



रेलवे भर्ती बोर्ड / RAILWAY RECRUITMENT BOARD

सी ई एन नं. - 04/2024 - CEN No. - 04/2024



Test Date	29/04/2025
Test Time	4:30 PM - 6:00 PM
Subject	OCCUPATIONAL THERAPIST

* Note

Correct Answer will carry 1 mark per Question.

Incorrect Answer will carry 1/3 Negative mark per Question.

1. Options shown in green color with a tick icon are correct.
2. Chosen option on the right of the question indicates the option selected by the candidate.

Section : General Ability

Q.1 Transfer of pollen occurring in the same flower is known as____.

Ans

- 1. Hybridization
- 2. Cross-pollination
- 3. Self-pollination
- 4. Fertilization

Q.2 Which of the following letter-number clusters will replace the question mark (?) in the given series to make it logically complete?

MIN29, SOT50, YUZ71, EAF92, ?

Ans

- 1. PGL113
- 2. KGL113
- 3. KLL113
- 4. KGO113

Q.3 Which branch of the Indian Armed Forces participated in the 6th edition of Dharma Guardian?

Ans

- 1. Indian Navy
- 2. Indian Coast Guard
- 3. Indian Air Force
- 4. Indian Army

Q.4 Which part of the brain control Involuntary actions, including blood pressure, salivation, and vomiting?

Ans

- 1. Medulla in the hind brain
- 2. Thalamus in the fore brain
- 3. Pons in the hind brain
- 4. Cerebrum in the fore brain

Q.5 In December 2024, Prime Minister Narendra Modi was honoured with Kuwait's highest civilian award. What is the name of the award?

Ans

- 1. Order of Zayed
- 2. Order of the Nile
- 3. Order of Mubarak Al-Kabeer
- 4. Order of Abdulaziz Al Saud

Test Prime

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Q.6 Which of the following factors determines the colour of scattered light in the atmosphere, according to the Tyndall effect?

Ans 1. Size of the scattering particle

2. Colour of the scattering particle

3. Density of the scattering particle

4. It does not depend on the scattering particle.

Q.7 A, B, and C, when each works alone, can do a piece of work in 9 days, 12 days and 18 days, respectively. They all started the work together, but A and C both left after 3 days. In how many days was the total work completed?

Ans

1. $\frac{9}{5}$

2. 3

3. 6

4. $\frac{5}{2}$

Q.8 Which of the following statements about molecules of elements is correct?

Ans 1. Diatomic molecules only contain atoms of different elements.

2. All elements exist as monoatomic molecules in nature.

3. Molecular oxygen and ozone are both molecules of the same element.

4. A molecule of phosphorus always contains five atoms.

Q.9 Which immediate cause triggered the Sanyasi Uprisings in Bengal lasting from 1770 to the 1820s?

Ans 1. The confiscation of peasant lands following the famine

2. Restrictions imposed by the British on pilgrims visiting holy sites

3. Forced recruitment of local soldiers into the British army

4. Heavy taxation on local handicrafts

Q.10 Two sets of numbers are given below. In each set of numbers, certain mathematical operation(s) on the first number results in the second number. Similarly, certain mathematical operation(s) on the second number results in the third number and so on. Which of the given options follows the same set of operations as in the given sets?

(Note: Operations should be performed on the whole numbers, without breaking down the numbers into their constituent digits. E.g., 13 – Operations on 13 such as adding/subtracting/multiplying to 13 can be performed. Breaking down 13 into 1 and 3 and then performing mathematical operations on 1 and 3 is not allowed.)

155 – 125 – 100 – 80; 125 – 95 – 70 – 50

Ans 1. 80 – 50 – 35 – 15

2. 100 – 70 – 45 – 25

3. 95 – 70 – 45 – 35

4. 140 – 110 – 85 – 60

Q.11 Where was the 2012 United Nations Climate Change Conference held?

Ans 1. Doha

2. Durban

3. Stockholm

4. Copenhagen

Q.12 If the lateral surface area of a cylinder is 498.2 cm^2 and its height is 41 cm, then find its volume.
(Use $\pi = 3.14$ and round off to two decimal places)

Ans 1. 516.58 cm^3
 2. 481.99 cm^3
 3. 510.22 cm^3
 4. 505.79 cm^3

Q.13 Which of the following statements is true for displacement reactions?

Ans 1. They require only heat to proceed.
 2. They only occur in non-metals.
 3. A more reactive element replaces a less reactive one.
 4. A less reactive element replaces a more reactive one.

