

## Chapter 1: Client-Centered Occupational Therapy: Disability and Participation

### Multiple Choice

1. An OTA is working with a client who previously sustained a spinal cord injury and is now utilizing a wheelchair. The client's job is being modified because the client will be unable to resume full job responsibilities as a first-grade teacher. Under the International Classification of Functioning and Disability, how would this scenario be specifically categorized?

- A. Impairment
- B. Activity limitation
- C. Participation restriction
- D. Disability

ANS: C

OBJ: 1.1

2. An OTA is working on a committee to help ensure that public transportation settings continue to offer accessibility for individuals with disabilities. What law is the OTA considering when making these recommendations?

- A. ADA
- B. IDEA
- C. WHO
- D. HIPAA

ANS: A

OBJ: 1.1

3. Initially, occupational therapy practitioners treated individuals with mental illness utilizing a variety of arts and crafts with an occupational focus as a diversion from their conditions. What would be the *best* term to describe this focus?

- A. Purposeful activity
- B. Moral treatment
- C. Physical rehabilitation
- D. Mental rehabilitation

ANS: B

OBJ: 1.2

4. After World War II, the field of occupational therapy shifted focus to placing wounded veterans in job-related occupations as a part of the Rehabilitation Movement. How was this different from the way that occupational therapy practitioners previously treated their clients?

- A. Practitioners began to treat the specific illness of the client.
- B. Practitioners began to treat the client as a whole person.
- C. Practitioners began to set client-centered goals.
- D. Practitioners began to treat clients using the medical model.

ANS: A

OBJ: 1.2

5. How can an OTA help an individual who is experiencing issues with motor skills participate in the purposeful activity of morning ADLs?

- A. Provide hand-over-hand assistance to the client.
- B. Instruct caregivers to purchase preferred grooming items.
- C. Move the ADL routine to a time when the individual is more alert.
- D. Place foam around the handle of a toothbrush to assist with grasp.

ANS: D

OBJ: 1.3

6. An OTA is working with a client who has experienced a spinal cord injury to navigate the grocery store with more independence. The OTA suggests that the client should go to the grocery store during off-peak times to allow the client better maneuverability of her wheelchair. The client is pleased with her ability to grocery shop with more independence. What is this scenario an example of?

- A. Breaking down the activity
- B. Adapting the activity
- C. Purposeful activity
- D. Activity analysis

ANS: C

OBJ: 1.3

7. An OTA is working with a college-aged student who sustained a spinal cord injury in a motor vehicle accident. The student would like to resume attending classes so he can finish his degree. What would be the *best* way to help this student begin reintegration into college life?

- A. Explore the accessibility options on the college campus.
- B. Inquire about online course options.
- C. Suggest that the student enroll at a smaller school.
- D. Register for classes for the next semester.

ANS: A

OBJ: 1.4

8. After working with an elderly client who has received a total hip replacement, the OTA overhears a conversation between the client and his caregiver about the client's lack of independence. The caregiver states that he will do all of the required ADLs and that the client does not need any of the adaptive equipment shown. What would be the *best* response for the OTA?

- A. Educate the caregiver on the importance and benefits of the adaptive equipment.
- B. Respect the wishes of the caregiver and focus treatment on other tasks.
- C. Inform the client that the caregiver is a distraction in therapy sessions.
- D. Inquire about a funding source for the adaptive equipment.

ANS: A

OBJ: 1.4

9. An OTA is working with a client who has just experienced a CVA. The client is rather depressed and frustrated with the drastic changes to her life and body and feels that no one else understands what she is going through. How can the OTA help the client in this situation?

- A. Explain to the client that she can still live her life with the skills that she is learning in the therapy setting.
- B. Help the client explore attending a support group for individuals who have experienced a CVA.
- C. Encourage family and friends to take the client to activities that she once enjoyed doing so that she can begin to participate in them again.
- D. Refer the client to a physician for a psychiatric evaluation.

ANS: B

OBJ: 1.5

10. An OTA is working with a client who has recently sustained a spinal cord injury. While talking with the client and asking about what activities she enjoys doing, the client tends to state that everything is just a blur and that she cannot recall what she enjoyed doing. What might the client *most likely* be experiencing?

- A. Shock
- B. Refusal
- C. Denial
- D. Anger

ANS: A

OBJ: 1.5

11. Throughout the OT process, an OTA is collaborating with an occupational therapist as the evaluation and treatment process is carried out. The OTA has demonstrated competence with several assessment tools and has a good rapport with the clients on her caseload. During the assessment phase, what is the role of the OTA?

- A. Interpret the assessment scores for treatment planning.
- B. Delegate components of the assessment to the occupational therapist.
- C. Report scores on the standardized assessment and client progress.
- D. Select assessments to perform.

ANS: C

OBJ: 1.6

12. An entry-level OTA is beginning a new job in a rehabilitation facility and will be a part of a team of OTAs who are supervised by an occupational therapist. Where can the OTA look to find regulatory information about supervision guidelines?

- A. The regulatory body at the state level
- B. The healthcare facility
- C. The National Board for Certification in Occupational Therapy
- D. The American Occupational Therapy Association

ANS: A

OBJ: 1.6

13. A multidisciplinary team is meeting to discuss the progress of a young adult who has been hospitalized after a motor vehicle accident. What is the *most likely* role of the OTA for participating in the planning process for this team?

- A. Report family concerns to the multidisciplinary team.
- B. Interpret evaluation results and update the client's plan of care.
- C. Take notes during the meeting and report the results to the client.
- D. Report updates on client progress and report back to the occupational therapist.

ANS: D

OBJ: 1.7

14. An OTA is treating a client who is about to be discharged to home from inpatient rehabilitation. Which of the following will the OTA *most likely* do as a part of the discharge planning?

- A. Write discharge goals to be sent to the home health therapist.
- B. Collaborate with the occupational therapist to update the discharge plan.
- C. Conduct an evaluation to determine if the client is safe for discharge.
- D. Arrange for durable medical equipment (DME) to be delivered to the client's home.

ANS: B

OBJ: 1.7