

Medical Tests NBCOT-OTR Occupational Therapist Registered®



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Question: 1

Which characteristic is NOT typical of osteoarthritis?

- A. Remissions and exacerbations
- B. Pain
- C. Decreased range of motion
- D. Stiffness

Answer: A

Explanation:

Remissions and exacerbations are characteristic of rheumatoid arthritis, not osteoarthritis.

Osteoarthritis is not a systemic disease, but instead is caused by general continued and daily use of joints throughout the lifetime. It encompasses the remaining symptoms (pain, stiffness, decreased range of motion).

Question: 2

Regarding key terms for payment of occupational therapy services, which describes the entity that provides prescribed equipment, such as a portable oxygen tank to be used by a patient at home?

- A. Provider
- B. Health maintenance organization
- C. Vendor

Answer: C

Explanation:

A vendor provides recommended and/or prescribed equipment to the patient, such as an oxygen tank.

A provider refers to any healthcare professional that provides services to a patient. A health maintenance organization (HMO) is a type of insurance provider.

Question: 3

Volition is comprised of motivating thoughts and emotions that encourage an individual to participate in occupations. What is NOT a factor of human volition?

- A. Interests
- B. Personal causation
- C. Values

D. Habits

Answer: D

Explanation:

Volition is comprised of personal causation, values, and interests that motivate an individual to participate in occupations. Habits refer to the intrinsic attribute "habituation."

The three inherent human elements are volition, habituation, and performance capacity, according to the Model of Human Occupation (MOHO).

Question: 4

For the following goal, which piece of the SMART goal acronym is missing?

The patient will increase lower body dressing from Max Assist to Independent within one week.

- A. Time-limited
- B. Attainable
- C. Relevant
- D. Measurable

Answer: B

Explanation:

Although a patient could potentially improve their lower body dressing skills from Max Assist to Independent within one week, this is most likely not attainable by most patients and could be improved by decreasing the level of independence to Min Assist with a completion timeline of one week.

The goal does have a time-limit, is measurable, and is relevant to daily life.

Question: 5

After a patient undergoes posterolateral hip replacement surgery, it is important that the occupational therapist instruct the patient in hip precautions. Which of the following is NOT a hip precaution for a posterolateral total hip replacement?

- A. No hip adduction
- B. No external rotation
- C. No hip flexion
- D. No internal rotation

Answer: B

Explanation:

For a posterolateral hip replacement, patients are instructed not to internally rotate, adduct, or flex their surgical leg over 90 degrees. Often, this education is stated to patients as "don't turn your toes inward, don't cross your legs, and don't bend over 90."

Question: 6

What form of grasp is displayed when a four-month-old infant holds a small toy block but does not use the thumb?

- A. Primitive squeeze grasp
- B. Palmar grasp
- C. Radial-palmar grasp

Answer: A

Explanation:

According to the Erhardt Prehension Development Levels, at four months of age an infant shows a primitive squeeze grasp when holding a cube. The infant grasps the cube with wrist flexed and does not use the thumb to assist, instead attempting to stabilize the cube against the other hand or another body part.

The radial-palmar grasp uses the thumb and is present at six months of age.

The palmar grasp decreases wrist flexion and stabilization against the other hand. Instead, the infant uses the fingers to press the cube into the palm. This grasp is present at five months of age.

Question: 7

An occupational therapist is promoting the field of occupational therapy with informational handouts at a village community event. She is not looking to promote her own practice but to raise awareness of the profession.

What type of marketing is she using?

- A. Unethical marketing
- B. Differentiated marketing
- C. Undifferentiated marketing
- D. Concentrated marketing

Answer: C

Explanation:

Undifferentiated marketing refers to global marketing strategies not targeted to a specific population.

Concentrated marketing is marketing focused on one particular population. Differentiated marketing refers to using different marketing methods depending on which population is being targeted.

Unethical marketing would not maintain truth in advertising. This should never be practiced.

Question: 8

In what direction does child development occur?

- A. Cephalocaudal/proximal to distal
- B. Distal to cephalocaudal/proximal
- C. Left to right

Answer: A

Explanation:

Motor skills develop from a proximal location (i.e., trunk stability and gross motor) to a distal location (i.e., finger pinch and fine motor).

Question: 9

In regard to typical development of toileting skills, at what age is a child first able to go to the bathroom himself, but continues to require assistance with hygiene and clothing management skills?

- A. 4 years
- B. 2.5 years
- C. 3 years
- D. 1 year

Answer: C

Explanation:

At 3 years of age, the child continues to require assistance with hygiene and clothing management, although he can go to the bathroom and position himself on the toilet.

At 4 years of age, the child can perform hygiene, clothing management, and hand washing independently. At 1 year of age, the child begins to express displeasure with a dirty diaper. At 2.5 years of age, the child consistently urinates in the toilet.

Question: 10

A patient presents with numbness and tingling along the median nerve pathway in the hand, as well as pain in the forearm. What is the likely condition?

- A. Guyon's canal
- B. Pronator teres syndrome
- C. Cubital tunnel syndrome
- D. Carpal tunnel syndrome

Answer: B

Explanation:

Pronator teres syndrome involves compression of the median nerve in the forearm, between the head of the pronator teres. This results in sensory changes in the 1st to 4th digits and proximal forearm pain.

Carpal tunnel syndrome involves compression of the median nerve. This results in sensory changes in the 1st to 4th digits and potentially weakness with grasp.

Guyon's canal involves compression of the ulnar nerve in the wrist. This results in sensory changes and decreased strength in the hand along the ulnar nerve pathway.

Cubital tunnel syndrome involves compression of the ulnar nerve in the elbow. Sensory changes occur along the ulnar nerve path in the elbow and forearm, and it may potentially decrease grip strength.

Question: 11

Which of the following is NOT a characteristic of Parkinson's disease?

- A. Tremor
- B. Large handwriting
- C. Rigidity

Answer: B

Explanation:

A patient with Parkinson's disease will usually display micrographia, which is small handwriting. The other symptoms are characteristic of Parkinson's disease.

Question: 12

Which legislative act protects employees over 40 years of age from being forced to retire?

- A. Age Discrimination in Employment Act
- B. Omnibus Budget Reconciliation Act of 1990
- C. No Child Left Behind Act
- D. Freedom to Work Act

Answer: A

Explanation:

The Age Discrimination in Employment Act protects employees from age-related discrimination and also bans companies from forcing employees 40 years of age or older to retire.

The Freedom to Work Act allows retired individuals to work without reducing the money they receive from Social Security. The Omnibus Budget Reconciliation Act of 1990 concerns residents of skilled nursing facilities. The No Child Left Behind Act concerns education for students with different abilities.

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