Q.14 What should come in place of the question mark (?) in the given series based on the English alphabetical order?

FAT HDV JGX LJZ ?

Ans 1. OLA
 2. NMB
 3. PNC
 4. OMD

Q.15 Six toy cars Car1, Car2, Car3, Car4, Car5 and Car6 are kept around a circular table facing inside, not necessarily in the same order. Car4 is second to the left of Car6. Car5 is kept to the immediate right of Car2. Car2 is second to the right of Car3. Car3 is to the immediate right of Car4. If we start counting the number of cars towards the left of Car5, then how many cars are kept between Car6 and Car5?

Ans 1. Two
 2. One
 3. Zero
 4. Three

Q.16 Under which of the following Constitutional Amendments were the Fundamental Duties incorporated into the Indian Constitution?

Ans 1. 52nd Amendment Act, 1986
 2. 61st Amendment Act, 1988
 3. 44th Amendment Act, 1978
 4. 42nd Amendment Act, 1976

Q.17 Under which Indian government scheme launched in 2000 is additional central assistance given to states for basic services such as primary health, primary education, rural shelter, rural drinking water and rural electrification?

Ans 1. Pradhan Mantri Gramodaya Yozana (PMGY)
 2. Rural Employment Generation Programme (REGP)
 3. Prime Minister Rozgar Yozana (PMRY)
 4. Swarnajayanti Gram Swarozgar Yojana (SGSY)

Q.18 Which of the following is CORRECT regarding the plant tissue?

Ans 1. Vascular tissue includes parenchyma, collenchyma, and sclerenchyma
 2. Complex permanent tissue includes parenchyma, collenchyma, and sclerenchyma
 3. Simple permanent tissue includes xylem and phloem
 4. Meristematic tissues are responsible for plant growth.

Q.19 Which of the following statements is FALSE?

Ans 1. The resistance of a wire increases when its length is doubled.
 2. The resistance of a conductor is inversely proportional to its cross-sectional area.
 3. The resistance of a conductor is independent of its material.
 4. The resistance of a wire decreases when a thicker wire of the same material is used.

Q.20 The semi-cryogenic engine tested by ISRO in 2025 primarily uses which fuel?

Ans 1. Kerosene (RP-1) and Liquid Oxygen (LOX)
 2. Liquid Hydrogen (LH2) and Liquid Oxygen (LOX)
 3. Methane and Liquid Oxygen (LOX)
 4. Solid Composite Propellant

Q.21 Which of the following describes the process by which the concentration of toxic substances, such as pesticides, increases in organisms at higher levels of the food chain?

Ans 1. Ecological pyramid
 2. Biological magnification
 3. Biological oxygen demand
 4. Food web

Q.22 In a certain code language,

'A + B' means 'A is the father of B',
'A - B' means 'A is the husband of B',
'A × B' means 'A is the wife of B' and
'A ÷ B' means 'A is the daughter of B'.

How is V related to Z if 'V ÷ W × X + Y - Z'?

Ans 1. Husband's sister
 2. Mother's brother
 3. Brother's wife
 4. Mother's mother

Q.23 Which of the following methods is NOT used to extract metals that are placed in the middle of the reactivity series from their ores?

Ans 1. Calcination followed by reduction with carbon
 2. Heating their sulphide ores directly in the presence of carbon
 3. Displacement using a more reactive metal
 4. Roasting followed by reduction with carbon

Q.24 Which notable water body is located to the south of the Mahanadi Delta on the Eastern Coastal Plains of India?

Ans 1. Sambhar Salt Lake
 2. Chilka Lake
 3. Dal Lake
 4. Vembanad Lagoon

Q.25 A man travels from point A to B at a speed of 11 km/hr and returns to A through same route by increasing his speed by 75% of his earlier speed. His average speed (in km/hr) for the whole journey is:

Ans 1. 14
 2. 18
 3. 10
 4. 16

Q.26 A concave mirror with a focal length 'f' is cut into two equal halves along the principal axis. What happens to the focal length of each half?

Ans 1. It becomes undefined.

2. It remains f.

3. It doubles to 2f.

4. It becomes $f/2$.

Q.27 What is the maximum value that must be assigned to A so that the 8-digit number 489A5384 is divisible by 4?

Ans 1. 5

2. 4

3. 8

4. 9

Q.28 From which Harappan site was the 'Dancing Girl', a bronze figurine, discovered?

