

CARE Tool Assist Levels

Independent (06) : Completed independently without a helper

Setup/Cleanup (05) : Help to setup or cleanup before or after activity, but no help during the activity

SPV/Touching (04) : Verbal cues, and/or touching/steadying. May have this level of assistance throughout activity or intermittently.

Moderate Assist (03) : Helper does <50% of the effort

Max Assist (02) : Helper does >50% of the effort

Dependent (01) : Helper does all of the effort. Client does none of the effort OR task requires two helpers.

Patient Refused (07)

Not Applicable (09) : Not attempted AND the patient did not perform this activity prior to the illness or injury.

Not attempted d/t Environment (10) : lack of equipment, space, weather constraints

Not attempted d/t Safety (88) : Pt unable to complete the task safely before intervention

Precautions

Spinal

NO bending past 90 degrees

NO twisting the spine

NO lifting more than 5-10 pounds

Hip (Anterior)

NO extension of surgical hip (stepping backwards)

NO crossing legs

NO twisting hips or ankles

Hip (Posterior)

NO flexion of surgical hip past 90 degrees

NO crossing legs

NO twisting hips or ankles

Sternal

NO lifting, pushing, pulling >5-10 pounds

NO reaching behind back or >90 degrees shoulder flexion

Weight-Bearing

FWB- pt allowed to put full body weight on surgical leg

WBAT- pt allowed to bear weight as tolerated

PWB- pt allowed to put certain % body weight on surgical leg

TTWB/TDWB- pt allowed to place toe on ground but bear

less weight than would squish a grape

NWB- pt not to place surgical foot on the ground

Rancho Los Amigos Scale

Level I- No response

Level II- Generalized response

Level III- Localized response

Level IV- Confused, agitated response

Level V- Confused, inappropriate, non-agitated response

Level VI- Confused, appropriate response

Level VII- Automatic, appropriate response

Level VIII- Purposeful, appropriate response

SCI Functional Levels

C1-3- talking, chewing, sipping, blowing

C4- shoulder shrug, respiration

C5- head & neck control, elbow flexion

C6- wrist extension (tenodesis grasp)

C7- elbow extension, wrist flexion,

finger extension

C8-T1- full upper extremity use

T2-T8- increased trunk control & respiration

T9-T12- increased abdominal function and

endurance

L2-L4- Hip flexion & abduction, knee flexion

L4-L5- strong hip and knee flexion

S1-S5- varying degrees of bladder, bowel, and

sexual function

Range of Motion Prompts

Shoulder

Flexion- bring arms straight in front of you as high as they can go

Abduction- bring arms out to the side as high as they can go

Internal Rotation- touch the small of your back

External Rotation- touch the back of your head

Elbow

Flexion/Extension- bend and straighten elbows

Forearm

Pronation/Supination- flip hands like pancakes

Wrist

Flexion/Extension- rev the motorcycle

Fingers

Flexion/Extension- make a fist then straighten your fingers

Manual Muscle Test Grading

0- no visible or palpable contraction

1- no joint motion, but visible or palpable contraction

2- partial ROM against gravity

3- full ROM against gravity

4- full ROM against gravity, able to tolerate mod resistance

5- full ROM against gravity, able to tolerate full resistance

Goal Writing

COAST Method

C- Client

O- Occupation

A- Assist Level

S- Specific Condition

T- Time Frame

SMART Method

S- Specific/Significant

M- Measurable/Meaningful

A- Achievable/Action-Oriented

R- Realistic/Relevant

T- Timely/Trackable

Vital Sign Norms

HR- 60-100 beats/min

BP- <120/<80 mmHg

RR- 12-20 breaths/min

O2 Sat- 95-100%

Reference Guide For Occupational Therapy Assistant

Amy Wagenfeld, DeLana Honaker



Reference Guide For Occupational Therapy Assistant:

