



PROGRAM : BACCALAUREUS TECHNOLOGIAE
PODIATRY

SUBJECT : **PODOPAEDIATRICS**

CODE : **HPMB 411**

DATE : NOVEMBER 2016 EXAMINATION

DURATION : 180 MINUTES

WEIGHT : 50:50

TOTAL MARKS : 160 Marks

EXAMINER : Mrs G Jenkins

MODERATOR : Mrs J Crawford

NUMBER OF PAGES : 7 Pages

INSTRUCTIONS :

- ANSWER ALL QUESTIONS
- MARKS WILL BE ALLOCATED FOR A CLEAR AND LOGICAL EXPOSITION OF THE ANSWER
- PLEASE HAND IN ALL QUESTION AND ANSWER PAPERS TO THE INVIGILATOR

QUESTION 1:

A 12 year old female patient presents in the clinic complaining of painful feet and ankles when weightbearing. She has been extremely active in different sports since the age of 5 years. She describes the pain as dull and aching to sharp. She feels the pain inferior and posterior to the medial malleolus. The pain is felt only in the left foot. The pain had an insidious onset but increased with participation in activity. Pain was relieved after periods of rest .Orthotic treatment had initially relieved the symptoms but the foot had once again become symptomatic.

On examination tenderness was felt along the posterior tibial tendon inferior to the medial malleolus of the left foot. No pain was felt around the navicular but a tender palpable lump was felt inferior and posterior to the medial malleolus. On the left foot there was restricted supination of the subtalar joint, excessive eversion of the subtalar joint and the forefoot was inverted relative to the rearfoot. A severe Pes Plano Valgus was noted on both feet. Gait analysis revealed excessive pronation and calcaneal eversion of both feet.

1.1. Provide an appropriate diagnosis . (1)

1.2. Explain why the child has only become symptomatic now at the age of 12. (3)

1.3 To help confirm your diagnosis you request an X Ray. What view/s would you request? (2)

1.4 Orthotic treatment has not worked, what conservative methods of treatment would you advise? What would you be hoping to achieve? (5)

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[Total 11]

QUESTION 2:

Study the image below



2.1 Provide a suitable diagnosis. (2)

2.2 Discuss what you would expect to find with your clinical examination in a child with this pathology keeping in mind that it could be rigid. (11)

2.3 What would the main goal of treatment be? (4)

[Total 17]

QUESTION 3:

A mother presents with her 6 year old son in the podiatry clinic. After examining him you diagnose him with Legge-Calve-Perthe disease.

3.1 Give an account of how you would explain this pathology to the mother so that she understands what is happening to her son. (13)

[Total 13]

QUESTION 4:

4.1 Differentiate between femoral anteversion and femoral retroversion. (7)

4.2 Name the angle you would use to measure femoral anteversion and femoral retroversion. (1)

4.3 List three possible causes of in toeing gait apart from hip pathology. (3)

[Total 11]

QUESTION 5:

You have been appointed as the paediatric podiatrist at a leading children's hospital and your task is to develop a protocol for podiatric history taking of children aged one to five.

5.1 List the main questions you would ask the mother or care giver. What is the reason for asking these questions? (10)

[Total 10]

QUESTION 6:



- 6.1 Study the image above and identify the pathology. (1)
- 6.2 At what age would this pathology begin to manifest itself? (2)
- 6.3 Describe how this pathology would present. (4)
- 6.4. Prescribe an appropriate treatment plan for this patient. What other advice could you offer this patient? (6)
- 6.5 As part of your assessment of a child you are required to perform a dermatological examination. Provide an explanation of how you would perform this examination and what relevant questions you would ask to help you reach your diagnosis. (14)

[Total 27]

QUESTION 7:

An 11 year old girl presented in the clinic. Her mother was worried as her gait has changed significantly in the past two years. She sways when walking, has difficulty

squatting and climbing down stairs. There is no history of tripping when walking and no muscle wasting is apparent. She has a wide base of gait when walking and she appears very unstable.

7.1 Provide a diagnosis. (1)

7.2 Given your diagnosis what neurological tests would you perform on this patient to help confirm your diagnosis? What results would you expect to see for each test?

Tabulate your answer. Please note I don't require you to simply write out an entire neurological examination. Your tests need to relate directly to your diagnosis. You will be penalized if you don't follow instructions (15)

[Total 16]

QUESTION 8:

8.1 Differentiate between a UCBL and a Shaeffer plate (4)

8.2 Explain the parameters of a gait plate for an out toeing gait. You may draw a well labeled diagram to help explain your answer. (4)

8.3 Should a patient present in the clinic with a Pes Cavus deformity describe what type of orthotic you would make and what you would be hoping to achieve by using the orthotic (9)

[Total 17]

QUESTION 9:

9.1 Discuss how and why participation in sport can have a negative impact on a child's mental and physical well being. (15)

[Total 15]

QUESTION 10:



10.1 Study the image and identify the pathology (1)

10.2 Provide a differential diagnosis for this pathology. (1)

10.3 Discuss the signs and symptoms that you would expect a patient with this pathology to present with. (13)

10.4 Discuss what treatment would be appropriate for a patient suffering with this pathology (8)

[Total 23]

GRAND TOTAL: 160 MARKS