Ans 1. Dholavira

2. Lothal

3. Harappa

4. Mohenjo-daro

Q.29 Kalpana and Sudha got 574 and 553 marks, respectively, in an examination. If Kalpana scored 82% marks, then what is the percentage of marks scored by Sudha?

Ans 1. 81%

2. 76%

3. 77%

4. 79%

Q.30 Which Parliamentary Committee reviews reports submitted by Public Undertakings specified in the Fourth Schedule to the Rules of Procedure and Conduct of Business in the Lok Sabha of India?

Ans 1. Public Accounts Committee

2. Estimates Committee

3. Committee on Public Undertakings

4. Select Committee on Financial Oversight

Section : Professional Ability

Q.1 Which objective assessment tool is most appropriate for measuring the impact of HIV-related cognitive changes on daily functioning?

Ans 1. DASH Questionnaire

2. Mini-Mental State Examination (MMSE)

3. Fugl-Meyer Assessment

4. Canadian Occupational Performance Measure (COPM)

Q.2 The PEO model is:

Ans 1. Develop a relationship with the union

2. Develop a partnership with workers and management to prevent injuries.

3. A framework allows the therapist to understand ergonomic problems.

4. A tool for therapists' use to facilitate client-centered practice.

Q.3 Which of the following drugs acts peripherally and has no effect on the central nervous system?

Ans

- 1. Pancuronium
- 2. Baclofen
- 3. Diazepam
- 4. Tizanidine

Q.4 An appropriate therapeutic activity for a patient recovering from a stroke with impaired fine motor skills would include:

Ans

- 1. Threading beads or using a pegboard
- 2. Complex arithmetic tasks
- 3. Reading newspapers silently
- 4. High-speed typing tests

Q.5 Where are sebaceous glands found?

Ans

- 1. Stratum corneum
- 2. Digestive system
- 3. Dermis
- 4. Hypodermis

Q.6 Which approach is most effective for improving ADL independence in a child with congenital blindness?

Ans

- 1. Vestibular desensitization
- 2. Reading using flashcards
- 3. Visual scanning training
- 4. Auditory cueing and tactile feedback

Q.7 Functional reach test is used to assess:

Ans

- 1. ADL
- 2. IADL
- 3. Balance
- 4. Gait

Q.8 In clients with dementia, which approach best supports participation in daily activities despite cognitive decline?

Ans

- 1. Behavioral approach
- 2. Biomedical approach
- 3. Restorative approach
- 4. Adaptive approach

Q.9 The Model of Human Occupation (MOHO) emphasizes assessment of which of the following domains?

Ans

- 1. Muscle strength and joint range only
- 2. Volition, habituation, performance, and environment
- 3. Financial capacity and literacy
- 4. Only physical skills

Q.10 After reconstructive surgery for a burn scar over the elbow, what is the most critical early OT intervention?

Ans

- 1. Positioning and splinting in anti-deformity position
- 2. Isometric strengthening exercises
- 3. Scar massage with silicone gel
- 4. Compression garment education

Q.11 Following tenosynovectomy for De Quervain's tenosynovitis, which OT guideline is MOST appropriate during the first week?

Ans 1. Avoid all hand activity
 2. Immediate heavy gripping exercises
 3. Controlled AROM within pain-free range and edema management
 4. Heat modalities over surgical site

Q.12 Deep cup-shaped hemispherical cavity on the lateral aspect of the hip bone is called?

Ans 1. Ischium
 2. Acetabulum
 3. Pubis
 4. Obturator foramen

Q.13 In children with myelomeningocele, functional mobility and ADL performance is MOST significantly influenced by:

Ans 1. Age at surgical closure
 2. Hydrocephalus severity
 3. Level of spinal lesion
 4. Parental compliance with therapy

Q.14 The primary occupational therapy goal in children with intellectual disability (ID) is:

Ans 1. Teaching advanced cognitive problem-solving
 2. Normalizing brain growth via stimulation
 3. Improving verbal IQ
 4. Enhancing participation in age-appropriate functional tasks

Q.15 Which technique is LEAST likely to be used in basic occupational therapy intervention for clients with schizophrenia?

Ans 1. Task simplification
 2. Habit training
 3. Reality orientation
 4. Insight-oriented group therapy

Q.16 In a patient with secondary progressive MS, which cognitive-perceptual deficit would MOST LIKELY impact IADLs?

Ans 1. Apraxia of speech
 2. Tactile agnosia
 3. Hemianopsia
 4. Decreased insight and planning ability

Q.17 What is a key occupational therapy goal when treating clients with eating disorders like anorexia nervosa?