Ryan's Occupational Therapy Assistant Karen Sladyk, 2024-06-01 A renowned and cornerstone text for the occupational therapy assistant for more than 30 years is now available in an updated Fifth Edition Continuing with a student friendly format the classic Ryan's Occupational Therapy Assistant Principles Practice Issues and Techniques continues to keep pace with the latest developments in occupational therapy including the integration of key concepts from key documents for the occupational therapy profession such as AOTA's Occupational Therapy Practice Framework Third Edition ACOTE Standards Code of Ethics and Ethics Standards Guidelines for Supervision Roles and Responsibilities During the Delivery of Occupational Therapy Services Diagnostic and Statistical Manual of Mental Disorders Fifth Edition DSM 5 Building on the legacy work of Sally E Ryan Dr Karen Sladyk presents more than 45 chapters in the Fifth Edition of Ryan's Occupational Therapy Assistant Using actual client examples occupational therapy assistant OTA students are guided throughout the process of learning various principles and disabilities to applying that knowledge in a clinical setting What is new inside the Fifth Edition Two new chapters included in the Occupations and Disabilities section on Downs syndrome and diabetes and bipolar disorder Updates of each chapter throughout New evidence based practice and supportive research throughout New color interior design throughout Updated references throughout Included with the text are online supplemental materials for faculty use in the classroom Ryan's Occupational Therapy Assistant Fifth Edition includes a variety of treatment techniques that help students understand how to choose and when to implement certain procedures Group intervention assistive technology and adaptive equipment basic splinting wellness and health promotion and work injury activities are examples of the techniques presented This Fifth Edition also includes specific chapters about evidence based practice and understanding research Chapters on supervision functional ethics and professional development are examples geared toward educating OTA students on how to manage different aspects of their early career A core text for students aspiring to become successful OTAs for more than 30 years Ryan's Occupational Therapy Assistant Principles Practice Issues and Techniques Fifth Edition is the leading textbook to have throughout one's education and early career

Reference Manual of the Official Documents of the American Occupational Therapy Association, Inc American Occupational Therapy Association, 1998

The Reference Manual of the Official Documents of the American Occupational Therapy Association, Inc American Occupational Therapy Association, 2000

Certified Occupational Therapy Assistants Jerry A Johnson, 2013-08-21 This professionally challenging volume focusing on the performance and status of Certified Occupational Therapy Assistants COTAs serves as a basis for reexamination and redefinition of the relationship between occupational therapists and assistants Experts offer constructive possibilities for resolving some of the ongoing conflicts about the appropriate functions and education of COTAs and promote examination of the appropriate levels of function and education for the occupational therapist The selected topics chosen for their value and relevance to all occupational therapists OTRs

COTAs clinicians and academicians address the administrative issues regarding efficient use of COTAs and opportunities for their career development and job satisfaction models of COTA practice described by COTAs who developed and implemented them within the framework of their jobs and issues of concern to COTAs primarily as expressed by COTAs with proposals and strategies for their resolution

Preparing for The Occupational Therapy Assistant National Board Exam: 45 Days and Counting Rosanne DiZazzo-Miller, Fredrick D. Pociask, 2017-08-30 Preparing for the Occupational Therapy Assistant Board Exam 45 Days and Counting provides a comprehensive overview for occupational therapy assistant students preparing to take the Certified Occupational Therapy Assistant COTA exam Each new print copy includes Navigate 2 Preferred Access that unlocks a complete eBook Study Center Homework and Assessment Center Navigate 2 TestPrep with over 500 practice questions

The Successful Occupational Therapy Fieldwork Student Karen Sladyk, 2024-06-01 The Successful Occupational Therapy Fieldwork Student is a stimulating new book that paves the way to the profession of occupational therapy This book fulfills the needs of all OT and OTA students throughout their entire education by fully preparing them for their fieldwork assignments This is an imperative learning tool for all students since all curricula include Level I and II fieldwork requirements ranging from the associate s level to a master s program This complete fieldwork book contains a wide array of topics that guide the reader from the initial planning steps to the completion of successful fieldwork including how to design fieldwork as a supervisor It provides students with the opportunity to not only assess various situations but also utilize their knowledge to demonstrate clinical reasoning A multitude of activities are included from the first page to the last designed to groom students for their fieldwork The Successful Occupational Therapy Fieldwork Student is the ultimate resource for OT OTA students and the clinicians who educate them providing a wealth of information while allowing for clinical reasoning to occur This one of a kind book contains unique features that will prove beneficial to students at varying degrees of education Features Each chapter includes activities and assignments for students to complete as they prepare for fieldwork The text is filled with real life fieldwork student cases The text teaches how to prevent problems that can occur as well as how to fix them when they do

