

Occupational Therapy

Health Professions Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Solo Event: 1 competitor		



New for 2024 – 2025

This is a new event for 2024 - 2025. In the first year, the event will consist of a test only.

TEXAS HOSA

Make sure to read the Texas General Rules and Regulations for the updated “**Electronic Device Policy**”.

Area Spring Leadership Conference The online test for Area will be given in December. The top 3 individual scores from each Area will advance to the State Leadership Conference.

Texas State Leadership Conference

The State written exam will be given in person at Kalahari to those who advanced from each Area. The top 3 individual scores from State will advance to ILC.

Event Summary

The occupational therapy event allows members to gain the knowledge and skills required in occupational therapy. It consists of a written, multiple-choice test. The event aims to inspire members to learn more about the occupational therapy field and provide quality care.

Sponsorship

HOSA-Future Health Professionals is appreciative of the sponsorship of Occupational Therapy by [“Why Choose OT?”](#)



Dress Code

Proper business attire or official HOSA uniform. Bonus points will be awarded for [proper dress](#).

Competitors Must Provide:

- [Photo ID](#)
- Two #2 lead pencils (not mechanical) with eraser

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

Official References

2. The references below are used in the development of the test question.
 - a. [O’Brien and Conners. Introduction to Occupational Therapy. Mosby. Latest edition.](#)
 - b. [Atchison and Durette. Conditions in Occupational Therapy: Effect on Occupational Performance. Wolters Kluwer. Latest edition.](#)

Written Test

3. [Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 minutes.
4. One essay question will be administered with the original test.

5. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.

6. **Test Plan**

The test plan for Occupational Therapy is:

- Profession of OT - 10%
- Occupational Therapy Models of Practice - 10%
- Activity Analysis and Occupation-based Activities - 10%
- Occupational Therapy for Physical Conditions - 20%
- Occupational Therapy for Wellness and Mental Health - 20%
- Occupational Therapy Across the Lifespan: Children, Adults, Older Adults - 20%
- Ethical and Safety Considerations - 10%

7. **Sample Test Questions**

1. A middle-school child with Duchenne's muscular dystrophy may benefit from which of the following to support educational goals? (Atchison and Dirette, p. 90)
(O'Brien and Connors, p. 51)
 - A. **Allowing additional time to transition between classrooms**
 - B. Using a pencil grip to increase handwriting legibility
 - C. Providing a portable touchscreen communication board
 - D. Following a daily schedule to study in a quiet location
2. Which behavior may indicate a patient has progressed from a minor to a major neurocognitive disorder? (Atchison and Dirette, p. 230)
 - A. Becoming disorientated when visiting a new environment
 - B. Withdrawing from participating in social get-togethers
 - C. Forgetting a person's name the day after first meeting them
 - D. **Wearing inappropriate clothing for the weather conditions**
3. What is the primary cause of general deconditioning for an older adult patient who has been receiving treatment in hospital for pneumonia? (Atchinson and Dirette p. 730)
 - A. Sleep disruption and poor nutritional intake
 - B. **Reduced activity level and immobility**
 - C. Reliance on supplemental oxygen for breathing
 - D. Repetitive use syndrome and overtraining

Final Scoring

8. In case of a tie, the essay will be judged and used as a tiebreaker.