OCCUPATIONAL THERAPY ASSISTANTS (OTA) NATIONAL BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. What symptom is typically seen in patients who have experienced a left cerebrovascular accident (CVA)?

A. Impulsive behavior

B. Cautious behavior

C. Loss of field of view

D. Pain in the wrist

2. Which age populations do OTAs frequently work with?

A. Only geriatrics

B. Pediatrics to geriatrics across various needs

C. Only adults

D. Only children

3. What are the implications of obtaining informed consent from clients?

A. Ensures clients have no future rights

B. Only necessary for legal reasons

C. Fosters trust and respects client autonomy

D. Is irrelevant if the therapist is experienced

4. What neuromusculoskeletal feature is commonly exhibited by clients with multiple sclerosis?

A. Intention tremor

B. Muscle spasticity

C. Joint hypermobility

D. Peripheral neuropathy

5. In occupational therapy practice, what does beneficence refer to?

A. The evaluation of client financial status

B. Obligation to act in the best interest of the client

C. The avoidance of difficult clients

D. Setting personal boundaries with clients

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6. What does altruism primarily boost in individuals who extend help to others?

A. Self-esteem

B. Self-confidence

C. Self-concept

D. Self-awareness

7. What does homonymous hemianopsia refer to?

A. Loss of sensory processing abilities

B. Impaired motor control on one side of the body

C. Loss of half of the field of view on the same side in both eyes

D. Difficulty in recognizing faces

8. What is the recommended wheelchair for clients who have undergone recent hip replacement surgery?

A. A reclining manual wheelchair

B. A powered electric wheelchair

C. A standard manual wheelchair

D. A lightweight folding wheelchair

9. What can help OTAs stay informed about the latest advances in their field?

A. Social media groups

B. Continuing education programs

C. Conferences held exclusively for therapists

D. Networking with colleagues only

10. Macular degeneration primarily affects which aspect of vision?

A. Full peripheral vision

B. Night vision

C. Center field vision, causing blurriness

D. Color perception

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Answers

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1. B
2. B
3. C
4. A
5. B
6. C
7. C
8. A
9. B
10. C

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Explanations

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1. What symptom is typically seen in patients who have experienced a left cerebrovascular accident (CVA)?

A. Impulsive behavior

B. Cautious behavior

C. Loss of field of view

D. Pain in the wrist

A left cerebrovascular accident (CVA), commonly known as a stroke, often leads to specific cognitive and behavioral changes due to the areas of the brain that are affected. The left hemisphere of the brain is primarily responsible for language, analytical skills, and logical reasoning. Consequently, individuals who have experienced a left CVA may exhibit cautious behavior. This is often characterized by their increased awareness of their deficits, leading them to be more methodical and careful in their actions. This caution can manifest in both physical tasks and decision-making processes, as they may be more hesitant to engage in activities that could lead to injury or failure due to their impaired skills. In contrast, impulsive behavior is generally associated with right hemisphere strokes, where individuals may exhibit a lack of insight and awareness of their condition. Other options, like loss of field of view or wrist pain, do not directly correlate with the specific symptoms typical of a left CVA, as they are not primary manifestations of left hemisphere damage.

2. Which age populations do OTAs frequently work with?

A. Only geriatrics

B. Pediatrics to geriatrics across various needs

C. Only adults

D. Only children

Occupational therapy assistants (OTAs) play a vital role in supporting individuals across the entire lifespan, which includes working with a diverse range of age populations from pediatrics to geriatrics. This comprehensive approach is fundamental to their training and practice, allowing OTAs to address a variety of needs that can arise at different stages of life. When working with pediatric clients, OTAs engage in activities that promote developmental skills, enhance sensory integration, and assist with physical and cognitive challenges. In contrast, when collaborating with geriatric clients, they focus on maintaining independence, improving functional capacities, and managing age-related conditions such as dementia or arthritis. This versatility is essential because individuals of all ages may require occupational therapy services for various reasons, including injury rehabilitation, developmental delays, mental health support, or chronic illness management. By being trained to work with both pediatric and geriatric populations, OTAs can provide comprehensive care that meets the specific needs of clients throughout their life stages, promoting optimal functioning and quality of life. The other choices, which limit the OTA's focus to only one specific age group, do not reflect the breadth of practice in occupational therapy that encompasses a wide range of clients.