Healthcare Resource and Reference Guide Lorri A. Zipperer, Brian P. Pace, 1993

Occupational Therapy with Elders - E-Book Rene Padilla, Sue Byers-Connon, Helene Lohman, 2011-03-18 The only comprehensive book on geriatric occupational therapy designed specifically for the COTA Occupational Therapy with Elders Strategies for the COTA 3rd Edition provides in depth coverage of each aspect of geriatric practice from wellness and prevention to death and dying A discussion of foundational concepts includes aging trends and strategies for elder care and coverage of emerging areas includes low vision rehabilitation mobility issues including driving and Alzheimer s disease and other forms of dementia Expert authors Ren Padilla Sue Byers Connon and Helene Lohman offer an unmatched discussion of diverse populations and the latest on geriatric policies and procedures in this fast growing area of practice Unique A focus on the occupational therapy assistant highlights the importance of COTAs to the care of elder clients Case studies illustrate

principles and help you apply what you've learned to actual situations Key terms chapter objectives and review questions highlight important content in each chapter Use of the term elder reduces the stereotypical role of dependent patients and helps to dispel myths about aging A multidisciplinary approach demonstrates how the OT and the COTA can collaborate effectively Unique Attention to diverse populations and cultures prepares you to respect and care for clients of different backgrounds Unique The companion Evolve website makes review easier with more learning activities references linked to MEDLINE abstracts and links to related OT sites Unique A discussion of elder abuse battered women and literacy includes information on how the COTA can address these often overlooked issues New information on alternative treatment settings for elders reflects new trends in OT care Updated information on Medicare Medicaid and HIPAA regulations discusses the latest policies and how to incorporate the newest procedures into practice Significant additions are made to the chapters on public policy dementia and oncology

Kinesiology for the Occupational Therapy Assistant Susan Sain, Carolyn Roller, 2024-06-01 The only kinesiology book written by occupational therapy practitioners for the occupational therapy assistant is back with the Third Edition *Kinesiology for the Occupational Therapy Assistant Essential Components of Function and Movement* Third Edition approaches the study of kinesiology by connecting function to the underlying components that make movement possible This text uses a top down approach to showcase the functional level of a client and then guides the reader to ascertain what fundamental kinesiological functions may be causing limitations or decreased engagement in daily activities Occupational profiles introduce occupational therapy assistant students to real life patients and describe occupational therapy treatment and patient outcomes The reader will gain insight into the practice of occupational therapy through solving problems and developing questions needed to assist the client to achieve movement related goals in tasks activities and occupations What's included in the Third Edition Updates to reflect AOTA's model curricula for basic sciences and the OTPF 4 Chapters on kinesiology and therapeutic exercise as well as functional mobility in the home and community Emphasis on function and identification of how and why movement occurs Select standardized tests pinch and grip strength and range of motion norms are noted where appropriate Included with the text are online supplemental materials for faculty use in the classroom *Kinesiology for the Occupational Therapy Assistant Essential Components of Function and Movement* Third Edition is a one of a kind text that will enable occupational therapy assistant students to identify the underlying components that make movement possible

Mosby's Field Guide to Occupational Therapy for Physical Dysfunction Mosby, 2012-05-01 An all in one resource covering the basics of point of care assessment and intervention Mosby's Field Guide to Occupational Therapy for Physical Dysfunction helps you master the skills you need to become competent in occupational therapy OT or as an occupational therapy assistant OTA It is ideal for use as a clinical companion to Mosby's bestselling texts Pedretti's Occupational Therapy Practice Skills for Physical Dysfunction and Physical Dysfunction Practice Skills for the Occupational Therapist Assistant Expert information covers anatomy assessment tools screening tools and more

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OTA Exam Review Manual Karen Sladyk, 2005. Are you a student preparing for the NBCOT exam? Looking for only one study guide to help you prepare for this important day? Wondering what thousands of your peers and fellow students have relied on for their studying needs? The answer is the OTA Exam Review Manual, now available in a completely updated and revised second edition with over 550 questions. This invaluable study tool is designed to guide students through the studying process from start to finish. With a redesigned question format to match the NBCOT exam, more questions, and an on-line testing component, this second edition is a study guide that inspires critical thinking. Karen Sladyk and her co-authors incorporate domain task and knowledge style questions as a way to prepare students for the pace of the NBCOT exam. This collection of questions enables students to think logically for the answers, not just practice for the exam. The OTA Exam Review Manual, Second Edition, also includes an on-line testing component with 250 questions, 50 more than the previous edition. This feature assists students with integrated learning and the ability to maximize their computer testing skills. Covering topics such as study techniques, content outlines, fieldwork, and life after the exam, the OTA Exam Review Manual, Second Edition, is the most current and extensive review on the market for OTA students. Features: Contains 550 questions, 50 more than the previous edition, divided into 11 one-hour test period simulations. Redesigned question format to match new NBCOT exam. Includes a new user-friendly on-line testing component incorporating domain style questions from the book. Worksheets, time organizers, and appendix resources.

