

JBReview

PREPARING FOR THE OCCUPATIONAL THERAPY NATIONAL BOARD EXAM 45 DAYS AND COUNTING

EDITED BY

Rosanne DiZazzo-Miller, DrOT, OTR

Assistant Professor

Department of Health Care Sciences, Occupational Therapy Program
Wayne State University
Detroit, Michigan

Joseph M. Pellerito Jr., PhD, OTR, CDI

Associate Professor and Director of the Driving Simulation Research Laboratory (DSRL)
Department of Health Care Sciences, Occupational Therapy Program
Wayne State University
Detroit, Michigan



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Dedication

"I can do all things through Him who strengthens me." Philippians 4:23

To Carey, the love of my life, my unwavering pillar of strength and indomitable support.

To Joseph Alan, Victoria Rose, and Michael Anthony, my three pieces of Heaven on Earth.

*To my parents, Rosina and Vittorio, for their courage to live the great American dream,
so that their children would inherit lives of liberty and happiness.*

To Josie and JoAnne for teaching me everything a little sister needs to know.

Thank you from the bottom of my heart for your unfaltering love and support.

*This book is also inspired by and dedicated to all occupational therapy students who endured
neuro, gross anatomy, groups, and goniometry. Cheers to coming this far and best of luck
to you as you begin your journey as an occupational therapist.*

Rosanne DiZazzo-Miller

To Laura Lynn for being my heart, my hope, and my love.

*To Lillian Alexandra (C'mon Lil!) for bringing light and beauty into my life. You have always
been my girl, and always will be.*

To Joseph III (Jub!) for being the best son in the whole wide world.

*To Ivy Noel (Er's on her scooter, she's running wild!) for being our miracle baby and little dancer,
and making my heart leap for joy.*

Joseph M. Pellerito Jr.

Brief Contents

Welcome to *Preparing for the Occupational Therapy National Board Exam: 45 Days and Counting!* This examination review book is designed to strengthen your learning skills and strategies to assist you in preparing to take the NBCOT OTR examination. This book is divided into nine sections and 25 chapters throughout the 45-day learning cycle. The sections and chapters are reflected in the following Table of Contents.

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Foreword

“Never regard study as a duty, but as the enviable opportunity to learn to know the liberating influence of beauty in the realm of the spirit for your own personal joy and to the profit of the community to which your later work belongs.”

Einstein

This examination review book is a great start for anyone preparing for the NBCOT certification exam. I remember studying for my occupational therapy certification examination. I was living in Hawaii and had an overwhelming urge to go to the beach when I should have been studying. I didn't know what to do or where to start to study for the exam. I felt like I was in over my head. The most difficult step for me was “getting started,” followed by “what do I do now?” What I needed was this examination review book.

Preparing for the Occupational Therapy National Board Exam: 45 Days and Counting provides more than a bank of multiple-choice questions or occupational therapy facts and figures. The authors give readers an invaluable blueprint to guide them through the study process for the examination that grants entry into the occupational therapy profession. The overarching organizational structure that this book provides certainly would have lowered my study stress level. Not only does *45 Days and Counting* give readers a plan of action for studying, it also presents a review of critical information using the latest terminology. Most importantly, the authors provide readers with opportunities to process questions and apply step-by-step clinical reasoning skills to case studies—skills readers will find particularly helpful for the “new” certification.

In our contemporary world, readers will find the supplemental materials in the CD-ROM invaluable. Practicing on computers can only make readers feel more comfortable about the whole process.

So, start following this plan and applying what you know to how you think about the world. Your future in the occupational therapy profession is *45 Days and Counting*. . . .

Barbara L. Kornblau, JD, OTR/L, FAOTA, ABDA, DAAPM, CDMS, CCM
Dean, School of Health Professions and Studies
University of Michigan–Flint
Past President of the American Occupational Therapy Association

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I (Joseph) also would like to extend my heartfelt gratitude and thanks to the following people who have been, and continue to be, an important source of strength, support, and inspiration in my life: Laura Lynn, my wife and best friend; Lily, Joey, and Ivy, my children who were sent from God above; Janet Pellerito, the woman who taught me the meaning of perseverance; and my friend and colleague, Rosanne DiZazzo-Miller. I am grateful for having had the opportunity to work with her on this project and will always cherish and appreciate her work ethic, sense of humor, and intellect. She is a fantastic writer, editor, and scholar! Finally, I would like to acknowledge the one true God almighty; He is the author and source of all knowledge.

We (Rosanne and Joseph) also would like to thank all those special people that helped us complete the constellation of tasks that were involved in successfully completing this book. Thank you to the alumni who participated in our focus group and shared their exam stories with us, which contributed to the spirit of this book. To the contributors who provided their expertise and content for each chapter, thank you for your invaluable time and energy. Thanks to all the reviewers who dedicated their time analyzing their assigned chapters and providing invaluable feedback with this process. Thanks to the authors of the multiple step case study questions, who answered our 11th-hour request and contributed significantly to this project. Finally, we appreciate Fredrick Pociask, our brilliant colleague and friend who helped us remember to laugh throughout this arduous process. He has provided direction on this project with his expertise in teaching and learning . . . A wise one he is.

