

Mapping of Sample Written Component Questions to the PCE Blueprint

Sample Questions	PCE Blueprint 2018 ¹		PCE Blueprint 2009	
Vignette for items 1 - 3	A 3-month-old baby boy with a diagnosis of congenital muscular torticollis requires physiotherapy in an out-patient department.			
1. On palpation, the physiotherapist finds tightness of the left sternocleidomastoid muscle. Which of the following positions would the baby most probably maintain his head in? A. Right lateral flexion and rotation to the right. B. Right lateral flexion and rotation to the left. C. Left lateral flexion and rotation to the left. D. Left lateral flexion and rotation to the right.	Area of Practice	Musculoskeletal	Area of Practice	Neuromusculoskeletal
	Condition	01.01.14 Congenital malformations (e.g., talipes equinovarus, hip dysplasia)	Condition	01.01.14 Congenital malformations (e.g., talipes equinovarus, hip dysplasia)
	Domain	Physiotherapy Expertise	Function	Assessment & Evaluation
	Entry-to-Practice Milestone	1.4.2 Identify client's body structure and function impairments, activity limitations and participation restrictions.	Code	02.01.02.03 Examine and evaluate neuromusculoskeletal, neurological, cardiopulmonary-vascular, integumentary and other systems using appropriate tests and measures.
2. The physiotherapist teaches a home program to the baby's parents. Which of the following instructions should be emphasized? A. Incorporating the exercises into the child's daily routine. B. Pursuing the exercises intensively at frequent intervals during the day. C. Carrying out the exercises only when the child is awake and can participate. D. Doing the exercises only when the child is asleep.	Area of Practice	Musculoskeletal	Area of Practice	Neuromusculoskeletal
	Condition	01.01.14 Congenital malformations (e.g., talipes equinovarus, hip dysplasia)	Condition	01.01.14 Congenital malformations (e.g., talipes equinovarus, hip dysplasia)
	Domain	Scholarship	Function	Interpretation, Planning, Intervention and Re-Evaluation
	Entry-to-Practice Milestone	6.1.2 Incorporate client context into clinical decision-making.	Code	02.02.03.04 Select and justify treatments and procedures using the best available evidence considering environmental factors, safety factors, family/cultural factors, and client's impairments, activities, and participation levels.
3. The baby's torticollis improves with physiotherapy treatment. However, follow-up assessment at 8 months of age reveals a motor delay. Which of the following assessment tools should the physiotherapist use to determine the child's motor performance in relation to his peers? A. Alberta Infant Motor Scale (AIMS). B. Gross Motor Function Measure (GMFM). C. Ashworth Scale. D. Functional Independence Measure (FIM).	Area of Practice	Musculoskeletal	Area of Practice	Neuromusculoskeletal
	Condition	01.01.12 Inflammatory/infectious conditions of the musculoskeletal system (e.g., osteomyelitis)	Condition	01.01.12 Inflammatory/infectious conditions of the neuromusculoskeletal system (e.g., osteomyelitis)
	Domain	Physiotherapy Expertise	Function	Assessment & Evaluation
	Entry-to-Practice Milestone	1.3.7 Select and perform appropriate tests and measures.	Code	02.01.02.01 Select and justify evaluation/assessment procedures based on client needs and expectations, responses, and best available evidence.

¹ The PCE Blueprint 2018 is based on the [Competency Profile for Physiotherapists in Canada \(2017\)](#) and the current [National Physiotherapy Entry-to-Practice Curriculum Guidelines](#).

