



PAPER A

**MASINDE MULIRO UNIVERSITY OF SCIENCE
AND TECHNOLOGY**

(MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

FOURTH YEAR, FIRST TRIMESTER EXAMINATIONS

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

COURSE CODE: BSP 416

**COURSE TITLE: EVIDENCE BASED PRACTICE IN
PHYSIOTHERAPY**

DATE: FRIDAY 14TH APRIL 2023

TIME 2:00-4:00 PM

INSTRUCTIONS TO CANDIDATES

Answer all Questions

Sec A: Multiple Choice Questions (MCQ) 20 Marks

Sec B: Short Answer Questions (SAQ) (40 marks)

Sec C: Long Answer Questions (LAQ) (40 marks)

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over. ►

SECTION A: MULTIPLE CHOICE QUESTIONS(MCQs) (20 Marks)

1. What is meant by the term evidence-based practice?
 - A. Using any and all research to improve on how practitioners serve and treat their patients.
 - B. Using the newest most up-to-date tools and modalities to better treat patients.
 - C. Using research that is scientifically backed by evidence to create a consistent baseline for which practitioners can use for treating their patients.
 - D. None of the answer choices are correct
2. Making evidence-based physiotherapy happen implies?
 - A. Implementing practices informed by high quality clinical research
 - B. Implementing practices informed by low quality clinical research
 - C. Implementing practices informed by high quantity clinical research
 - D. Implementing practices informed by low quantity clinical research
3. Dr. Justus DPT conducts a research project, at which level you will count his knowledge
 - A. Student level
 - B. Expert level
 - C. Experience level
 - D. Novice clinician level
4. Evidence-based practice can be said to be a quality improvement process because?
 - A. You have critically analysed many research articles
 - B. You have learned how to skim read many research articles
 - C. Trial and error is still important in clinical practice
 - D. Evidence-based practice is a key factor contributing to accountability and benchmarking
5. Evidence-based physiotherapist asks whether there is a scientific basis for the care they deliver in order to:
 - A. Provide the most effective care for their patients
 - B. Make certain they can evaluate findings correctly
 - C. Convince their colleague to change practice
 - D. Change their practice regularly
6. A clinician wants to find out what the most current management for post-surgical orthopedics patients with chronic obstructive respiratory disease might be. What would be the elements to consider when formulating the clinical question to guide your review process?
 - A. Population, intervention, comparison, outcome
 - B. Problem, interest, clinical practice, overview
 - C. Factual, interventions, new, evidence, rigorous
 - D. Feasible, interesting, novel, ethical, relevant
7. What type of question do you need to frame before commencing the EBP process?
 - A. Hypothesis
 - B. Answerable

- C. Research
 - D. Complex
8. The question "Is there a relationship between caffeine intake and intraocular pressure in patients with glaucoma?" is an example of:
- A. Hypothesis
 - B. Answerable
 - C. Research
 - D. Complex
9. Why is it that many clinical researchers experience problems in answering their research questions?
- A. They do not formulate their questions correctly in the first place
 - B. Because the researchers lack experience
 - C. It isn't necessary to have a research question in the first place
 - D. They find it difficult to identify the appropriate question
10. Clinical practice guidelines
- A. Provide evidence-based support for decision-making in clinical practice;
 - B. Are forms of rules guiding clinical practice
 - C. Provide protection from litigation
 - D. Need not necessarily consider the most recent evidence
11. A multi-disciplinary approach should be used to develop clinical guidelines because:
- A. This will make the guideline relevant to the users
 - B. This will provide critical insight into potential barriers to guideline implementation
 - C. Increases the chance for adopting the guideline into the clinical practice
 - D. All of the above reasons
12. Which one of the following studies has the highest risk of bias?
- A. Case report/series
 - B. Cross-sectional study
 - C. Case-control study
 - D. Cohort study
13. Which of the following studies is considered a gold standard for analytical epidemiology?
- A. Ecologic study
 - B. Cross-sectional study
 - C. Case-control study
 - D. Cohort study
14. Ways for searching the evidence are all, excluding
- A. Searching through electronic databases
 - B. Manual searching through specific journals
 - C. Retrieving the articles listed in the reference lists of articles

- D. Asking from a physician
15. Are extension exercises being more helpful in managing low back pain than flexion exercises? In this scenario, flexion exercises are
- A. Intervention
 - B. Comparison
 - C. Outcome
 - D. None of the above
16. What are the barriers to implementing evidence-based practice?
- A. lack of time, training and mentoring, skills, confidence, perceived value of evidence-based practice, access to the best available evidence
 - B. lack of time, training and mentoring, skills, confidence, perceived value of evidence-based practice, access to the internet, money.
 - C. lack of time, mentoring, perceived value of evidence-based practice, motivation and inspiration, access to the internet
 - D. lack of time, training and mentoring, skills, confidence, observation, access to the best available evidence
17. When deciding if or when to apply research from a clinical trial to a patient, what question should a physiotherapist ask?
- A. Were the methods used in this research valid and reviewed?
 - B. All questions should be asked
 - C. Do the benefits of this approach outweigh the potential harms or costs?
 - D. Does the problem outlined in this research apply to my patient?
18. Systematic reviews have all of the following in common EXCEPT:
- A. Systematic reviews are focused on a single topic
 - B. The author(s) of a systematic review must document the criteria used to include or exclude studies from the review.
 - C. Only studies related to clinical social work are included in systematic reviews.
 - D. Systematic reviews differ from narrative reviews in that they attend to the rigor of the research design
19. All of the following are TRUE statements about the limitations of Empiricism EXCEPT:
- A. Empiricism is necessary but not sufficient to build knowledge
 - B. No array of statistical techniques produces cumulative knowledge
 - C. Empirical data become knowledge when referred to theory for its interpretations
 - D. Empirical significance is equivalent to clinical significance.
20. All of the following statements argue for evidence-based practice EXCEPT:
- A. Treatment choice is now a condition of competent practice
 - B. Evidence-based practice guarantees a successful treatment outcome
 - C. Clients benefit when they are aware of theoretically sound and empirically verified diverse treatments
 - D. Knowledge of what is the matter and possible solutions add to the client's ability to make an informed decision

SECTION B: SHORT ANSWER QUESTIONS(SAQs) (40 Marks)

1. Describe the five steps of EBP. (5marks)
2. Discuss the PICO format (5 marks)
3. Discuss the roles of a physiotherapist in EBP (5marks)
4. Compare the Stetler & Iowa Models of EBP (5marks)
5. Describe the questions to consider when evaluating research article (5 marks).
6. Describe the Rating System for the Hierarchy of Evidence/Levels of Evidence (5 marks).
7. Describe the Q-FAST appraisal tool for a systematic review (5marks)
8. Elaborate the types of search Databases (5 marks)

SECTION C: LONG ANSWER QUESTIONS(LAQs) (40 Marks)

1. Discuss The PRAISES Model of EBP (20 Marks)
2. Discuss the steps and process of conducting a Systematic review (20 Marks)