The Reference Manual of the Official Documents of the American Occupational Therapy Association, Inc. American Occupational Therapy Association, AOTA, 2007-01-01

Pedretti's Occupational Therapy - E-Book Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2017-03-10. NEW Coverage of the Occupational Therapy Practice Framework (OTPF) 3 increases your understanding of the OTPF 3 and its relationship to the practice of occupational therapy with adults who have physical disabilities. NEW All new section on the therapeutic use of self, which the OTPF lists as the single most important line of intervention, occupational therapists can provide. NEW Chapter on hospice and palliative care presents the evidence base for hospice and palliative care. Occupational therapy describes the role of the occupational therapist with this population within the parameters of the third edition of the Occupational Therapy

Practice Framework OTPF 3 and recommends clinician self care strategies to support ongoing quality care UPDATED Completely revised Spinal Cord Injury chapter addresses restoration of available musculature self care independent living skills short and long term equipment needs environmental accessibility and educational work and leisure activities It looks at how the occupational therapist offers emotional support and intervention during every phase of the rehabilitation program UPDATED Completely revised chapter on low back pain discusses topics that are critical for the occupational therapist including anatomy client evaluation interventions areas client centered occupational therapy analysis and intervention strategies for frequently impacted occupations UPDATED Revised Special Needs of the Older Adult chapter now utilizes a top down approach starting with wellness and productive aging then moving to occupation and participation in meaningful activity and finally highlighting body functions and structures which have the potential to physiologically decline as a person ages NEW and EXPANDED Additional section in the Orthotics chapter looks at the increasing array of orthotic devices available in today s marketplace such as robot assisted therapy to support the weak upper extremity UPDATED Revised chapters on joint range of motion and evaluation of muscle strength include new full color photos to better illustrate how to perform these key procedures EXPANDED New information in the Burns and Burn Rehabilitation chapter including expanded discussions on keloid scars silver infused dressings biosynthetic products the reconstructive phase of rehabilitation and patient education UPDATED and EXPANDED Significantly updated chapter on amputations and prosthetics includes the addition of a new threaded case study on Daniel a 19 year old combat engineer in the United States Army who suffered the traumatic amputation of his non dominant left upper extremity below the elbow

Optimal Collaboration for the Occupational Therapist and Occupational Therapist Assistant Heather Gillespie, 2025-03-07 This book acts as a guide for occupational therapists to develop and continually evaluate trusting working relationships with occupational therapist assistants OTAs resulting in more effective occupational therapy service delivery to clients To combat the misunderstandings between occupational therapists and OTAs this book provides theoretical knowledge practical learning and case study examples to guide and develop positive working relationships between occupational therapists and OTAs The importance of developing this trusting intraprofessional relationship is discussed in detail and recommended approaches are reviewed Described methodologies can be utilized to determine appropriate involvement of OTAs in specific client treatments allowing for a consistent and effective synergy within occupational therapy This book is an ideal read for occupational therapist students and occupational therapists currently working in a clinical practice setting as well as for rehabilitation managers and employers It is also a beneficial resource for OTA students and OTAs working within the profession

Foundations of Pediatric Practice for the Occupational Therapy Assistant Amy Wagenfeld, DeLana Honaker, 2024-06-01 Foundations of Pediatric Practice for the Occupational Therapy Assistant Second Edition delivers essential information for occupational therapy assistant students and practitioners in a succinct and straightforward format In collaboration with a wide range of

highly skilled and expert professionals from clinical practice and academia Amy Wagenfeld Jennifer Kaldenberg and DeLana Honaker present an interprofessional perspective to pediatric clinical foundations theory and practical application activities in a highly accessible and engaging format The Second Edition of Foundations of Pediatric Practice for the Occupational Therapy Assistant offers new and engaging features including diverse illustrations to facilitate learning from the classroom to the clinic Integrated within each chapter are Stories From Practice brief vignettes of actual author clinical experiences short case studies and reflective activities designed to elicit discussion and exploration into the unique world of pediatric occupational therapy theory and practice A new chapter on childhood trauma has been added to enhance the comprehensive and current nature of pediatric practice in the 21st century Available online is a significant Major Infant Reflexes Chart and a comprehensive Normal Developmental Milestones Chart that will reinforce important concepts associated with child development as it relates to occupational therapy assistant practice The seamless integration of this material enables all readers to develop a comprehensive understanding of the information and apply that knowledge in a pediatric setting Features of the Second Edition Up to date information including the AOTA's current Occupational Therapy Code of Ethics Stories From Practice feature which provides a unique reflective link from classroom to clinic Useful resources for classroom to clinical practice Bonus website that provides a comprehensive Normal Developmental Milestones Chart and Major Infants Reflexes Chart Chapter on childhood trauma Included with the text are online supplemental materials for faculty use in the classroom Foundations of Pediatric Practice for the Occupational Therapy Assistant Second Edition continues to be the perfect text for both occupational therapy assistant students and practitioners specializing in or transitioning to pediatrics

