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# Medical Tests

## NBCOT-COTA

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# Latest Version: 6.0

## Question: 1

An OTA is offered a cash gift as a thank you for excellent treatment. What is the BEST thing to do in this case?

- A. Accept the gift and purchase tools for occupational therapy
- B. Donate the money to charity
- C. Decline the gift
- D. Accept the gift and give it to the facility's therapy department

**Answer: C**

Explanation:

According to the OT Code of Ethics, therapists should not enter into transactions that could be interpreted as financially exploitative. In this case, the best option is to politely decline the gift. The other options are incorrect, since they involve accepting the gift.

## Question: 2

What muscle grade is appropriate for shoulder flexion that moves through the full range of motion but is unable to resist a full force application from the clinician?

- A. 2
- B. 3
- C. 4
- D. 5

**Answer: C**

Explanation:

The muscle tested resists some but not full force and moves through the full range of motion against gravity, so it gets a grade of 4.

- Grade 0: demonstrates flaccidity and no strength
- Grade 1: demonstrates muscle tension but no movement during range of motion attempts
- Grade 2: demonstrates full range of motion only in a gravity-eliminated position
- Grade 3: muscle breaks immediately with force and completes full range of motion
- Grade 4: maintains the testing position with moderate force and also completes the full range of motion
- Grade 5: maintains the testing position with full force and also completes the full range of motion

## Question: 3

When an OTA is taking measurements for back height on a wheelchair, what dimensions might be taken based on a patient's trunk control and activity level?

Select the three BEST responses.

- A. Pelvis to upper back
- B. Scapula to mid-back
- C. Scapula to low back
- D. Seat surface to scapula
- E. Seat surface to axilla
- F. Seat surface to top of the shoulder

**Answer: DEF**

Explanation:

When taking back height measurements, a therapist might measure from the seat surface to the scapula, seat surface to the axilla, or the seat surface to the top of the shoulder.

The scapula to the low and mid-back is not appropriate, nor is the pelvis to the upper back.

#### **Question: 4**

A 50-year-old patient with a history of hypertension and coronary artery bypass graft (CABG) x2 presents to OT following a shoulder injury. The OT plan of care states that the patient is to participate in strengthening exercises to improve shoulder function. What type of strengthening might this patient benefit from?

Select the three BEST responses.

- A. 3 sets of 5 repetitions of shoulder forward flexion using theraband pulleys
- B. Reaching for 4-lb weights on a chest-level shelf
- C. Exercises that involve isometric contractions
- D. Codman's exercise
- E. Manual edema mobilization
- F. Exercises that involve isotonic contractions

**Answer: ABF**

Explanation:

Isotonic contractions involve lengthening and shortening the muscles with movement, so this is an appropriate way to improve strength. Reaching for 4-lb weights on a shelf is not only a strengthening activity, but it prepares the patient for functional tasks such as meal prep and laundry. Completing low repetitions of resistance exercises (such as when using theraband pulleys) is another good way to address shoulder strength.

Exercises involving isometric contractions are contraindicated for those with hypertension and cardiac problems, so they would not be appropriate for this patient. Manual edema mobilization is not an intervention for strength; it decreases edema. Codman's exercise involves gentle PROM after shoulder surgery, so this also does not address strength.

## Question: 5

Which of the following is NOT a principle of neurodevelopmental treatment (NDT)?

- A. Focus on normalizing movement in an affected limb
- B. Prevent appearance of primitive reflexes
- C. Promote movements and activities that increase muscle tone
- D. Focus first on postural control

**Answer: C**

Explanation:

With a patient who has a CNS impairment, such as a brain injury, NDT does not promote activities that increase tone, but rather seeks to normalize tone and minimize spasticity.

The other options are principles of NDT treatment.

## Question: 6

A young man with a T6 SCI wants to continue driving after his accident. What is the MOST appropriate driving modification for him?

- A. Hand controls
- B. Zero-effort steering
- C. Pedal extensions
- D. Steering knobs

**Answer: A**

Explanation:

Hand controls are used instead of brake and gas pedals to drive a car without requiring leg use. Pedal extensions provide extra length to the pedals if an individual is unable to reach them, but they will not help if a patient is not able to control their legs for braking and accelerating. Zero-effort steering provides assistance in steering the wheel when diminished arm use is present. Steering knobs allow for steering a car with one hand only.

## Question: 7

A 31-year-old male sustained a C6 spinal cord injury 3 weeks ago. He is now medically stable, so the OTA is beginning to work on self-feeding. What adaptive equipment might this patient benefit from? Select the three BEST responses.

