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# NBCOT-COTA

*National Board for Certification of Occupational Therapists  
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**Question: 935**

Which of the following best describes the PICO model in evidence-based practice?

- A. A structure for formulating clinical questions
- B. A method for evaluating occupational therapy interventions
- C. A framework for assessing client satisfaction
- D. A guideline for developing treatment plans

Answer: A

Explanation: The PICO model stands for Patient, Intervention, Comparison, and Outcome, and it helps practitioners formulate clear clinical questions to guide their research and decision-making.

**Question: 936**

What is a potential occupational performance issue for individuals with cognitive impairments due to a stroke?

- A. Difficulty with task completion
- B. Improved communication skills
- C. Increased physical strength
- D. Enhanced social skills

Answer: A

Explanation: Cognitive impairments following a stroke can lead to difficulty with task completion, affecting an individual's ability to engage in daily

activities independently.

**Question: 937**

Which factor is most critical for ensuring the effectiveness of assistive technology in daily life?

- A. The client's engagement and motivation
- B. The cost of the device
- C. Therapist's expertise
- D. Device popularity among peers

Answer: A

Explanation: The client's engagement and motivation are vital for the successful use and integration of assistive technology into their daily routines.

**Question: 938**

Which low vision strategy can enhance a client's independence during meal preparation?

- A. Using dark plates
- B. Providing a clear and organized workspace
- C. Avoiding all visual tasks
- D. Ignoring the client's preferences

Answer: B

Explanation: A clear and organized workspace allows clients with low vision to navigate their environment more effectively and safely during meal preparation.

### Question: 939

In developing intervention strategies, which factor should be prioritized when working with children in a school setting?

- A. The teacher's preferences
- B. The availability of funding for resources
- C. The child's learning style and environment
- D. The therapist's prior experiences

Answer: C

Explanation: Prioritizing the child's learning style and environment ensures that interventions are effective and relevant to their educational needs and context.

### Question: 940

To ensure compliance with state practice acts, occupational therapy practitioners must:

- A. Follow only federal regulations
- B. Adhere to the ethical guidelines of their profession
- C. Be aware of and comply with specific state regulations
- D. Rely on their employer's policies exclusively

Answer: C

Explanation: It is essential for occupational therapy practitioners to be aware of and comply with the specific regulations outlined in their state practice acts to practice legally and ethically.

### Question: 941

What is a critical consideration when prioritizing goals for a client with a history of trauma?

- A. The client's age and gender
- B. The client's emotional readiness to set goals
- C. The therapist's preferred interventions
- D. The length of time in therapy

Answer: B

Explanation: The client's emotional readiness to set goals is crucial for ensuring that the goals are achievable and aligned with the client's current state of mind, promoting engagement.

**Question: 942**

Which of the following is a common secondary complication of prolonged bed rest in older adults?

- A. Improved muscle strength
- B. Pressure ulcers
- C. Enhanced cardiovascular health
- D. Increased flexibility

Answer: B

Explanation: Pressure ulcers are a common secondary complication resulting from prolonged bed rest, highlighting the need for regular repositioning and skin care.

**Question: 943**

Which of the following is a key principle in client-centered care?

- A. Therapists dictate treatment plans without client input
- B. Clients are viewed as partners in their care
- C. Treatment is one-size-fits-all
- D. Only medical professionals are involved in decision-making

Answer: B

Explanation: Client-centered care emphasizes collaboration and partnership between clients and therapists, ensuring that clients are active participants in their treatment plans.

**Question: 944**

For individuals with vestibular processing difficulties, which activity is most appropriate for therapeutic intervention?

- A. Fast-paced video games
- B. High-impact sports
- C. Gentle rocking or swinging
- D. Static postures

Answer: C

Explanation: Gentle rocking or swinging activities provide safe vestibular input that can help improve balance and sensory processing.

**Question: 945**

In evaluating health and wellness programs, which metric is most indicative of success?

- A. Participant retention rates



- B. Improvement in participants' health indicators
- C. Frequency of program offerings
- D. Number of referrals received

Answer: B

Explanation: Improvement in participants' health indicators directly reflects the effectiveness of health and wellness programs, making it a key success metric.