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3. What are the implications of obtaining informed consent from clients?

A. Ensures clients have no future rights

B. Only necessary for legal reasons

C. Fosters trust and respects client autonomy

D. Is irrelevant if the therapist is experienced

Obtaining informed consent from clients is fundamental in occupational therapy as it fosters trust and respects client autonomy. Informed consent involves providing clients with comprehensive information about their treatment, including potential risks, benefits, and alternatives, which empowers them to make educated decisions regarding their care. By engaging clients in this process, therapists acknowledge and affirm the clients' rights to participate in their own treatment choices, promoting a collaborative therapeutic relationship. This process not only enhances the therapeutic alliance but also helps clients feel more comfortable and secure, knowing that they have a say in their treatment path. Respecting autonomy is a core ethical principle in healthcare, and obtaining informed consent is a key component of practicing within this ethical framework. In this way, the practice of obtaining informed consent goes beyond legal compliance; it is essential to providing ethical, compassionate care that prioritizes the client's perspective and preferences.

4. What neuromusculoskeletal feature is commonly exhibited by clients with multiple sclerosis?

A. Intention tremor

B. Muscle spasticity

C. Joint hypermobility

D. Peripheral neuropathy

The most commonly exhibited neuromusculoskeletal feature among clients with multiple sclerosis is the intention tremor. Intention tremors are often characterized by shaking or trembling that occurs when an individual attempts to perform purposeful movements, such as reaching for an object. This type of tremor arises from damage to specific parts of the brain that are involved in coordination and motor control, which can be affected in clients with multiple sclerosis due to demyelination. Having intention tremors can significantly impact a person's ability to perform everyday tasks, as the tremor typically intensifies the closer they get to their target. Understanding this symptom is crucial for occupational therapy assistants in developing effective intervention strategies that address functional mobility and task completion for individuals with multiple sclerosis. Other features like muscle spasticity, joint hypermobility, and peripheral neuropathy can also occur under various circumstances, but intention tremors are particularly distinctive in the context of multiple sclerosis and are commonly recognized as a significant challenge faced by these clients.

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5. In occupational therapy practice, what does beneficence refer to?

A. The evaluation of client financial status

B. Obligation to act in the best interest of the client

C. The avoidance of difficult clients

D. Setting personal boundaries with clients

Beneficence in occupational therapy practice refers to the ethical principle that emphasizes the obligation of practitioners to act in the best interest of their clients. This means that OTAs are required to promote the well-being and welfare of their clients by providing services that enhance their quality of life and enable them to participate in meaningful activities. The focus on beneficence ensures that therapy is client-centered, prioritizing the needs, goals, and preferences of the individual receiving care. When practitioners embody beneficence, they are committed to safeguarding the health and well-being of their clients, making decisions that support their interests, and advocating for them in various contexts. This principle plays a crucial role in fostering trust in the therapeutic relationship and ensuring ethical practice. Engaging in actions that further the client's progress aligns with beneficent practices, ultimately facilitating positive outcomes in therapy. The other options do not accurately represent the concept of beneficence. For instance, assessing financial status may be part of the evaluation process, but it is not about the well-being of the client in a therapeutic context. Avoiding difficult clients does not align with a commitment to client welfare, and while setting personal boundaries is important for professional practice, it does not capture the essence of beneficence in relation

6. What does altruism primarily boost in individuals who extend help to others?

A. Self-esteem

B. Self-confidence

C. Self-concept

D. Self-awareness

Altruism primarily boosts self-concept in individuals who extend help to others because self-concept refers to the way individuals perceive themselves based on their values, beliefs, and social identity. When people engage in altruistic behavior, such as helping others, it reinforces a positive view of themselves and affirms their identity as caring or compassionate individuals. This can enhance their overall self-concept, as they recognize themselves as someone who contributes positively to the well-being of others. Engaging in altruistic acts also provides a sense of purpose and belonging, which are integral components of self-concept. As individuals reflect on their contributions and the impact they have on others' lives, they may develop a stronger and more positive concept of who they are. This growth in self-concept is essential, as it can lead to greater overall life satisfaction and emotional well-being.