Sample Questions	PCE Blueprint 2018		PCE Blueprint 2009	
Vignette for items 4-5	A 50-year-old man received full thickness burns to his face, upper body, and arms at work. He is admitted to an acute care facility. He has also been diagnosed with a restrictive pulmonary complication secondary to the burn.			
<p>4. What results would the physiotherapist expect to find on assessment with respect to the client's restrictive pulmonary complication?</p> <p>A. Decreased vital capacity and increased pulmonary resistance.</p> <p>B. Decreased vital capacity and decreased pulmonary resistance.</p> <p>C. Increased vital capacity and increased pulmonary resistance.</p> <p>D. Increased vital capacity and decreased pulmonary resistance.</p>	<p>Area of Practice Cardiovascular-Respiratory</p> <p>Condition 01.03.08 Restrictive pulmonary disease (e.g., fibrosis, asthma)</p>		<p>Area of Practice Cardiopulmonary-vascular</p> <p>Condition 01.03.10 Restrictive pulmonary disease (e.g., fibrosis)</p>	
	<p>Domain Physiotherapy Expertise</p>		<p>Function Assessment & Evaluation</p>	
	<p>Entry-to-Practice Milestone 1.4.2 Identify client's body structure and function impairments, activity limitations and participation restrictions.</p>		<p>Code 02.01.02.03 Examine and evaluate neuromusculoskeletal, neurological, cardiopulmonary-vascular, integumentary and other systems using appropriate tests and measures.</p>	
<p>5. The physiotherapist's caseload has doubled today because of the illness of a colleague. What should the physiotherapist do?</p> <p>A. Complete full treatment for all clients before leaving work.</p> <p>B. Shorten all treatments in order to see all clients within work hours.</p> <p>C. See only the clients who were not seen yesterday.</p> <p>D. Prioritize the clients who would deteriorate without treatment.</p>	<p>Area of Practice Other</p>		<p>Area of Practice Multisystem</p>	
	<p>Condition 01.04.08 Integumentary disorders (e.g., burns, wounds, skin conditions)</p>		<p>Condition 01.04.08 Burns</p>	
	<p>Domain Management</p>		<p>Function Professional Responsibilities</p>	
	<p>Entry-to-Practice Milestone 4.2.2 Address issues related to waitlists, caseloads, and access to services.</p>		<p>Code 02.03.04.08 Establish and manage a transparent prioritization process when demand exceeds ability to deliver services.</p>	

Sample Questions	PCE Blueprint 2018		PCE Blueprint 2009	
Vignette for items 6 - 8	A 60-year-old man with post-polio syndrome is experiencing deterioration of his physical status. He is attending a rehabilitation centre as an out-patient for physiotherapy treatment.			
<p>6. During assessment, the physiotherapist notes weakness of the erector spinae muscle group. Which of the following postures is the physiotherapist likely to observe?</p> <p>A. Decreased thoracic kyphosis. B. Increased lumbar lordosis. C. Decreased lumbar lordosis. D. Thoracic scoliosis.</p>	<p>Area of Practice Neurological</p> <p>Condition 01.02.07 Post-polio syndrome</p> <p>Domain Physiotherapy Expertise</p> <p>Entry-to-Practice Milestone 1.4.1 Interpret assessment findings and other relevant information.</p>		<p>Area of Practice Neurological</p> <p>Condition 01.02.08 Post-polio syndrome</p> <p>Function Assessment & Evaluation</p> <p>Code 02.01.02.03 Examine and evaluate neuromusculoskeletal, neurological, cardiopulmonary-vascular, integumentary and other systems using appropriate tests and measures.</p>	
<p>7. The client has greater paralysis of his left lower extremity. This may be contributing to right knee and ankle pain secondary to overuse. Which one of the following devices should the physiotherapist recommend for the left lower extremity?</p> <p>A. Neoprene knee sleeve. B. Ankle splint (air-cast splint). C. Hinged knee brace. D. Knee-ankle-foot orthosis.</p>	<p>Area of Practice Neurological</p> <p>Condition 01.02.07 Post-polio syndrome</p> <p>Domain Physiotherapy Expertise</p> <p>Entry-to-Practice Milestone 1.5.2 Determine an intervention plan.</p>		<p>Area of Practice Neurological</p> <p>Condition 01.02.08 Post-polio syndrome</p> <p>Function Interpretation, Planning, Intervention and Re-Evaluation</p> <p>Code 02.02.03.04 Select and justify treatments and procedures using the best available evidence considering environmental factors, safety factors, family/cultural factors, and client's impairments, activities, and participation levels.</p>	
<p>8. The client has used crutches for eight years. He states that his ambulation has slowed and longer distances are more fatiguing. Which one of the following aids should the physiotherapist recommend for longer distances in the community?</p> <p>A. Four-wheeled walker. B. Two-wheeled walker. C. Manual wheelchair. D. Power scooter.</p>	<p>Area of Practice Neurological</p> <p>Condition 01.02.07 Post-polio syndrome</p> <p>Domain Physiotherapy Expertise</p> <p>Entry-to-Practice Milestone 1.5.7 Modify intervention plan as indicated.</p>		<p>Area of Practice Neurological</p> <p>Condition 01.02.08 Post-polio syndrome</p> <p>Function Interpretation, Planning, Intervention and Re-Evaluation</p> <p>Code 02.02.04.01.19 Protective, adaptive or assistive devices (e.g., tape, splints, orthotics, prostheses)</p>	

