REV-01
BPT/55/28/33

2025/05

SET B

BACHELOR OF PHYSIOTHERAPY
SIXTH SEMESTER
PHYSIOTHERAPY FOR OBSTRETRICS & GYNAECOLOGICAL CONDITIONS
BPT – 602

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs. **Full Marks: 70**

Objective

Time: 30 min. **Marks: 20**

Choose the correct answer from the following: ***1×20=20***

1. High levels of estrogen and progesterone during pregnancy:
   a. Stimulate ovulation
   b. Maintain uterine lining
   c. Inhibit milk production
   d. Cause menstruation

2. Stress urinary incontinence occurs due to -
   a. Excessive mental stress
   b. Weakness of the muscles of the urinary bladder sphincter or the pelvic floor
   c. Increased tone of bladder muscle
   d. None of the above

3. Ther term fetus is used in pregnancy for:
   a. Upto 0-2 weeks
   b. Upto 0-4 weeks
   c. Upto 2-6 weeks
   d. Beyond 9 weeks

4. Urinary incontinence is caused due to problems in the -
   a. Nervous system
   b. Lower urinary tract
   c. Both of the above
   d. None of the above

5. The ideal time for first antenatal check-up is:
   a. 1st month
   b. 2nd trimester
   c. 3rd trimester
   d. After delivery

6. The ovarian cycle is divided into how many phases?
   a. 2
   b. 3
   c. 4
   d. 1

7. Which of the following is a psychosomatic symptom commonly seen in gynecological settings?
   a. Hirsutism
   b. Chronic pelvic pain
   c. Menorrhagia
   d. Galactorrhea

8. Which of the following is a major risk factor for requiring a cesarean delivery?
   a. Previous cesarean section
   b. Normal fetal position (cephalic)
   c. Uncomplicated vaginal delivery history
   d. Low maternal age

9. HRT stands for:
   a. Hormonal Reproduction Test
   b. Hormone Regulation Therapy
   c. Hormone Replacement Therapy
   d. None of the above

10. Which of the following gynecological interventions is most associated with increased risk of psychological distress and PTSD symptoms?
   a. Hysterectomy
   b. Pap smear
   c. IUCD insertion
   d. Vaginal delivery

11. Oxytocin is released by which gland?
   a. Adrenal
   b. Pituitary
   c. Thyroid
   d. Ovary

12. Corpus luteum secretes which hormone mainly?
   a. Progesterone
   b. FSH
   c. Estrogen
   d. LH

13. Which hormone plays a critical role in the development of postmenopausal osteoporosis?
   a. Testosterone
   b. Estrogen
   c. Progesterone
   d. Cortisol

14. Prolapse of uterus occurs as a result of:
   a. Weakening of the uterine walls
   b. Weakening of the bones
   c. Weakening of the pelvic musculature
   d. None of above

15. What is the name of the procedure used to correct rectocele?
   a. Anterior repair
   b. Sacrospinous fixation
   c. Posterior colporrhaphy
   d. Laparoscopy

16. What is a potential complication of ovarian cystectomy?
   a. Ovarian torsion
   b. Infertility due to ovarian damage
   c. Uterine rupture
   d. Gallbladder disease

17. The external genetalia of the female are collectively called the
   a. Vulva
   b. Clitoris
   c. Mons pubis
   d. Labia

18. What is gonorrhea?
   a. fungal infection
   b. viral infection
   c. A bacterial sexually transmitted infection (STI)
   d. A genetic disorder

19. Which of the following is a danger sign during pregnancy?
   a. Mild backache
   b. Occasional heartburn
   c. Vaginal bleeding
   d. Increased appetite

20. The primary cause of osteoporosis in postmenopausal women is
   a. Hormonal imbalance
   b. Calcium deficiency
   c. Estrogen deficiency
   d. Progesteron deficiency

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Descriptive

Time : 2 hrs. 30 min. Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. Define Diastasis Recti. Discuss its causes, signs and symptoms, diagnosis, and management strategies? **10**

2. A 46-year-old women hascome to theclinic with a chief complaint of leakage of urine. She reports that she leaks urine when she coughs or sneezes. She is otherwise healthy, does not smoke, and takes no medications and she has history of significant three vaginal deliveries.Write in detailof the physiotherapy assessment and management of the above condition. **10**

3. Describe the routine and specialized diagnostic investigations carried out during pregnancy? **10**

4. Mrs. Meera Sharma, a 42-year-old woman, has been experiencing heavy menstrual bleeding, severe pelvic pain, and frequent fatigue for the past two years. She was diagnosed with uterine fibroids and has tried multiple treatments, including hormonal therapy and iron supplements, but her symptoms persist.What will be the surgical recommendation for above mentioned condition? Write the procedure and physiotherapy assessment along with management for the same. **10**

5. Discuss the importance of prenatal care of mother during pregnancy? **10**

6. Describe the ovarian cycle with diagram? Define post-menopausal syndrome and discuss its common symptoms ? **5+5=10**

7. A 67-year-old woman presents to the clinic with complaints of chronic back pain and a noticeable loss of height over the past year. She mentions that she has been feeling more hunched and recently had difficulty standing upright without support. She denies any history of trauma or falls. Her past medical history includes early menopause at age 46, and she has never taken hormone replacement therapy. She does not smoke but admits to low calcium intake and limited sun exposure. On examination, she has kyphosis of the thoracic spine and tenderness along the lower vertebrae. Write in detail physiotherapy assessment and management of above mentioned condition. **10**

8. Mrs. Anjali Verma, a Thirty-two-year-old pregnant woman, was admitted to the hospital at 38 weeks of gestation with complaints of severe lower abdominal pain and decreased fetal movements. She has a history of gestational hypertension and was diagnosed with placenta previa during her third trimester. Upon examination, her blood pressure was elevated, and an ultrasound confirmed that the placenta was covering the cervix, posing a risk of complications during vaginal delivery. What will be the surgical recommendation for above mentioned condition? Write the procedure and physiotherapy management for the same. **10**

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