

Candidate's Code No.

STEP – BY – STEP
Improving Diabetes Foot Care in the Developing World

- 1) WHO has predicted that India is likely to have largest no of patients of Diabetes by 2025. The estimated number of patients is
a) 88million b) 57 million c)70million d)20 million
- 2) Dependent rubor is a sign of
a) Neuro ischaemic foot b) Neuropathic foot c) Cellulitis
- 3) One bone in the human foot which has no muscle attachment is
a)Calcaneum b)Talus c)Navicular d) Cuboid
- 4) One walking cycle is
a) From Take off to Take off stage
b) From one heel strike to another heel strike
c) From mid stance to mid stance stage
d) From one heel strike to other take off stage
- 5) Callus should be immediately trimmed because
a) It is painful b) It is cosmetically not good looking
c) Pressure at callus point is highest d)Patient can not wear footwear with callus
- 6) The normal range of extension(degrees) in 1st MTP It is
a) 50 b)10 c)15 d)90
- 7) Monofilament test to detect “Foot At Risk” is done with filament of gauge
a) 2.00 b) 3.5 c) 5.07 d) 7.5
- 8) Monofilament exerts:
a) 20gms pressure b) 50gms pressure c)10gms pressure d)5gms pressure
- 9) Diabetic Foot ulcers are commonly seen in
a) Mid foot b)Fore foot c)Hind foot d)Heel
- 10) Normal Ankle Brachial Pressure Index is between
a) 0.9 to 1.2 b) 0.3 to 0.5 c) 1.5 to 2

- 11) Biothesiometer is to evaluate
a) Pain sensation b) Touch sensation c) Heat sensation d) None of the above
- 12) Clinically osteomyelitis in diabetic foot is detected by
a) By probing up to bone b) By palpation c) By peculiar nail changes
d) Presence of fever
- 13) St Vincent's Declaration refers to:
a) Declared goal of reducing major amputation by 50 %
b) Declared goal of achieving glycemic control
c) Government of Kerala's health scheme
d) WHO's scheme related to diabetes
- 14) The degree of vascular involvement is significant when a person with Diabetes has
a) Numbness as the predominant symptom
b) Parasthesia as the predominant symptom
c) Claudication
d) When painless ulcers develop
- 15) The following represent symptoms of significant Neuropathy in a person with diabetes except
a) Numbness b) Dry feet c) Painful ulcers
- 16) What is the lifetime risk of Foot ulcers developing in a person with diabetes?
a) 30% b) 60% c) 40% d) 15%
- 17) Hawaii (web-strap slipper), should not be used by persons with diabetes neuropathy because
a) They are costly b) They are cosmetically improper
c) They accentuate toe deformities d) None of the above
- 18) In persons with longstanding diabetes, toe nails are
a) thick b) deformed c) with fungal infection d) all of the above
- 19) All toes have three phalanges except
a) Middle toe b) great toe c) little toe
- 20) In persons with long standing diabetes, peripheral vessels commonly affected are
a) Aorto iliac b) Ileo femoral c) Infrapopliteal d) Foot vessels
- 21) Wound dressing should have following characteristics
a) to remove excess exudates b) maintain humidity c) allow gaseous exchange
d) prevent secondary infection e) all of the above

- 22) Chronic plantar ulceration results because of
a) Uncontrolled diabetes b) Decreased phagocytosis c) Increased plantar pressure
d) Non enzymatic glycation
- 23) Charcot Neuroarthropathy is also seen in
a) Motor neurone disease b) Rheumatoid arthritis c) Leprosy d) Gout
- 24) Total contact cast is used for the treatment of
a) Infected plantar ulcer b) Non healing non infected plantar ulcer
c) Cellulitis
- 25) Preventive foot wear should have following characteristics except
a) Narrow toe box b) Soft insole c) Rigid outsole d) Extra depth
- 26) High risk feet are
a) With loss of protective sensations b) With deformities
c) Previous history of ulceration d) With diminished blood supply
e) All of the above
- 27) Deep plantar infections are usually
a) Monomicrobial b) Polymicrobial c) Fungal d) Sterile
- 28) Management of infected diabetic foot consists of following except
a) Antibiotics b) Glycemic control c) Off-loading d) Debridement
e) Platelet derived growth factor
- 29) Persons with diabetic neuropathy should buy foot wear in the
a) Morning b) Noon c) Evening
- 30) Which of the following have been proposed as the etiology of limited joint mobility
a) Non enzymatic glycation b) Motor neuropathy
c) Cheiroarthropathy d) None of the above

ANSWERS

1. b
2. a
3. b
4. b
5. c
6. c
7. c
8. c
9. b
10. a
11. d
12. a
13. a
14. c
15. c
16. d
17. c
18. d
19. b
20. c
21. e
22. c
23. c
24. b
25. a
26. e
27. b
28. e
29. c
30. a