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Vignette for items 9-11	A 54-year-old woman fell on an outstretched right hand while at work. She experienced immediate hand and wrist pain. A Colles' fracture was confirmed on x-ray. After six weeks in a cast, her x-rays showed poor callus formation and she was reporting right shoulder and elbow pain. She was recasted and referred to a private physiotherapy clinic.			
<p>9. Before initiating treatment, the physiotherapist describes the proposed treatment and possible outcomes to the client. Why should the physiotherapist do this?</p> <p>A. To allow the client to make an informed decision about her treatment.</p> <p>B. To allow the physiotherapist to justify the treatment intervention.</p> <p>C. To prevent the client from asking too many questions during treatment.</p> <p>D. To allow the physiotherapist to avoid litigation.</p>	Area of Practice	Musculoskeletal	Area of Practice	Neuromusculoskeletal
	Condition	01.01.07 Fractures, dislocations, subluxations	Condition	01.01.07 Fractures, dislocations, subluxations
	Domain	Professionalism	Function	Professional Responsibilities
	Entry-to-Practice Milestone	7.1.2 Comply with regulatory requirements.	Code	02.03.02.01 Secure informed consent for evaluation/assessment and treatment
<p>10. The physiotherapy assessment of this client reveals pain and muscle guarding in the shoulder, pain from the shoulder to the elbow, and restricted elbow extension. The pain is disturbing the client's sleep. The physiotherapist is concerned that the client may be developing adhesive capsulitis of the shoulder. Limitation in which movements would indicate that the client has a capsular pattern of restriction?</p> <p>A. External rotation > adduction > internal rotation.</p> <p>B. External rotation > abduction > internal rotation.</p> <p>C. Flexion > abduction > external rotation.</p> <p>D. Flexion > abduction > internal rotation.</p>	Area of Practice	Musculoskeletal	Area of Practice	Neuromusculoskeletal
	Condition	01.01.06 Joint derangements/dysfunction (e.g., haemarthrosis/effusion, hyper/hypomobility)	Condition	01.01.06 Joint derangements/dysfunction (e.g., loose bodies, hypermobility, hypomobility)
	Domain	Physiotherapy Expertise	Function	Assessment & Evaluation
	Entry-to-Practice Milestone	1.4.1 Interpret assessment findings and other relevant information.	Code	02.01.02.03 Examine and evaluate neuromusculoskeletal, neurological, cardiopulmonary-vascular, integumentary, and other systems using appropriate tests and measures.
<p>11. Six weeks later, the client has had her cast removed. She has had a bone density study and has been diagnosed with osteoporosis. Which one of the following interventions should the physiotherapist use with caution in the treatment of this client's wrist and hand?</p> <p>A. LASER.</p> <p>B. Interferential current.</p> <p>C. Joint mobilization.</p> <p>D. Soft tissue manipulation.</p>	Area of Practice	Musculoskeletal	Area of Practice	Neuromusculoskeletal
	Condition	01.01.08 Osteoporosis/osteopenia	Condition	01.01.08 Osteoporosis/osteopenia
	Domain	Physiotherapy Expertise	Function	Assessment & Evaluation
	Entry-to-Practice Milestone	1.2.1 Identify client-specific precautions; contraindications and risks.	Code	02.01.02.05 Screen for contraindications and precautions for treatment planning (e.g., medical issues, psychosocial issues, safety issues, language comprehension, educational needs, risk factors and mediators)