Occupational Therapy Examination Review Guide Caryn R Johnson, Tina DeAngelis, Mary Muhlenhaupt, 2015-05-27

Rely on the guide that has helped thousands of students pass their exams with exactly the practice they need The 4th Edition mirrors the latest NBCOT exam blueprint and the question formats multiple choice and simulation at the difficulty level and in the decision making style of the actual exam More than 1 000 questions in five practice exams help you identify your strengths and weaknesses while you improve your test taking performance *Occupational Therapy* Alice J.

Punwar, Suzanne M. Peloquin, 2000 Written in a casual narrative style this edition has been updated with five new chapters new case studies new clinical stories and discussion questions focusing on ethical legal and interpersonal issues The text introduces students to the field of occupational therapy and to career opportunities in the field Using clinical examples and case studies this edition provides a realistic look at the complementary roles of the registered occupational therapist OTR and the certified occupational therapy assistant COTA Occupational Therapy Principles and Practice illustrates the OT process within various practice settings including the acute care hospital public school and home health practice Other topics include current and prospective issues in the field the U S health care system influences implications of managed care on the profession and the international OT market All charts tables reflect current statistics This edition differs significantly from

the earlier edition by the addition of a second author Professor Suzanne Peloquin PhD a recognized authority in her field Dr Peloquin recounts stories from occupational therapy history and offers unique insights into current practice **Early's Physical Dysfunction Practice Skills for the Occupational Therapy Assistant E-Book** Mary Beth Patnaude, 2021-01-15 NEW Intervention Principles for Feeding and Eating chapter is added to this edition NEW Reorganization of all chapters aligns content more closely with the Occupational Therapy Practice Framework NEW Combined chapters make the material more concise and easier to navigate The PTA Handbook Kathleen A. Curtis, Peggy DeCelle Newman, 2005 Are you tired of searching through multiple texts articles and other references to find the information you need The PTA Handbook Keys to Success in School and Career for the Physical Therapist Assistant contains extensive coverage of the most pertinent issues for the physical therapist assistant including the physical therapist physical therapist assistant preferred relationship evidence based practice and problem solving essentials of information competence and diversity This comprehensive text successfully guides the student from admission into a physical therapist assistant program to entering clinical practice The user friendly format allows easy navigation through topics including changes and key features of the health care environment guides to essential conduct and behavior and ethical and legal considerations Strategies are provided to successfully manage financial decisions and curriculum requirements as well as opportunities and obstacles that may emerge The physical therapist physical therapist assistant relationship often a source of confusion for health care and academic administrators academic and clinical faculty physical therapists and physical therapist assistants is specifically profiled and analyzed The authors clarify this relationship by utilizing an appropriate mixture of case studies multiple examples and current reference documents The physical therapist physical therapist assistant relationship often a source of confusion for health care and academic administrators academic and clinical faculty physical therapists and physical therapist assistants is specifically profiled and analyzed The authors clarify this relationship by utilizing an appropriate mixture of case studies multiple examples and current reference documents Each chapter is followed by a Putting It Into Practice exercise which gives the reader an opportunity to apply the information in their educational or clinical practice setting The information presented is current and represents the evolution of the physical therapy profession over the past 35 years since the inception of the physical therapist assistant role The PTA Handbook Keys to Success in School and Career for the Physical Therapist Assistant is an essential reference for students educators counselors and therapy managers who want to maximize the potential for success of the physical therapist assistant Dr Kathleen A Curtis is the winner of the President's Award of Excellence for 2005 at California State University Fresno Topics Include Evolving roles in physical therapy Interdisciplinary collaboration Legal and ethical considerations Cultural competence Learning and skill acquisition Effective studying and test taking strategies Preparation for the licensure examination Clinical supervision direction and delegation Planning for career development

The American Journal of Occupational Therapy ,1995

Decoding **Reference Guide For Occupational Therapy Assistant**: Revealing the Captivating Potential of Verbal Expression

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