

Occupational Therapy

Dress Code		Attire appropriate to the occupational area
SLC Orientation		Event explained to the competitors and individual time cards handed out. Students will return to the event room at least 5 minutes before their allotted time. Students will have a secret scenario to solve when it is their turn to compete. Students should not share the secret scenario when they leave the event as it is an automatic disqualification.
Round # 1		Competitors must submit technical skill video to Montana HOSA by deadline. Additionally, competitors will take an online test during the testing window. Advisors will be informed of which competitors have moved on from Round 1 to qualify to participate in Round 2 at SLC.
Round # 2		Skill procedures from rubric guidelines will be performed by each competitor. Competitors may be asked to do one or multiple of the performance skills.



New for 2025 - 2026

Skills have been added to the event for 2025-2026. Editorial updates have been made.

Event Summary

The occupational therapy event enables members to acquire the knowledge and skills employed by occupational therapy professionals. It consists of a written, multiple-choice test. Round One is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about careers in the occupational therapy field.

Official References

The references below were used in the development of the test questions and skill rating sheets.

- [O'Brien and Connors. *Introduction to Occupational Therapy*. Mosby. Latest edition.](#)
- [Atchison and Durette. *Conditions in Occupational Therapy: Effect on Occupational Performance*. Wolters Kluwer. Latest edition.](#)
- [Hall, Cheryl A. *Occupational Therapy Toolkit*. \[www.ottoolkit.com/hosa\]\(http://www.ottoolkit.com/hosa\) \(SKILLS ONLY\)](#)

Round One Test

[Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 minutes.

Written 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%

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 classes**
 - B. Using a pencil grip to increase handwriting legibility
 - C. Providing a touch-screen computer 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 the 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

Round Two Skills

The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.

Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:

Skill I:	Instruct Patient How to Put on Shirt with One Hand	5 minutes
Skill II:	Instruct Patient How to Use Sock Aid	5 minutes
Skill III:	Instruct Patient How to Transfer from Floor to Standing	5 minutes
Skill IV:	Instruct Patient How to Transfer from Standing to Floor	5 minutes
Skill V:	Instruct Patient on How to Take Heart Rate Before and After Activity	5 minutes
Skill VI:	Instruct Patient on Stretch Break Exercises	5 minutes
Skill VII:	Instruct Patient on Proper Body Mechanics	5 minutes
Skill VIII:	Instruct Patient on Proper Posture (Sitting in Chair)	5 minutes

Competitors must provide:

- None required

OCCUPATIONAL THERAPY

Competitor ID #: _____

Judge's Initials: _____

*This skill is written for right-sided weakness.

Skill I: Instruct Patient on How to Put on Shirt with One Hand (Time: 5 minutes)		Possible	Awarded
1.	Obtained needed supplies.	1 0	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene	2 0	
3.	Greeted patient and introduced self.	1 0	
4.	Identified the patient.	2 0	
5.	Explained skill to patient.	2 0	
6.	Instructed the patient to find the sleeve for the weak side (right sleeve).	2 0	
7.	Had patient lean forward and hang their right arm in between their legs.	2 0	
8.	Guided the patient to move the sleeve up the right arm with their left hand.	2 0	
9.	Instructed the patient to move the shirt around the shoulder and back.	2 0	
10.	Coached the patient to grasp the collar and pull the shirt around the left shoulder.	2 0	
11.	Advised the patient to place their left arm into the left sleeve.	2 0	
12.	Instructed the patient to button their shirt.	2 0	
13.	Skill completed on the correct side based on scenario weak side.	4 0	
14.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
15.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS – SKILL I 70% Mastery for Skill I = 21		30	

Skill II: Instruct Patient on How to Use a Sock Aid (Time: 5 minutes)		Possible	Awarded
1.	Obtained needed supplies.	1 0	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene	2 0	
3.	Greeted patient and introduced self.	1 0	
4.	Identified the patient.	2 0	
5.	Explained skill to patient.	2 0	
6.	Instructed the patient to gather sock over sock aid - bunched at the end of the sock aid.	2 0	
7.	Had the patient hold onto the straps of the sock aid and lower the sock aid to the floor.	2 0	
8.	Directed the patient to place the sock aid in front of the foot.	2 0	
9.	Guided the patient to point their foot and pull the sock aid over their toes.	2 0	
10.	Ensured the patient pulled the sock onto their foot and removed the sock aid.	2 0	
11.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
12.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS – SKILL II		22	
70% Mastery for Skill II = 15.4			

*Scenario will identify weaker side.

Skill III: Instruct Patient on How to Transfer from Floor to Standing (Time: 5 minutes)		Possible	Awarded
1.	Obtained needed supplies.	1 0	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene	2 0	
3.	Greeted patient and introduced self.	1 0	
4.	Identified the patient.	2 0	
5.	Explained skill to the patient.	2 0	
6.	Instructed the patient to crawl on their hands and knees to a sturdy chair.	2 0	
7.	Had the patient kneel in front of the chair and place their hands on the seat.	2 0	
8.	Directed patient to lift the stronger leg and place the foot flat on the floor.	2 0	
9.	Guided the patient to lean into the chair and push up to a stand using legs and arms.	2 0	
10.	Skill completed on the correct side based on scenario weak side.	4 0	
11.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
12.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS – SKILL III		24	
70% Mastery for Skill III = 16.8			

*Scenario will identify weaker side.