Sample Questions	PCE Blueprint 2018		PCE Blueprint 2009	
Vignette for items 12 - 14	A 50-year-old man comes to a private physiotherapy clinic for an aerobic exercise program. He has a 10- year history of insulin-dependent diabetes.			
<p>12. Which signs and symptoms of hypoglycemia should the physiotherapist be aware of that the client may demonstrate while participating in an aerobic exercise program?</p> <p>A. Manic mood, increased energy level. B. Increased temperature, flushed face. C. Weakness, excessive sweating. D. Nystagmus, ringing in the ears.</p>	Area of Practice	Other	Area of Practice	Multisystem
	Condition	01.04.03 Metabolic disorders/conditions (e.g., diabetes)	Condition	01.04.02 Metabolic disorders/conditions (e.g., diabetes)
	Domain	Physiotherapy Expertise	Function	Interpretation, Planning, Intervention and Re-Evaluation
	Entry-to-Practice Milestone	1.2.1 Identify client-specific precautions, contraindications and risks.	Code	02.02.03.04 Select and justify treatments and procedures using the best available evidence considering environmental factors, safety factors, family/cultural factors, and client's impairments, activities and participation levels.
<p>13. In designing the aerobic cycling program for this client, which of the following parameters of exercise should the physiotherapist recommend?</p> <p>A. 4 - 7 days a week for 20 - 60 minutes' duration. B. Daily at 20 - 40% of maximum heart rate. C. Daily at 80 - 90% of maximum heart rate. D. 3 - 5 days a week for 60 - 90 minutes' duration.</p>	Area of Practice	Other	Area of Practice	Multisystem
	Condition	01.04.03 Metabolic disorders/conditions (e.g., diabetes)	Condition	01.04.02 Metabolic disorders/conditions (e.g., diabetes)
	Domain	Scholarship	Function	Interpretation, Planning, Intervention and Re-Evaluation
	Entry-to-Practice Milestone	6.1.1 Incorporate best available evidence into clinical decision-making.	Code	02.02.03.07 Schedule treatments to optimize client's response (e.g., time of day, medication timing).
<p>14. What part of this client's intervention could the physiotherapist assign to the physiotherapist assistant?</p> <p>A. Progression of the exercise program. B. Examination of the feet. C. Assessment of the fitness level. D. Monitoring of the exercise program.</p>	Area of Practice	Other	Area of Practice	Multisystem
	Condition	01.04.03 Metabolic disorders/conditions (e.g., diabetes)	Condition	01.04.02 Metabolic disorders/conditions (e.g., diabetes)
	Domain	Management	Function	Professional Responsibilities
	Entry-to-Practice Milestone	4.5.2 Assign care to personnel involved in physiotherapy service delivery; and monitor delivery.	Code	02.03.04.03 Assign tasks, guide, and supervise activities of support personnel as needed.

Sample Questions	PCE Blueprint 2018		PCE Blueprint 2009	
Vignette for items 15-17	A 62-year-old man presents to the emergency room at an acute care facility with chest pain and shortness of breath. An electrocardiogram (ECG) reveals that he has sustained a myocardial infarction. Once the client has been medically stabilized and transferred to the cardiac care unit, the physiotherapist is asked to assess him and provide treatment.			
<p>15. As a part of the treatment process the physiotherapist discusses risk factor reduction with the client. The client explains that he is unwilling to consider quitting smoking or changing his diet. How should the physiotherapist respond?</p> <p>A. Discuss the need for change with the client's family.</p> <p>B. Discuss the client's reluctance to change with the physician.</p> <p>C. Explain the risks of these behaviours, but respect the client's decision.</p> <p>D. Explain to the client that change is essential, or his health will deteriorate.</p>	Area of Practice	Cardiovascular-Respiratory	Area of Practice	Cardiopulmonary-vascular
	Condition	01.03.02 Myocardial ischaemia and infarction	Condition	01.03.02 Myocardial ischaemia and infarction (including surgical interventions)
	Domain	Professionalism	Function	Professional Responsibilities
	Entry-to-Practice Milestone	7.2.1 Use an ethical framework to guide decision-making.	Code	02.03.01.01 Respect the knowledge, rights, confidentiality, and dignity of client and family.
<p>16. The client is concerned about the effect of his myocardial infarction on his planned vacation in six months' time. Which of the following factors should the physiotherapist discuss that might affect the client's exercise tolerance on his vacation?</p> <p>A. Altitude and change in diet.</p> <p>B. Altitude and cold temperature.</p> <p>C. Change in diet and time change.</p> <p>D. Cold temperature and time change.</p>	Area of Practice	Cardiovascular-Respiratory	Area of Practice	Cardiopulmonary-vascular
	Condition	01.03.02 Myocardial ischaemia and infarction	Condition	01.03.02 Myocardial ischaemia and infarction (including surgical interventions)
	Domain	Scholarship	Function	Interpretation, Planning, Intervention and Re-Evaluation
	Entry-to-Practice Milestone	6.1.1 Incorporate best available evidence into clinical decision-making.	Code	02.02.05.04 Educate the client, family/significant others about the condition, self-management, coping and prevention strategies.
<p>17. After five days of successful treatment in the acute care facility, the client is ready to be discharged home. Prior to the discharge, which of the following should the physiotherapist complete?</p> <p>A. Graded exercise testing and complete VO2 Max test.</p> <p>B. Review home exercise program and complete VO2 Max test.</p> <p>C. Graded exercise testing and complete a referral to occupational therapy.</p> <p>D. Review home exercise program and encourage participation in an out-patient rehabilitation program.</p>	Area of Practice	Cardiovascular-Respiratory	Area of Practice	Cardiopulmonary-vascular
	Condition	01.03.02 Myocardial ischaemia and infarction	Condition	01.03.02 Myocardial ischaemia and infarction (including surgical interventions)
	Domain	Physiotherapy Expertise	Function	Interpretation, Planning, Intervention and Re-Evaluation
	Entry-to-Practice Milestone	1.6.3 Prepare client for discharge or transition of care.	Code	02.02.05.07 Educate client, family, and healthcare and other service providers about transitions (e.g., change in level of care, care provider or care funder), other services, and discharge plans.

