



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2023/2023 ACADEMIC YEAR**

FOURTH YEAR, SECOND TRIMESTER EXAMINATION

**FOR THE DEGREE
OF
BACHELOR OF SCIENCE IN PHSIOTHERAPY
MAIN PAPER**

COURSE CODE: HPT 126

COURSE TITLE: COMMUNITY BASED REHABILITATION

DATE: FRIDAY 14TH APRIL 2023

TIME: 2:00-4:00 PM

INSTRUCTIONS TO CANDIDATES

Answer All Questions

Section A: Multiple Choice Questions (MCQ)

20 Marks.

Section B: Short Answer Questions (SAQ)

40 Marks.

Section C: Long Answer Question (LAQ)

40 Marks

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

SECTION A: MULTIPLE CHOICE QUESTIONS (MCQ)**20 MARKS**

1. The CBR Matrix consists of:
 - a. Six components divided into six elements
 - b. Four components divided into five elements
 - c. Five components divided into five elements
 - d. Five components divided into six elements
2. The components and elements of the matrix:
 - a. Are underpinned by a number of principles which inform all the work
 - b. Each of these elements will not have a dedicated chapter in the guidelines.
 - c. The elements are not sub-divided into content headings.
 - d. Each element has between nine key content headings.
3. The interventions in CBR must note that the following are important but:
 - a. Learn from people
 - b. Life has been going on
 - c. Use this as a starting point to bring on “ownership”
 - d. Spontaneous technology is not a requirement
4. The medical model of CBR:
 - a. Targets prevention of diseases that cause disability
 - b. Does not focus on early intervention to reduce impact of disability
 - c. Is not personal – not environment in which the person lives
 - d. Person is seen not as a “case”, individual
5. In the Education model;
 - a. Emphasis is on learning access, equity and quality of education for learners with special needs
 - b. Education does not consider what will help the disabled in their lives
 - c. Vocational education is an after-thought
 - d. Parents are actively involved
6. The economic model of CBR notes all but:
 - a. There is a higher correlation between poverty and ill-health
 - b. Emphasis is on income-generating activities
 - c. Accessing credit for PWDs is not necessary
 - d. There must be Affirmative Action – in employment, representation in all spheres of life
7. An advantage of institution based rehabilitation is
 - a) Provides services that are high quality
 - b) Services are needs based
 - c) It is innovative
 - d) It does not lead to dependency syndrome
8. Depending upon the requirement, social workers are often involved in all except:
 - a. Illness education,
 - b. Counseling
 - c. Admission
 - d. The aftercare process to facilitate a careful transition back to family and community.¹
9. Community sensitization involves the following except:
 - a. Creating awareness
 - b. Causes of disability

- c. Curative management
 - d. Encouragement of the PWDs and Special Needs to be assertive and demanding their rights in the society
10. In Community diagnosis, “Penina’s Cup” includes the following but:
- a. Elite
 - b. Health Professionals
 - c. Middle Class
 - d. Silent majority
12. The MDG 5 states:
- a. Reduce by 1/3 the mortality rate among children under-5 years
 - b. Eradicate extreme poverty and hunger
 - c. Improve maternal health
 - d. Promote gender equality and empower women
13. CBR is a needs-generated approach system. The following are true except:
- a. Starting point is within the community
 - b. Builds on the experiences of those who have gone through the process
 - c. Based on spontaneous technology – appropriate
 - d. Builds on service delivery from outsiders
14. In CBR, Social justice and inclusion means:
- a. Services and opportunities provided for the PWDs should be at the disposal for all and not response for a small and specific group (knee-jerk response)
 - b. Services should be out-sourced
 - c. Everything affecting the community should be organized by outsiders
 - c. None of the above
15. Community participation is:
- a) The active involvement of the community in all or some of the stages of a programme
 - b) Planning outside the community but involving them in implementation
 - c) Supervising the community activities
 - d) Evaluating the progress of community involvement

16. In CBR,

- a. Poverty alleviation is not a major issue
- b. Poverty alleviation is a major issue
- c. The professionals can tackle poverty alleviation without involving the community
- d. The Government controls all the activities

17. The Sustainable Development Goals (SDGs):

- a. Are 16 in number
- b. Were created in 2020
- c. Each goal has 8 -12 targets that are assessed yearly
- d. Are a precursor of MDGs

18. Community development:

- a. seeks to develop people's skills to enable them to influence what happens where they live.
- b. Is not the process of developing active and sustainable communities based on social justice and mutual respect.
- c. It is not about affecting power structures and building capacity to remove the barriers that prevent people from acting on the issues that affect their lives.
- d. Does not encourage active participation by people in economic development.

19. A good CBR worker must possess the following qualities but:

- a. Knowledgeable
- b. Selfishness
- c. Leadership
- d. Strategic

20. In self advocacy:

- a. Family members will also play a key role as advocates.
- b. There is no collective notion and an individualistic one.
- c. There is lack of self-determination.
- d. It means not mobilizing, organizing, representing, creating

SECTION 2 SHORT ANSWER QUESTIONS (SAQs) 40 MARKS

ANSWER ALL QUESTIONS. EACH QUESTION IS 5 MARKS

1. Describe any five (5) limitations to the PHC goals.
2. Discuss the goals of CBR.
3. Outline five of the implementation principles of Community Health Strategy.
4. With examples, discuss the importance of use of appropriate technology in PHC.
5. Discuss the 5 steps of CBR management at Community level.
6. Outline the factors that may hamper CBR implementation in the Community.
7. Discuss any ten (10) SDGs and the purpose of working towards achieving them.
8. Outline the roles of the Social Worker in the Community.

SECTION 3 LONG ANSWER QUESTIONS (LAQs) 40 MARKS

ANSWER ALL QUESTIONS. EACH QUESTION IS 20 MARKS

1.
 - a. Describe the three types of rehabilitation outlining their advantages and disadvantages
 - b. Compare and contrast the differences between Conventional and Community based rehabilitation.

2.
 - a. Discuss the Life Cycle Cohorts and the Levels of Service delivery as outlined in Kenya Essential Package for Health (KEPH)

 - b. What is disability and its correlation with poverty?