Skill IV: Instruct Patient on How to Transfer from Standing to Floor (Time: 5 minutes)		Possible	Awarded
1.	Obtained needed supplies.	1 0	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
3.	Greeted patient and introduced self.	1 0	
4.	Identified the patient.	2 0	
5.	Explained skill to patient.	2 0	
6.	Instructed the patient to place their hands on the seat of a sturdy chair.	2 0	
7.	Had the patient lower onto their weaker knee.	2 0	
8.	Directed the patient to place their other knee down.	2 0	
9.	Guided the patient to reach down to the floor and lower onto one hip.	2 0	
10.	Instructed the patient to sit back on their bottom.	2 0	
11.	Skill completed on the correct side based on scenario weak side.	4 0	
12.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS – SKILL IV		26	
70% Mastery for Skill IV = 18.2			

Skill V: Instruct Patient on How to Take Heart Rate Before and After Activity (Time: 5 minutes)		Possible	Awarded
1.	Obtained needed supplies.	1 0	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
3.	Greeted patient and introduced self.	1 0	
4.	Identified the patient.	2 0	
5.	Explained skill to the patient.	2 0	
6.	Instructed the patient to turn their hand over with the palm side up.	2 0	
7.	Showed a patient how to put 2 fingers at the base of their thumb.	2 0	
8.	Directed patient to feel the heart rate by pressing lightly on the groove below the thumb.	2 0	
9.	Guided the patient to use a watch or clock with a second hand and counted beats for one minute prior to beginning activity.	2 0	
10.	Instructed the patient to write down the number of beats per minute.	2 0	
11.	Coached patient to repeat after exercise.	2 0	
12.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS – SKILL V 70% Mastery for Skill V = 16.8		24	

Skill VI: Instruct Patient on Stretch Break Exercises (Time: 5 minutes)		Possible	Awarded
1.	Washed hands or used alcohol-based hand-rub for hand hygiene	2 0	
2.	Greeted patient and introduced self.	1 0	
3.	Identified the patient.	2 0	
4.	Explained skill to patient including how many sets of how many stretches.	2 0	
5.	Instruct patient to look down and then forward.	2 0	
6.	Directed the patient to look left and look right.	2 0	
7.	Informed the patient to tilt ear to left shoulder and then to right shoulder.	2 0	
8.	Taught patient to shrug shoulders.	2 0	
9.	Coached patient to pull shoulder back.	2 0	
10.	Instructed patient to do wrist and elbow stretch by interlacing hands above your head with elbows extended.	2 0	
11.	Explained to patient to rotate hips by lifting the opposite ankle in front of the other knee.	2 0	
7.	Informed the patient to reach forward towards toes.	2 0	
8.	Instructed patient to lunge forward while hand is on the wall.	2 0	
14.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
15.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS – SKILL VI 70% Mastery for Skill VI = 20.3		29	

*Competitors will be asked to demonstrate lifting two textbooks from the floor.

Skill VII: Demonstrate Good Body Mechanics (Medium Weight Objects) (Time: 5 minutes)		Possible	Awarded
1.	Obtained needed supplies.	1 0	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene	2 0	
3.	Greeted patient and introduced self.	1 0	
4.	Identified the patient.	2 0	
5.	Explained skill to patient.	2 0	
6.	Demonstrated the diagonal lift for medium weight objects, under 25 lbs.	2 0	
	a. Placed one foot forward and to the side of the object.		
	b. Back remained straight.	2 0	
	c. Buttocks was pushed out.	2 0	
	d. Placed hands on opposite corners of the object,	2 0	
	e. Lifted upwards by extending legs.	2 0	
	f. Breathed out as you lifted.	2 0	
7.	Carried object within mid-thigh to mid-chest,	2 0	
8.	No bending or twisting was noted, instead pivoted on feet.	2 0	
9.	No carrying loads on one shoulder, under an arm, or in one hand.	2 0	
10.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS – SKILL VII		30	
70% Mastery for Skill VII = 21			

*Patient will be seated in a chair.

Skill VIII: Instructed Patient on Proper Posture (Sitting) (Time: 5 minutes)		Possible		Awarded
1.	Obtained needed supplies.	1	0	
2.	Washed hands or used alcohol-based hand-rub for hand hygiene	2	0	
3.	Greeted patient and introduced self.	1	0	
4.	Identified the patient.	2	0	
5.	Explained skill to patient.	2	0	
6.	Demonstrated for patient that the head is centered and positioned directly above the shoulders and hips.	2	0	
7.	Instructed the patient that the back is straight and supported by the chair.	2	0	
8.	Directed the patient to place hips back in the seat..	2	0	
9.	Explained to patient to position knees slightly below hips and slightly extended.	2	0	
10.	Briefed patient that feet are flat on the floor or footrest of chair.	2	0	
11.	Directed patient to relax shoulders and arms.	2	0	
12.	Informed patient to rest arms close to the body or on the armrest of the chair.	2	0	
13.	Asked patient to straighten wrists.	2	0	
14.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2	0	
15.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
TOTAL POINTS – SKILL VIII		28		
70% Mastery for Skill VIII = 19.6				