Sample Questions – Stand alone	PCE Blueprint 2018		PCE Blueprint 2009	
<p>18. An 8-month-old baby girl is referred to a physiotherapy out-patient clinic for treatment of her poor head control. Physiotherapy evaluation demonstrates abnormal muscle tone and strong primitive reflexes. When asked by the parents about her diagnosis, what should the physiotherapist reply?</p> <p>A. The child has symptoms of cerebral palsy. B. The child has symptoms of Werdnig-Hoffmann disease. C. It is too early to discuss a diagnosis for this child. D. They should seek this information from the treating doctor.</p>	Area of Practice	Cardiovascular-Respiratory	Area of Practice	Cardiopulmonary-vascular
	Condition	01.03.06 Acute lung injury (e.g., adult/infant respiratory distress syndrome, pneumothorax)	Condition	01.03.07 Adult/infant respiratory distress syndrome (e.g., acute lung injury)
	Domain	Collaboration	Function	Interpretation, Planning, Intervention and Re-Evaluation
	Entry-to-Practice Milestone	3.1.1 Identify practice situations that may benefit from collaborative care.	Code	02.02.01.03 Determine need for physiotherapy treatment, collaboration, consultation, or referral.
<p>19. A physiotherapist in a rehabilitation center is treating a 58-year-old male who has sustained a cerebrovascular accident with mild receptive aphasia. To help the client better understand commands, what is the most effective method of communication that the physiotherapist should use?</p> <p>A. Speak louder emphasizing key words. B. Give details to clarify commands. C. Provide written and visual cues. D. Repeat detailed commands.</p>	Area of Practice	Neurological	Area of Practice	Neurological
	Condition	01.02.01 Cerebral vascular accident/transient ischemic attack	Condition	01.02.01 Cerebral Vascular Accident/transient ischemic attack
	Domain	Communication	Function	Interpretation, Planning, Intervention and Re-Evaluation
	Entry-to-Practice Milestone	2.3.3 Adjust communication based on level of understanding of recipient.	Code	02.02.05.02 Use teaching and communication strategies with clients and family members.
<p>20. An 85-year-old man has been transferred to a long-term care facility shortly after his wife's death. He is demonstrating signs of depression. His mobility is progressively deteriorating and he has been referred to physiotherapy for treatment. How should the physiotherapist proceed?</p> <p>A. Suggest that he increase his hours of sleep and provide a bed exercise program. B. Address what he perceives as his problems and develop an activity program. C. Encourage him not to focus on his losses and start making new friends in his new home. D. Provide an activity program to assist with mobility and then discharge.</p>	Area of Practice	Other	Area of Practice	Multisystem
	Condition	01.04.10 Complex conditions (multiple systems/diagnoses)	Condition	01.04.01 Episodic disease (e.g., oncology, HIV/AIDS, autoimmune disorders, rheumatic diseases, haemophilia)
	Domain	Leadership	Function	Interpretation, Planning, Intervention and Re-Evaluation
	Entry-to-Practice Milestone	5.1.2 Foster client engagement in finding solutions to address health needs.	Code	02.02.03.04 Select and justify treatments and procedures using the best available evidence considering environmental factors, safety factors, family/cultural factors, and client's impairments, activities and participation levels.