**Question: 946**

What is the primary focus of the therapeutic use of self in occupational therapy?

- A. To showcase the therapist's skills
- B. To build rapport and trust with clients
- C. To apply standardized treatment protocols
- D. To minimize emotional involvement with clients

Answer: B

Explanation: The therapeutic use of self focuses on building rapport and trust, which are vital for effective therapeutic relationships and successful outcomes.

**Question: 947**

Which of the following is a critical consideration when assessing a client for the use of assistive technology?

- A. Client's previous experience with similar devices
- B. The therapist's preferred devices
- C. The cost of the technology
- D. Availability of training materials

Answer: A

Explanation: Understanding the client's previous experience with similar devices helps tailor the training and implementation process for better outcomes.

**Question: 948**

Which of the following best describes chaining as a strategy for managing cognitive deficits?

- A. Using visual aids exclusively
- B. Breaking tasks into smaller components and teaching them sequentially
- C. Encouraging clients to rely on memory alone
- D. Providing no assistance during tasks

Answer: B

Explanation: Chaining involves teaching tasks in a step-by-step manner, making it easier for clients to learn and remember the sequence.

**Question: 949**

Which intervention is MOST effective in improving oral motor skills for children with feeding difficulties?

- A. Gradually introducing new textures and flavors
- B. Limiting food variety
- C. Forcing children to eat faster
- D. Ignoring oral motor practice

Answer: A



Explanation: Gradually introducing new textures and flavors encourages exploration and skill development in oral motor function during feeding.

**Question: 950**

How does race and ethnicity influence health disparities impacting occupational performance?

- A. It has no impact on health outcomes
- B. It universally enhances health outcomes
- C. It can lead to differences in access to healthcare resources
- D. It only affects physical health conditions

Answer: C

Explanation: Race and ethnicity can significantly influence access to healthcare resources and services, leading to disparities in health outcomes that affect occupational performance.

**Question: 951**

What is a primary advantage of using community resources in health education?

- A. Increased costs for clients
- B. Limited accessibility
- C. Broader reach and support networks
- D. Reduced need for client engagement

Answer: C

Explanation: Community resources can provide broader reach and support

networks, enhancing health education efforts by connecting clients with local services and information.

**Question: 952**

Which of the following stages of chronic kidney disease is characterized by a GFR of 15-29 mL/min?

- A. Stage 1
- B. Stage 2
- C. Stage 3
- D. Stage 4

Answer: D

Explanation: Stage 4 chronic kidney disease is defined by a GFR of 15-29 mL/min, indicating severe loss of kidney function.

**Question: 953**

When teaching adaptive strategies for joint protection, which of the following should be emphasized?

- A. The importance of pain tolerance
- B. Using two hands for all tasks
- C. Ignoring discomfort during activities
- D. Avoiding heavy lifting and repetitive motions

Answer: D

Explanation: Avoiding heavy lifting and repetitive motions is critical in joint protection, helping to reduce strain and maintain function.

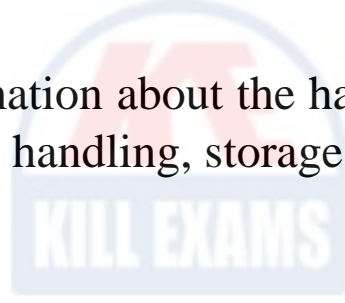
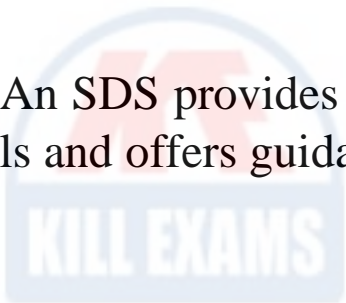
**Question: 954**

What is the primary purpose of a Safety Data Sheet (SDS)?

- A. To provide client information for therapy
- B. To detail hazards and safe handling procedures of chemicals
- C. To list emergency contact numbers
- D. To record patient progress notes

Answer: B

Explanation: An SDS provides vital information about the hazards associated with chemicals and offers guidance on safe handling, storage, and emergency measures.





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