Ans 1. Encouraging body-checking behaviors to monitor weight
 2. Providing vocational training before medical stabilization
 3. Avoiding any discussion about food or body image
 4. Supporting healthy routines and body image through meaningful occupation

Q.18 Which biomechanical objective is most relevant to monitor during OT sessions in a client with chronic respiratory disease?

Ans 1. Fine motor speed
 2. Dominant hand strength
 3. Hand-eye coordination
 4. Oxygen saturation during activity

Q.19 The screw-home mechanism of the knee is primarily due to:

Ans 1. Contraction of the hamstring muscles
 2. Medial rotation of the tibia during extension
 3. Lateral rotation of the femur on a fixed tibia
 4. Tightening of the anterior cruciate ligament

Q.20 Which principle of neuroplasticity is MOST critical when designing an OT plan to restore upper limb use in a subacute CVA patient?

Ans 1. Age dependence
 2. Use it or lose it
 3. Learned non-use
 4. Salience matters

Q.21 Which of the following objective assessments is most suitable for evaluating functional endurance in a client with moderate bronchial asthma?

Ans 1. DASH
 2. Mini-Mental State Examination (MMSE)
 3. Purdue Pegboard Test
 4. 6-Minute Walk Test

Q.22 Which standardized tool is MOST suitable to assess ADL performance in a client with a recent humerus fracture?

Ans 1. Purdue Pegboard Test
 2. Barthel Index
 3. Fugl-Meyer Assessment
 4. Berg Balance Scale

Q.23 During the late phase of hand surgery rehabilitation, the primary OT goal includes:

Ans 1. Providing complete rest to the limb
 2. Enhancing functional use through task-based retraining
 3. Scar maturation through compression therapy
 4. Preventing tendon rupture through immobilization

Q.24 During OT intervention for a left hemiparetic patient post-CVA, which task MOST effectively integrates bilateral coordination and purposeful activity?

Ans 1. Passive range of motion of the affected limb
 2. Using a mirror box for visual illusion
 3. Brushing hair with unaffected hand
 4. Folding laundry using both hands

Q.25 Which factor is responsible for hemophilia?

Ans 1. Factor VIII
 2. Factor II
 3. Factor V
 4. Factor VII

Q.26 In patients with bronchial asthma, the primary OT goal during sub-acute recovery is to:

Ans 1. Promote independence in ADLs through breathing control integration
 2. Limit all physical activity to prevent exacerbation
 3. Provide splinting to prevent thoracic rigidity
 4. Reduce airway resistance through suctioning

Q.27 A client with spinal tuberculosis and partial paraplegia complains of difficulty in toileting. What is the PRIMARY OT concern?

Ans 1. Urinary retention

2. Cognitive decline

3. Fine motor dysfunction

4. Loss of balance during transfers

Q.28 Which of the following is NOT a component of the cell plasma membrane?

Ans 1. proteins

2. cholesterol

3. microfilaments

4. phospholipids

Q.29 When selecting an assessment tool, which is the LEAST important to consider?

Ans 1. Therapist's familiarity with the tool

2. Client's goals and context

3. Tool's validity and reliability

4. Latest marketing trends for OT products

Q.30 Which grasp is used to hold a book?

Ans 1. Cylindrical grasp

2. Intrinsic plus grasp

3. Hook grasp

4. Spherical grasp

Q.31 A patient post-ORIF for femoral shaft fracture is in early mobilization. What OT action is MOST appropriate to initiate?

Ans 1. Joint manipulation under anesthesia

2. Full weight-bearing gait training

3. Upper limb strengthening and bed mobility training

4. Delayed transfer training until suture removal

Q.32 Following surgical decompression for carpal tunnel syndrome, which OT intervention is most appropriate in the early post-operative phase?

Ans 1. Sensory re-education using fine texture discrimination

2. Desensitization techniques and edema control

3. Dexterity training using pegboards

4. Strengthening exercises for the thenar muscles

Q.33 What is the primary aim of occupational therapy in psychiatric day care clinics?

Ans 1. Crisis intervention and immediate hospitalization

2. Isolation from social environments

3. Structured activity engagement to promote community reintegration

4. Long-term pharmacological management

Q.34 A patient underwent full-thickness skin grafting after a thermal burn on the dorsum of the hand. Which OT protocol is MOST critical in the first 7–10 days?

