilitation of the patient with myocardial infarction:

- a Electrotherapy
- b Thermotherapy
- c Hydrotherapy
- d The specific medication
- e Adaptation to effort

CS Select the type of cardiac dyspnea:

- a Inspirational
- b Expiration
- c Fan
- d Mixed

e Eupnoic

CM Name the contraindications for performing the exercise test in cardiac patients:

- a Acute myocardial infarction
- b Uncontrolled congestive heart failure
- c Uncontrolled dysrhythmias
- d Blood pressure 140/90mmHg
- e History of acute myocardial infarction

CM Select the conditions when cardiopulmonary stress test is cancelled:

- a Thoracic discomfort
- b The appearance of sweating
- c Vertigo
- d Ventricular tachyarrhythmia
- e Increase in systolic BP by 10 mmHg

CS Choose the specific dyspnea rating scale:

- a ADL scale
- b Borg scale
- c VAS scale
- d Berg scale
- e Beck scale

CM Select the parameters evaluated by the cardiopulmonary stress test:

- a Heart rate
- b Blood pressure
- c O2 consumption
- d Work capacity
- e Cognitive function

CM Select the parameters evaluated by the cardiopulmonary stress test:

- a Heart rate
- b Blood pressure
- c O₂ consumption
- d Basal blood glucose
- e Serum cholesterol

CM Name the contraindications for physical therapy in patients with acute myocardial infarction:

- a Pulmonary edema
- b Pulse greater than 120 beats per minute
- c Blood pressure less than 100/70 mmHg
- d Uncontrolled arrhythmia
- e Compensated comorbidities

CM Select the criteria for interrupting the physical therapy session:

- a Pains in the region of the heart
- b Decreased blood pressure
- c Advanced tachycardia
- d Insignificant decrease in heart rate
- e Increase in heart rate by 10%

CS Mark the recommended period for initiation of phase II rehabilitation of the patient with acute myocardial infarction:

- a 2-3 weeks from the onset of the acute myocardial infarction
- b 5 weeks after the onset of acute myocardial infarction
- c 7 weeks after the onset of acute myocardial infarction
- d 1 year after the onset of the acute myocardial infarction
- e When the signs of ST segment depression disappear

CS Mark the recommended period for initiation of phase III rehabilitation of the patient with acute myocardial infarction:

- a) 8-12 weeks
- b) 14-20 weeks
- c) 4-6 weeks
- d) After establishing the diagnosis
- e) In the acute phase

CS Name the balneotherapy method contraindicated in the rehabilitation of cardiac patients:

- a Aeroionotherapy
- b Speleotherapy
- c Peloidotherapy
- d Circular local showers
- e General hot baths

CM Choose the correct statements that refer to the pathology of the respiratory system:

- a The respiratory system is, after the locomotor system, the second site of human suffering
- b The lung is after the cardiovascular system, the second cause of work incapacity for people under 50 years of age
- c Pathology of the respiratory system is the second cause of mortality
- d About 40% of heart failure is based on the pulmonary heart
- e Pathology of the respiratory system is the fourth cause of mortality

A: a, b, d, e

CM Select the correct statements that refer to the assessment of the degree of dyspnea:

- a - grade 1: dyspnea occurs when climbing slopes and stairs (after 15-20 steps)
- b - grade 2: dyspnea also occurs during usual activities: dressing, washing, talking
- c - grade 3: dyspnea also occurs when walking on flat ground at your own pace
- d - grade 4: dyspnea also occurs when walking on flat ground at the pace required by a healthy person;
- e - grade 5: dyspnea is also present at rest

A: a, c, e

CM Name the causes that determine the onset of pulmonary hypoventilation in restrictive ventilatory syndrome:

- a Decreased ventilatory stimuli (through central or peripheral neurological diseases)
- b The impossibility of mobilizing the system by a deficient respiratory musculature

- c Significant increase in ventilatory work (due to chest wall or lung diseases)
- d Increased ventilatory stimuli (through central or peripheral neurological diseases)
- e Significant decrease in ventilatory work (through diseases of the chest wall or lung)

CM Select the diseases that lead to the restrictive ventilatory syndrome:

- a Bronchial asthma
- b Duchene muscular dystrophy
- c Ankylosing spondylitis
- d Pulmonary emphysema
- e Kyphoscoliosis

CM Select nosological face of obstructive ventilatory syndrome:

- a Chronic bronchitis
- b Pulmonary emphysema
- c Obesity
- d Pulmonary fibrosis
- e Bronchial asthma