- A. Universal cuff
- B. Rocker knife
- C. Sock aid

- D. Slide board
- E. Zipper pull
- F. Plate guard

**Answer: ABF**

Explanation:

A patient with a C6 SCI might benefit from a rocker knife, plate guard, universal cuff, large-handled cup, or scoop dish to help with self-feeding.

This patient might also benefit from a sock aid, slide board, and zipper pull, but these pieces of equipment do not assist with feeding.

### Question: 8

Which of the following motivators is LEAST appropriate to increase patients' participation in an activity?

- A. Choice of activity
- B. Praise
- C. Ability to succeed
- D. A preferred snack

**Answer: D**

Explanation:

Food, especially candy, is motivating for children. But, it should not be the primary motivator for participation, since someone can develop an unhealthy food relationship.

Praise, the ability to succeed, and providing choices about what activities to engage in are more appropriate and favored motivators.

### Question: 9

A patient presents with impaired shoulder range of motion and can only attain 90 degrees of flexion. Which task will the patient have difficulty performing with this arm?

- A. Getting food off an overhead shelf
- B. Putting on a shirt
- C. Brushing teeth
- D. Throwing a ball

**Answer: A**

Explanation:

The average normal range of motion for shoulder flexion is 0 degrees to 180 degrees. Shoulder flexion that is limited to 90 degrees means that the patient is only able to raise their arm to approximately shoulder level and, therefore, will have difficulty performing any task higher than shoulder level.

The other tasks can all be performed with shoulder flexion at or below 90 degrees.

## Question: 10

What is considered the best style of group leadership?

- A. Directive
- B. There is no "best" style, since each is applicable in various situations.
- C. Facilitative

**Answer: B**

Explanation:

Each style of leadership has its advantages and disadvantages, which therapists should carefully weigh before employing them.

Directive leadership is best for lower functioning group members who cannot fully engage. Facilitative leadership is ideal for members who have moderate engagement and can work with the therapist to move the group forward.

## Question: 11

If a therapist is using the RADAR approach, what should they do FIRST?

- A. Reassure
- B. Routinely ask
- C. Respond
- D. React

**Answer: B**

Explanation:

As occupational therapists and assistants build rapport with their patients, they can routinely and consistently ask patients if they are experiencing abuse. The other options are not part of the RADAR method.

## Question: 12

An OTA is collaborating with an OTR to plan activities for group intervention with adolescents who have intellectual disorders. What should be the focus of each of these activities?

Select the three BEST responses.

- A. Collaborating for task performance with family and caregivers when possible
- B. Prevocational pursuits
- C. Cognitive skills

- D. Academic performance
- E. Social participation
- F. Development of community integration skills

**Answer: AEF**

Explanation:

Most intervention for those with intellectual disorders should focus on the development of social and community integration skills. Whenever possible, therapists should also structure collaborative activities alongside family and caregivers.

Academic performance, cognitive skills, and prevocational pursuits are not good areas to focus on for this population.

### **Question: 13**

Which of the following types of child abuse is NOT mandated for reporting by health care professionals?

- A. Physical and sexual abuse
- B. Exploitation
- C. Neglect
- D. Physical, emotional, and sexual abuse

**Answer: B**

Explanation:

Occupational therapy assistants are mandated reporters of child abuse and neglect, according to the federal Child Abuse Prevention and Treatment Act (CAPTA).

Child abuse is considered physical, emotional, or sexual abuse of a child by a relative, caregiver, or any adult. Child abuse also includes neglect. Concerns regarding any form of child abuse should be reported by health care professionals and other mandated reporters.

### **Question: 14**

After undergoing a traumatic brain injury, a patient is no longer able to write in his native language. What is this impairment called?

- A. Asomatognosia
- B. Anosognosia
- C. Astereognosia
- D. Agraphia

**Answer: D**

Explanation:

Agraphia is the inability to write a familiar language following an injury.

Anosognosia is described when an individual does not realize and/or recognize that they have a significant motor impairment. Asomatognosia is characterized by an individual's inability to recognize that the impaired limb belongs to their body. Astereognosis is described as the inability to identify commonly recognized objects by touch without utilizing vision.

## Question: 15

Which term does NOT pertain to the eye?

- A. Conjunctivitis
- B. Optometrist
- C. Ophthalmologist
- D. Spirometry

**Answer: D**

Explanation:

Spirometry is a type of breathing test.

An ophthalmologist is a doctor who can surgically treat issues related to the eye. An optometrist is a doctor who can diagnose and treat medical concerns related to the eye. Conjunctivitis refers to inflammation of the lining of the eyeball and eyelid.

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