

## **Pendleton: Pedretti's Occupational Therapy, 7<sup>th</sup> Edition**

### **Chapter 1: The Occupational Therapy Practice Framework and the Practice of Occupational Therapy for People with Physical Disabilities**

#### **Application-Based Test Bank**

#### **MULTIPLE CHOICE**

1. An occupational therapy (OT) practitioner is working with a 15-year-old client with a spinal cord injury. After discussing a list of activities of daily living, the client indicated a goal of keeping her thick, curly hair looking attractive. What should the occupational therapist do first?
  - A. Identify a caregiver who will brush and style the client's hair every day.
  - B. Observe whether the client has difficulties manipulating the comb in her hand and through her hair.
  - C. Locate hair-care products that will make thick and curly hair more manageable.
  - D. Teach the client how to use the various assistive devices she will need to brush her hair.

ANS: B

The first thing the OT practitioner should do is (B) to observe whether the client has difficulty brushing her hair, and if so, to identify what those difficulties are. Only then can the occupational therapist (D) determine if any assistive devices are needed and educate the client on their use. While the client identified having nice-looking hair as an important goal, the occupational therapist identifies this as an activity of daily living (ADL) and must turn it into an occupation-based activity. Thus (A), identifying a caregiver to brush and style her hair, would detract from this process. Option (C), locating hair-care products to make the task of brushing hair easier, would be helpful, but this should not be the therapist's first course of action.

DIF: COGNITIVE LEVEL: ADVANCED

2. An occupational therapist is working with a 21-year-old client who has suffered a mild traumatic brain injury as a result of a car accident when he was 6. The client is now exhibiting signs of depression and social anxiety. The OT practitioner has identified therapeutic use of self as the most appropriate intervention method at this time. The OT practitioner should do which of the following?
  - A. Use active listening when the client talks about himself and his injury.
  - B. Arrange for the client to go to a baseball game, where he can relax and enjoy his favorite team.
  - C. Simulate meeting new people in the OT clinic so the client feels more at ease in social situations.
  - D. Provide the client with a list of resources for treatment of depression and social anxiety disorder.

ANS: A

The most important part of this question is the phrase “therapeutic use of self.” The only answer that fits this category is (A), using active listening, because it exhibits the OT practitioner’s empathy and will foster an atmosphere of trust between the client and the therapist. Once trust has been established, the OT practitioner may want to provide the client with resources for treating his depression and social anxiety disorder (D). However, because this is an educational intervention, it is not the correct answer. Similarly, (B) and (C) are incorrect insofar as they are an occupation-based activity and a purposeful activity, respectively.

DIF: COGNITIVE LEVEL: ADVANCED

3. Both Client A and Client B suffered mild strokes. Client A has been an accountant at the same company for the past 25 years and hopes to retire there. Client B is a homemaker who diligently clips coupons, shops sales, and keeps track of spending every day, finding it a fun challenge. Which statement is correct?
- A. Financial management is an activity for Client A and an occupation for Client B.
  - B. Financial management is an activity for both Clients A and B.
  - C. Financial management is an occupation for Client A and an activity for Client B.
  - D. Financial management is an occupation for both Clients A and B.

ANS: D

The correct answer is (D): Financial management is an occupation for both clients. Answer (C) is tempting but incorrect because the term *occupation* in an OT setting refers to more than the client’s employment. Because financial management is of central importance to both clients, it becomes more than just an activity. For both clients financial management is an activity in which they engage, one that adds meaning to their lives and contributes to their identities, and one in which they look forward to engaging. Thus financial management is an occupation for both clients.

DIF: COGNITIVE LEVEL: ADVANCED

4. The OT practitioner observed a client playing a game of cards. During the game the client looped one elbow around the upright of her wheelchair, leaned toward the table, and grasped a card before going across the room to answer a phone call. The actions observed are primarily an example of which of the following?
- A. Process skills
  - B. Performance patterns
  - C. Communication/interaction skills
  - D. Motor skills

ANS: D

The client’s behavior is primarily an example of motor skills (D). The client looped an elbow, leaned forward, and grasped. Answer (C) is tempting insofar as the client engaged in social behavior; however, the social communication was outside of the context of the

card game and does not supply information regarding the way the client conveys his or her intentions and needs. Performance patterns (A) and process skills (B) were not observed in this interaction.

DIF: COGNITIVE LEVEL: ADVANCED

5. An OT practitioner is working with a client with carpal tunnel syndrome. Which of the following is not a preparatory method that the OT can use with the client?
- A. Cock-up splinting to hold the wrist in neutral to 10 degrees of extension
  - B. Tendon-gliding exercises for the long finger flexors
  - C. Ergonomic modification of the client's workspace
  - D. Ultrasound phonophoresis and iontophoresis to reduce inflammation

ANS: C

Although all interventions may be appropriate for this client, (C) is an intervention that would occur through the consultation process and is not a preparatory method. Splints (A), exercises (B), and physical agent modalities (D) are all preparatory methods that can be used to treat carpal tunnel syndrome.