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With love and gratitude,
Rosanne and Joseph

About the Editors

Rosanne DiZazzo-Miller, DrOT, OTR was born in 1975 in Southfield, Michigan. She received her bachelor's degree from Adrian College, Adrian, Michigan; her master's degree in occupational therapy from Eastern Michigan University, Ypsilanti, Michigan; and her doctoral degree from Nova Southeastern University, Fort Lauderdale, Florida. Having entered academe in 2003, she serves on the faculty at Wayne State University (WSU) in Detroit, Michigan, as well as the part-time faculty in the Occupational Therapy Assistant Program at Wayne County Community College, also in Detroit. Prior to assuming the role of assistant professor, she worked in clinical practice in neurological rehabilitation for clients of all ages with traumatic brain and spinal cord injuries. Throughout her years of experience she served as pediatric team leader for a summer program that focuses on adolescents with traumatic brain injuries, and provided expert witness testimony. She is currently involved in assistive technology consultation for clients with brain and spinal cord injuries, and she is working in collaboration with the Alzheimer's Association of Michigan to provide training for caregivers of people with dementia-related health conditions through a Faculty Research Award Program in the Eugene Applebaum College of Pharmacy and Health Sciences at WSU. Her research interests include various modes of instructional learning delivery and outcomes research. She has presented at the state and national levels. She is a member of the American Occupational Therapy Association and has served on various committees for the Michigan Occupational Therapy Association. Rosanne was awarded the 2008 Eugene Applebaum College of Pharmacy and Health Sciences Excellence in Teaching Award for full-time faculty.

Joseph M. Pellerito Jr., PhD, OTR, CDI was born in 1961 in Detroit, Michigan, and grew up in and around the Motor City. He graduated from Western Michigan University's Honors College in 1984 with a baccalaureate of science (BS) degree in occupational therapy, completed a master of science (MS) degree in rehabilitation technology at Johns Hopkins University in 1994, and a PhD degree at Wayne State University (WSU) in Detroit. Dr. Pellerito is an associate professor and director of the Driving Simulation Research Laboratory (DSRL) in the Eugene Applebaum College of Pharmacy and Health Sciences at WSU in Detroit. He holds a research associate position at the Institute of Gerontology, also at WSU. His scholarship and research interests focus on driver rehabilitation and community mobility. He is participating in several funded research projects that seek to advance knowledge about and understanding of the impact of cell phone use on driver distractibility, driving after stroke and acquired brain injury, the impact of over-the-counter medications on driver performance and driving retirement and its impact on the quality of life among elderly citizens living in and around urban centers within the United States. Dr. Pellerito published the first textbooks on driver rehabilitation and community mobility and driving retirement. He has published numerous other books and articles in journals and online, and speaks on topics of interest locally, throughout Michigan, nationally, and internationally (Canada).

Contributors

Beth Angst, OTR

Senior Occupational Therapist
Children's Hospital of Michigan
Detroit, Michigan

Part-Time Faculty, Occupational Therapy Assistant Program
Wayne County Community College District
Detroit, Michigan

Kimberlee Bond, MOT, OTR/L, ATP

Senior Occupational Therapist, Inpatient Spinal Cord Unit
Rehabilitation Institute of Michigan
Detroit, Michigan

Gerry Conti, PhD, OTR

Assistant Professor, Occupational Therapy Program
Wayne State University
Detroit, Michigan

Doreen Head, PhD, OTR

Program Director and Assistant Professor, Occupational Therapy Program
Wayne State University
Detroit, Michigan

Sophia Kimmons, OTR

Senior Occupational Therapist, Department of Psychiatry and Behavioral Neurosciences
Detroit Receiving Hospital
Detroit, Michigan

Part-Time Faculty, Occupational Therapy Assistant Program
Wayne County Community College District
Detroit, Michigan

Sue Koziatek, MS, OTR

Occupational Therapist, Department of Support and Related Services
Macomb Intermediate School District
Clinton Township, Michigan

Part-Time Faculty, Occupational Therapy Program
Wayne State University
Detroit, Michigan

Contributors

Kurt Krueger, OTR, CHT

Clinical Specialist
Michigan Hand and Sports Rehabilitation Center
Dearborn, Michigan

Deborah Loftus, MOT, OTR

Occupational Therapist
Agility Health
Flatrock, Michigan

Life Skills Community Rehabilitation and Associates
Chelsea, Michigan

Catherine Lysack, PhD, OT(C)

Deputy Director, Institute of Gerontology
Professor, Occupational Therapy and Gerontology
Wayne State University
Detroit, Michigan