Ans 1. Avoiding any hand motion and applying compression

2. Elevation, immobilization, and monitoring for graft adherence

3. Scar massage and tactile desensitization

4. ROM and strengthening of wrist extensors

Q.35 Which feature best differentiates an upper motor neuron (UMN) lesion from a lower motor neuron (LMN) lesion?

Ans 1. Muscle atrophy
 2. Hyperreflexia
 3. Fasciculations
 4. Fatigue

Q.36 Which of the following best exemplifies the occupational therapy principle of “activity gradation”?

Ans 1. Limiting the number of sessions to avoid dependency
 2. Encouraging the patient to complete the entire task independently from the beginning
 3. Modifying task complexity to match the client's ability and gradually increase it
 4. Choosing only passive leisure tasks for early recovery

Q.37 Between which two anatomical structures does the Larynx lie?

Ans 1. The nares and the choanae
 2. The glottis and the epiglottis
 3. The epiglottis and the trachea
 4. The choanae and the glottis

Q.38 In a client with thoracic outlet syndrome (TOS), which occupational performance area is most likely to be impaired initially?

Ans 1. Visual perceptual skills
 2. Mobility in lower extremities
 3. Dynamic sitting balance
 4. Fine motor tasks requiring sustained overhead use

Q.39 The Canadian Occupational Performance Measure (COPM) is considered client-centered because:

Ans 1. It includes client's self-perception of performance and satisfaction
 2. It measures only motor performance
 3. It uses therapist-generated goals
 4. It eliminates client bias

Q.40 Rapid activation of which cells is found during strong acute inflammatory reaction?

Ans 1. Osteocytes
 2. Epithelial cells
 3. Mast cells
 4. Stem cells

Q.41 A client has a malunited Colles fracture. Which occupational performance deficit is MOST likely?

Ans 1. Difficulty in supination affecting feeding tasks
 2. Weak hip abduction during gait
 3. Inability to abduct the shoulder
 4. Inability to flex MCP joints

Q.42 What is the primary goal of using assistive technology in OT practice?

Ans 1. To promote complete dependence on tools
 2. To enhance independence, safety, and occupational performance
 3. To replace the need for therapy sessions
 4. To reduce therapist workload

Q.43 A sensation of running out of air and of not being able to breathe fast enough or deeply enough is:

Ans 1. apnea

2. syncope

3. dyspnea

4. cachexia

Q.44 When working with individuals diagnosed with chronic depression, which of the following best represents an evidence-based OT approach?

Ans 1. Limiting client autonomy to ensure consistency

2. Providing strict schedules and external rewards only

3. Encouraging overexposure to social environments

4. Structuring meaningful activities that promote mastery and pleasure

Q.45 Term given to the reduction in the number of erythrocytes, in the concentration of hemoglobin is:

Ans 1. Scurvy

2. Beriberi

3. Anemia

4. Rickets

Q.46 Delivery of a controlled electric shock is called:

Ans 1. Cardioversion

2. Catheter ablation

3. Telemetry

4. Defibrillation

Q.47 What is the MOST important aspect of activity analysis when working with clients with cognitive impairments?

Ans 1. Cost of activity materials

2. Safety and simplicity of each step

3. Duration of activity

4. Therapist preference

Q.48 Which of the following standardized tools is most appropriate for assessing upper limb functional recovery post-stroke in a hemiparetic client?

Ans 1. Modified Ashworth Scale

2. Sensory Profile-2

3. Fugl-Meyer Assessment

4. Nine-Hole Peg Test

Q.49 Which of the following hand function assessments is the most suitable to assess gross grasp and placement?

Ans 1. O'Connor Tweezer Dexterity Test

2. Minnesota Rate of Manipulation Test

3. O'Connor Finger Dexterity Test

4. Purdue Pegboard

Q.50 At initial contact during normal gait, which muscle group is primarily responsible for controlling ankle position?

Ans 1. Gastrocnemius-soleus complex
 2. Tibialis anterior
 3. Tibialis posterior
 4. Peroneus longus

Q.51 Sympathetic neurotransmission can be stimulated by which drug?

Ans 1. Methyldopa
 2. Alfa-Methyl tyrosine
 3. Imipramine
 4. Reserpine

Q.52 Which of the following tools is MOST appropriate for evaluating basic ADL performance in adults?

