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39	A	B	C	D	E

PRACTICE QUESTIONS

Saudi Commission For Health Specialties (SCFHS)

PHYTH

Physical Therapy Assistant

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Saudi Commission For Health Specialties (SCFHS) PHYTH , each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, PHYTH
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

Which activity is within the documented scope of practice of a licensed Physical Therapy Assistant (PTA)?

- ☐ A Performing the initial evaluation and establishing the plan of care for a new patient
- ☒ B Documenting patient progress and treatment interventions performed within the established plan of care
- ☐ C Diagnosing a new musculoskeletal condition and ordering diagnostic imaging
- ☐ D Independently modifying the goals of the plan of care without consulting the supervising Physical Therapist

ANSWER B

WHY PTAs work under the direction and supervision of a Physical Therapist. Performing the initial evaluation, diagnosing, ordering imaging, and independently changing the plan of care or goals are Physical Therapist responsibilities. Documenting treatment and patient progress within the existing plan of care is a core PTA function.

QUESTION 2

SINGLE CHOICE

A patient participating in a therapeutic exercise program reports chest discomfort and shortness of breath. Which is the most appropriate immediate action for the Physical Therapy Assistant?

- ☐ A Continue the exercise at a lower intensity and monitor the patient closely
- ☒ B Stop the activity, keep the patient calm and seated or lying down, and alert the supervising Physical Therapist and nursing staff immediately
- ☐ C Encourage the patient to take deep breaths and continue the session after symptoms resolve
- ☐ D Increase the exercise intensity to assess exercise tolerance

ANSWER B

WHY Chest discomfort and shortness of breath during exercise may indicate a cardiac event. The PTA must stop the activity, ensure the patient is at rest, and immediately notify the supervising Physical Therapist and nursing/medical staff. Continuing or intensifying the activity is unsafe.

QUESTION 3

SINGLE CHOICE

When transferring a patient who can partially bear weight from the bed to a wheelchair, which transfer technique is most appropriate for a single PTA to use?

- ☐ A Two-person manual lift with under-axilla support
- ☒ B Stand-pivot transfer with appropriate verbal cues and a gait belt
- ☐ C Slide board transfer with the patient seated independently without assistance
- ☐ D Supine transfer using a draw sheet by a single caregiver

ANSWER B

WHY For a patient with partial weight-bearing ability, a stand-pivot transfer with a gait belt and verbal cues is the appropriate assisted transfer. Two-person manual lifts should be avoided, slide boards require patient cooperation/positioning, and single-person draw-sheet transfers are not safe for bed-to-chair transfers.

QUESTION 4

SINGLE CHOICE

Which sequence correctly describes the steps of hand hygiene using an alcohol-based hand rub according to standard infection control practice?

- ☐ A Wet hands, apply soap, scrub for 5 seconds, rinse, and dry with a paper towel
- ☒ B Apply product to dry hands, rub palms together, interlace fingers, cover all surfaces until dry, approximately 20–30 seconds
- ☐ C Apply product to dry hands, rinse under running water, and dry with an air dryer
- ☐ D Wipe hands with a paper towel soaked in alcohol and discard

ANSWER B

WHY Alcohol-based hand rub is applied to dry hands and rubbed over all surfaces (palms, backs, between fingers, thumbs, fingertips) until the product dries, typically 20–30 seconds. Soap and water (not alcohol rub) requires rinsing; rinsing after alcohol rub is incorrect and reduces efficacy.

QUESTION 5

SINGLE CHOICE

Which type of exercise is most appropriate to improve a patient's ability to climb stairs after a lower extremity injury?

- ☐ A Passive range of motion exercises to the ankle joint
- ☒ B Closed-chain functional exercises such as mini-squats and step-ups
- ☐ C Isometric contractions of the upper extremities only
- ☐ D Active assisted range of motion to the cervical spine

ANSWER B

WHY Stair climbing requires weight-bearing, closed-chain lower extremity strengthening, and functional movement patterns such as squats and step-ups. The other options either address unrelated body regions or do not provide the functional strengthening required for stair negotiation.

QUESTION 6

SINGLE CHOICE

Which item should a Physical Therapy Assistant document in the treatment note after a session?

- ☐ A A new short- and long-term goal that was not previously established
- ☒ B Subjective response, interventions performed, objective measurements, and the patient's tolerance to treatment
- ☐ C A medical diagnosis made by the PTA
- ☐ D A change in the plan of care without consulting the supervising Physical Therapist

ANSWER B

WHY Accurate PTA documentation includes the patient's subjective response, interventions provided, relevant objective data, and how the patient tolerated treatment. Establishing new goals, diagnosing, or modifying the plan of care independently are outside the PTA's scope and would not be appropriate documentation entries.

QUESTION 7

SINGLE CHOICE

Which condition is an absolute contraindication to the application of therapeutic ultrasound?

- ☐ A Chronic low back pain without neurological signs
- ☐ B Mild osteoarthritis of the knee
- ☒ C Application over an area with a malignant tumor
- ☐ D Mild muscle spasm of the trapezius

ANSWER C

WHY Therapeutic ultrasound is contraindicated over malignant tumors because the thermal and mechanical effects may promote tumor growth or metastasis. Chronic low back pain, mild osteoarthritis, and mild muscle spasm are not contraindications and are commonly treated with ultrasound when clinically indicated.

QUESTION 8

SINGLE CHOICE

A Physical Therapy Assistant discovers that a colleague has documented a treatment session that was never performed. What is the most appropriate action?

- ☐ A Ignore the incident because it does not directly harm the patient
- ☐ B Confront the colleague aggressively in front of patients
- ☒ C Report the incident through the appropriate supervisory or institutional channel following ethical and legal obligations
- ☐ D Alter the colleague's note to reflect what should have been done

ANSWER C

WHY Falsification of documentation is unethical and potentially illegal. PTAs have an ethical duty to report such conduct through the appropriate supervisory, institutional, or regulatory channels. Ignoring the issue, confronting aggressively in public, or altering records are all inappropriate responses.

QUESTION 9

MULTIPLE CHOICE

Which of the following are correct guidelines when instructing a patient in the use of a standard walker? (Choose two.)

- ☐ **A** The patient moves the walker forward first, then steps forward with the weaker leg followed by the stronger leg
- ☐ **B** The patient steps forward with the stronger leg first, then moves the walker and the weaker leg together
- ☒ **C** The walker height should be adjusted so that the handles are at the level of the patient's wrist crease when standing upright with arms relaxed
- ☒ **D** Rubber tips on the walker legs should be checked regularly and replaced when worn to prevent slipping

ANSWER C - D

WHY With a standard walker, the device is moved forward first, then the weaker leg advances, followed by the stronger leg (option A is incorrect; B reverses the correct sequence). Proper fit (handles at the wrist crease with elbows slightly flexed) and intact rubber tips are essential safety features. Both C and D are correct.