DIF: COGNITIVE LEVEL: ADVANCED

## **Pendleton: Pedretti's Occupational Therapy, 7<sup>th</sup> Edition**

### **Chapter 1: The Occupational Therapy Practice Framework and the Practice of Occupational Therapy for People with Physical Disabilities**

#### **Knowledge-Based Test Bank**

#### **MULTIPLE CHOICE**

1. The *Framework* refers to activities that are oriented toward interacting with the environment and are generally optional (may be delegated to another) as which of the following?
  - A. Activities of daily living (ADLs)
  - B. Instrumental activities of daily living (IADLs)
  - C. Performance skills
  - D. Areas of occupation
  - E. Context

ANS: B

IADLs are by definition complex interactions with the environment that are generally optional and can be delegated to someone else.

DIF: COGNITIVE LEVEL: EASY

2. The *Framework* refers to activities that are oriented toward taking care of one's own body as which of the following?
  - A. ADLs
  - B. IADLs
  - C. Performance skills
  - D. Areas of occupation
  - E. Context

ANS: A

ADLs are by definition those activities that are oriented toward taking care of one's own body. They can also be referred to as *basic ADLs* and *personal ADLs*.

DIF: COGNITIVE LEVEL: EASY

3. The subcategories of care of pets, home management, and shopping are included in which area of occupation?
  - A. Education
  - B. Social participation
  - C. Leisure
  - D. IADLs
  - E. ADLs

ANS: D

Care of pets, home management, and shopping are all activities that involve interaction with the environment and are optional.

DIF: COGNITIVE LEVEL: EASY

4. The effects of a client's culture on his performance of an activity fall within which *Framework* section?
- A. Performance in areas of occupation
  - B. Performance patterns
  - C. Activity demands
  - D. Contexts
  - E. Client factors

ANS: D

The effects of a client's culture on his performance of an activity are a part of the contexts section of the *Framework*.

DIF: COGNITIVE LEVEL: INTERMEDIATE

5. Work is a component of which *Framework* section?
- A. Areas of occupation
  - B. Performance patterns
  - C. Activity demands
  - D. Contexts
  - E. Client factors

ANS: A

Work is an area of occupation.

DIF: COGNITIVE LEVEL: INTERMEDIATE

6. Sequencing and timing are considered in which *Framework* section?
- A. Performance skills
  - B. Performance patterns
  - C. Context
  - D. Activity demands
  - E. Client factors

ANS: D

Sequencing and timing are a part of activity demands.

DIF: COGNITIVE LEVEL: INTERMEDIATE

7. Roles and routines are under which *Framework* section?
- A. Performance skills

- B. Performance patterns
- C. Context
- D. Activity demands
- E. Client factors

ANS: B

Roles and routines are a part of performance patterns.

DIF: COGNITIVE LEVEL: INTERMEDIATE

8. A 10-year-old client is making her bed. She needs two sheets and a pillowcase to do this task. She prefers flannel sheets. This would be considered under which section of activity demands?
- A. Objects and their properties
  - B. Space demands
  - C. Sequence and timing
  - D. Required body structures
  - E. Required actions

ANS: A

Flannel sheets are the materials needed for the 10-year-old to complete her activity.

DIF: COGNITIVE LEVEL: ADVANCED

9. All the members of the 10-year-old client's family are expected to make their own beds after age 5. This would be considered under which section of activity demands?
- A. Objects and their properties
  - B. Space demands
  - C. Sequence and timing
  - D. Social demands
  - E. Required actions

ANS: D

In this client's case, making the bed is a social demand for her family.

DIF: COGNITIVE LEVEL: ADVANCED

10. For the 10-year-old client to make her bed, she will need enough hand strength to pull the corner of the bottom sheet to fit. This would be considered under which section of activity demands?
- A. Objects and their properties
  - B. Space demands
  - C. Sequence and timing
  - D. Required body structures
  - E. Required body functions

ANS: E

Adequate hand strength is a required body function for this client to complete her activity.

DIF: COGNITIVE LEVEL: ADVANCED

11. To make her bed, the 10-year-old client will need to unfold the pillowcase and push the pillow all the way into the case so that the corners of the pillow and case match. This would be considered under which section of activity demands?
- A. Social demands
  - B. Sequence and timing
  - C. Required actions
  - D. Required body function
  - E. Required body structures

ANS: C

Unfolding the pillowcase and pushing the pillow all the way into the case are the required actions needed for this client to complete her activity.

DIF: COGNITIVE LEVEL: ADVANCED

12. Which of the following client factors would be considered a body structure issue?
- A. The client's right thumb was cut off in an industrial accident.
  - B. The client has limited sensation in his left hand.
  - C. The client is incontinent.
  - D. The client has no hearing in his left ear.
  - E. The client's exercise tolerance is very poor.

ANS: A

The absence of the client's right thumb as a result of an industrial accident is the only body structure issue in this list.

DIF: COGNITIVE LEVEL: ADVANCED