Ans 1. Barthel Index
 2. Goniometer
 3. Beck Depression Inventory
 4. Mini-Mental State Examination (MMSE)

Q.53 A neurological condition characterized by involuntary, irregular, and unpredictable movements is:

Ans 1. Dystonia
 2. Chorea
 3. Dysmetria
 4. Intention tremor

Q.54 Static cock-up splint is used for:

Ans 1. Wrist drop
 2. Foot drop
 3. Claw hand
 4. Swan neck deformity

Q.55 In a 3-year-old child with microcephaly, the OT should most likely expect:

Ans 1. Delayed motor milestones and sensory integration difficulties
 2. Hyperactivity without sensory issues
 3. Normal developmental milestones
 4. Acute attention span but impaired memory

Q.56 Which of the following would be most suitable to assess unpredictable working postures, such as those found in the health care industry?

Ans 1. REBA
 2. ManTRA
 3. OWAS
 4. RULA

Q.57 Which clinical sign is MOST indicative of tenosynovitis rather than joint arthritis?

Ans 1. Morning stiffness lasting over 1 hour
 2. Joint deformity and malalignment
 3. Crepitus during passive joint movement
 4. Pain localized along tendon sheath with resisted motion

Q.58 In CBR, 'Self Advocacy' refers to:

Ans 1. Develop effective communication to empower people with disabilities
 2. Environment building
 3. Filing RIT in Court
 4. Fight or Flight

Q.59 The measure available to reduce or limit impairment and disabilities is:

Ans 1. Secondary prevention
 2. Tertiary prevention
 3. Primordial prevention
 4. Primary prevention

Q.60 What is the optimal positioning approach for a preterm infant in NICU to promote self-regulation?

Ans 1. Upright in a car seat
 2. Midline, flexed position with boundaries
 3. Prone with hips abducted and externally rotated
 4. Supine with limbs extended

Q.61 During hand therapy post-excision of a pyogenic abscess in the wrist, which symptom warrants IMMEDIATE medical referral?

Ans 1. Intermittent shooting pain
 2. Rapidly increasing swelling and red streaks
 3. Slight stiffness on wrist flexion
 4. Mild warmth at incision

Q.62 A 67-year-old female post-right MCA stroke shows left hemiplegia and spatial neglect. During OT assessment, which intervention principle is MOST effective for managing spatial neglect?

Ans 1. CIMT applied on the affected limb
 2. Repetitive task practice using bilateral tasks
 3. Use of mirror therapy for visual reinforcement
 4. Visual occlusion of the non-affected side

Q.63 Damage to C8 and T1 segments is called?

Ans 1. Winging of scapula
 2. Ptosis
 3. Klumpke's Paralysis
 4. Erb's Paralysis

Q.64 A 45-year-old tailor presents with decreased pinch strength and thumb opposition. On evaluation, you observe thenar atrophy. Which assessment tool would MOST accurately quantify hand dexterity in relation to their occupation?

Ans 1. DASH (Disabilities of Arm, Shoulder, and Hand)
 2. Box and Block Test
 3. Nine Hole Peg Test
 4. Moberg Pickup Test

Q.65 In the early post-operative phase following a skin graft to the palmar surface, the OT should prioritize:

Ans 1. Heat modalities for tissue elasticity

2. Fine motor coordination training

3. Graded desensitization and edema control

4. Resistance exercises for grip strength

Q.66 A client presents with weakness in wrist extension, numbness in the dorsum of the hand, and difficulty grasping objects. Which nerve is most likely compressed?

Ans 1. Anterior interosseous nerve

2. Radial nerve at the spiral groove

3. Ulnar nerve at Guyon's canal

4. Median nerve at carpal tunnel

Q.67 Which of the following BEST defines the principle of "client-centered practice" in Occupational Therapy?

Ans 1. Activities are selected based on availability of materials

2. Therapist sets all goals and schedules

3. Client's values, interests, and goals drive the therapy process

4. Therapy focuses on society's view of what the client should do

Q.68 What OT intervention is most suitable for a woman recovering from a cesarean section struggling with infant care?

Ans 1. Cognitive retraining for postpartum mood issues

2. Biofeedback therapy for pelvic floor strengthening

3. Progressive resistance training for abdominal muscles

4. ADL retraining for baby care with adaptive techniques

Q.69 In a mental hospital setting, which basic OT technique is most suitable to improve attention span and task persistence in clients with chronic psychosis?

Ans 1. Unstructured social play

2. Biofeedback

3. Task segmentation and repetition

4. Hypnosis

Q.70 When prescribing a static orthosis for a client with a recent radial nerve palsy, what is the most critical factor to consider to prevent long-term deformity?

Ans 1. Promoting active range of motion

2. Preventing wrist drop via positioning in slight extension

3. Limiting shoulder abduction

4. Enhancing proprioceptive feedback