Robin Mercer, MHS, OTR

Occupational Therapist, POHI Outreach Department
Wayne Westland Schools
Westland, Michigan

Jon Nettie, MPT

Coordinator, Return-to-Work Services
Rehabilitation Institute of Michigan
Detroit, Michigan

Regina Parnell, PhD, OTR

Master of Occupational Therapy Program Coordinator, Level I Fieldwork Coordinator
Assistant Professor, Occupational Therapy Program
Wayne State University
Detroit, Michigan

Fredrick D. Pociask, PhD, PT, OCS, FAAOMPT

Assistant Professor, Physical Therapy Program
Wayne State University
Detroit, Michigan

Lettie M. Redley, MS, OTR

Assistant Program Director, Occupational Therapy Program
Wayne County Community College District
Detroit, Michigan

Anne T. Riddering, OTR/L, CLVT, COMS

Director of Rehabilitation, Visual Rehabilitation and Research Center of Michigan
Henry Ford Health System
Livonia, Michigan

Susan Ann Talley, DPT, MA

Program Director and Assistant Professor, Physical Therapy Program
Wayne State University
Detroit, Michigan

Diane Thomson, MS, OTR/L, ATP

Senior Occupational Therapist, Inpatient Physical Medicine and Rehabilitation Unit
Rehabilitation Institute of Michigan
Detroit, Michigan

Nancy Vandewiele Milligan, PhD, OTR

Academic Fieldwork Coordinator and Assistant Professor, Occupational Therapy Program
Wayne State University
Detroit, Michigan

CASE STUDY CONTRIBUTORS

Jane Pomper DeHart, MA, OTR/L

Vice President of Operations
Midwest Medical System Work-Safe Occupational Health
Detroit, Michigan

Sue Koziatek, MS, OTR

Occupational Therapist, Department of Support and Related Services
Macomb Intermediate School District
Clinton Township, Michigan

Part-Time Faculty, Occupational Therapy Program
Wayne State University
Detroit, Michigan

Deborah Loftus, MOT, OTR

Occupational Therapist
Agility Health
Flatrock, Michigan

Life Skills Community Rehabilitation and Associates
Chelsea, Michigan

Claudia Morreale, MS, OTR, CLT

Occupational Therapist, Rehabilitation Services
St. John Health System
Macomb, Michigan

Denise Nitta, OTR

Senior Clinician
Rehabilitation Institute of Michigan
Detroit, Michigan

Reviewers

Diane E. Adamo, PhD, OTR

Assistant Professor, Physical Therapy Program
Adjunct Assistant Professor, Institute of Gerontology
Wayne State University
Detroit, Michigan

Mary Kay Currie, OT, BCPR

Multidisciplinary Supervisor
Rehabilitation Institute of Michigan and Harper University Hospital
Detroit Medical Center
Detroit, Michigan

John T. Connelly, MSOL, OTR/L

Instructor and Fieldwork Coordinator
Gannon University
Erie, Pennsylvania

Cristy Daniel, MS, OTR/L

Assistant Professor and Academic Fieldwork Coordinator
College of Saint Mary
Omaha, Nebraska

Jane Pomper DeHart, MA, OTR/L

Vice President of Operations
Midwest Medical System Work-Safe Occupational Health
Detroit, Michigan

Barbara Funk, MS, OTR, CHT

Senior Occupational Therapist and Coordinator, Lymphedema Program
Rehabilitation Institute of Michigan–Novi
Novi, Michigan

Bernadette Hattjar, DrOT, MED, OTR/L, CWCE

Assistant Professor
Gannon University
Erie, Pennsylvania

Reviewers

Sophia Kimmons, OTR

Senior Occupational Therapist, Department of Psychiatry and Behavioral Neurosciences
Detroit Receiving Hospital
Detroit, Michigan

Part-Time Faculty, Occupational Therapy Assistant Program
Wayne County Community College District
Detroit, Michigan

Sue Koziatek, MS, OTR

Occupational Therapist, Department of Support and Related Services
Macomb Intermediate School District
Clinton Township, Michigan

Part-Time Faculty, Occupational Therapy Program
Wayne State University
Detroit, Michigan

Deborah Loftus, MOT, OTR

Occupational Therapist
Agility Health
Flatrock, Michigan

Life Skills Community Rehabilitation and Associates
Chelsea, Michigan

Denise Nitta, OTR

Senior Clinician
Rehabilitation Institute of Michigan
Detroit, Michigan

Pamela Poteete, OTR

Supervisor, Rehabilitation Services
William Beaumont Hospital
Troy, Michigan

Preethy Samuels, PhD, OTR

Research Associate, Developmental Disabilities Institute
Adjunct Faculty Member, Occupational Therapy Program
Wayne State University
Detroit, Michigan

Christi Vicino, MA, OTA/C

OTA Program Director
Grossmont College
El Cajon, California

Callie Watson, OTD, OT

Program Director of Occupational Therapy
College of Saint Mary
Omaha, Nebraska