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7. What does homonymous hemianopsia refer to?

A. Loss of sensory processing abilities

B. Impaired motor control on one side of the body

C. Loss of half of the field of view on the same side in both eyes

D. Difficulty in recognizing faces

Homonymous hemianopsia is a condition characterized by the loss of vision in the same half of the visual field in both eyes. This typically occurs as a result of damage to the brain, particularly in areas that process visual information, such as the occipital lobe or the optic pathways. When someone has homonymous hemianopsia, they may not be able to see objects or stimuli located in that specific half of their visual field, which can significantly impact their daily functioning and safety. Understanding this condition is crucial for occupational therapy practitioners, as they often work with clients who have visual field deficits. Identifying and addressing the impacts of such a visual impairment can help improve a client's ability to engage in meaningful activities and promote their overall independence. The other options refer to different types of conditions or deficits that are not related to homonymous hemianopsia. Loss of sensory processing abilities, impaired motor control, and difficulty recognizing faces pertain to separate issues in sensory integration, motor function, and cognitive processing rather than specific visual field deficits.

8. What is the recommended wheelchair for clients who have undergone recent hip replacement surgery?

A. A reclining manual wheelchair

B. A powered electric wheelchair

C. A standard manual wheelchair

D. A lightweight folding wheelchair

The recommended wheelchair for clients who have undergone recent hip replacement surgery is a reclining manual wheelchair. This type of wheelchair is designed to provide extra support and comfort, which is essential for individuals recovering from surgery. After a hip replacement, patients may experience pain and limited mobility, and a reclining feature allows for proper positioning that can alleviate pressure on the hips and reduce discomfort. A reclining manual wheelchair also typically has adjustable footrests and backrests, providing versatility and accommodating the patient's specific needs during recovery. It facilitates easier transitions to and from bed, as well, and can help manage swelling or discomfort in the affected area. In contrast, powered electric wheelchairs may not offer the same level of adjustability for recovery support as a reclining manual wheelchair. A standard manual wheelchair may be more limiting in terms of comfort for patients during their healing process, and a lightweight folding wheelchair, while easy to transport, may lack the necessary support features desirable after significant hip surgery.

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9. What can help OTAs stay informed about the latest advances in their field?

A. Social media groups

B. Continuing education programs

C. Conferences held exclusively for therapists

D. Networking with colleagues only

Continuing education programs are a vital resource for Occupational Therapy Assistants to stay informed about the latest advances in their field. These programs are specifically designed to provide systematic instruction and professional development opportunities that reflect current research, emerging practices, and new technologies within occupational therapy. By participating in these programs, OTAs can enhance their skills, gain knowledge about new therapeutic techniques and evidence-based practices, and fulfill licensing requirements, ensuring they remain competent and up-to-date in their profession. While social media groups and networking with colleagues can also provide valuable information and support, they may not always offer the structured and rigorous approach to education that formal continuing education programs provide. Conferences can be excellent for networking and sharing knowledge; however, they may not be accessible to all OTAs due to cost or logistics, and they typically represent just one way to engage in continuing education.

10. Macular degeneration primarily affects which aspect of vision?

A. Full peripheral vision

B. Night vision

C. Center field vision, causing blurriness

D. Color perception

Macular degeneration primarily affects central vision, which can lead to blurriness in the center field of vision. This condition primarily impacts the macula, the central part of the retina that is crucial for sharp, clear vision and for tasks such as reading and recognizing faces. When the macula deteriorates, it hinders the ability to see fine details directly in the line of sight, leading to a central blind spot or blurriness where clear vision is normally expected. In contrast, peripheral vision remains relatively intact, which distinguishes macular degeneration from other types of vision loss. Night vision and color perception can also be affected by different eye conditions, but these are not the primary issues associated with macular degeneration. The hallmark symptom is indeed the blurriness or distortion of vision in the center field, making the selected answer clearly the most accurate representation of how macular degeneration impacts vision.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://otanatlboard.examzify.com

We wish you the very best on your exam journey. You've got this!

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