MT HOSA Occupational Therapy

Event Category: Health Professions

Dress Code: Attire appropriate to the occupational area or business casual	**Round One:** 50 Q test (60 minutes)	**Digital Upload:** Yes, mystery skills video during Jan 18- Feb 12 window
Solo Event: 1 competitor	**Round Two:** Skill(s) assessment	

Event Summary

The occupational therapy event enables members to acquire the knowledge and skills employed by occupational therapy professionals. This competitive event consists of two rounds. 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.

Sponsorship

HOSA-Future Health Professionals appreciates the sponsorship of this event by "Why Choose OT?" Why Choose OT has developed a special landing page for HOSA competitors and advisors.	

General Event Information

Competitors Must Provide	HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Official References	The references below are used in the development of the test questions and skill rating sheets: a. O'Brien and Conners. *Introduction to Occupational Therapy.* Mosby. Latest edition. b. Atchison and DIrette. *Conditions in Occupational Therapy: Effect on Occupational Performan* *Wolters Kluwer.* Latest edition. c. Hall, Cheryl A. *Occupational Therapy Toolkit.* www.ottoolkit.com/hosa (SKILLS ONLY) The following additional resource is available at HOSA Webinars: Why Choose OT? - Career in Occupational Therapy.

ROUND ONE- Test

Test Instructions	All competitors will be given a test and answer sheet. The written test will consist of 50 multiple-choice items in a maximum of 60 minutes. See test instructions here.
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.
Written Test Plan	The written test 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%

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

	• 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
Mystery Skill Video	This event has a mystery skill video that must be uploaded. The mystery skill will be released along with instructions to upload on January 18th. Videos must be uploaded by **February 12th** at midnight MST as the final deadline, and there will be **NO EXCEPTIONS.** We STRONGLY suggest not waiting until the last minute to upload online to avoid user challenges with the system. Videos must be uploaded to the hosa website for judges to access them. Detailed instructions for uploading materials can be found at https://hosa.org/competitive-event-digital-uploads/ For SLC, the digital materials uploaded by **February 12** will be PRE-SCREENED to qualify for Round 2. Competitors who do not upload materials are NOT eligible for the Round Two presentation portion of the competition and **will NOT be given a competition appointment time at SLC**.

ROUND TWO- Skills

1. 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, the mystery skill video upload, and the space and time available for Round Two. Competitors shall report to the event site 10 minutes before their appointment time.

2. Round Two is a selected skill(s) assessment. The 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: Demonstrate Good Body Mechanics	**5 minutes**
Skill VIII: Instruct Patient on Proper Posture (Sitting in Chair)	**5 minutes**

3. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor. Some scenarios may involve the combination of multiple skills. In the event rating sheets are combined, it is not necessary to repeat a task a second time. An example would be that competitors would not need to identify the patient twice. A sample scenario is available here.

4. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per the GRRs.

5. Competitors must complete all skill steps listed in the guidelines, even if the steps must be simulated/ verbalized. (If the equipment is available, the competitors would complete all skill steps as the scenario warrants. The competitors will simulate/verbalize the steps if the equipment is unavailable.)

6. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills, if the questions relate to the patient's condition and will be included in the scenario or judge script.

7. Competitors must use all equipment correctly and safely. Judges will stop a student and not award points for a step if they see a competitor is about to cause a risk of harm or about to damage equipment or other supplies.

Final Scoring

1. The competitor must earn a score of 70% or higher on the combined skill(s) in Round Two-Skills Assessment in order to be recognized as an award winner at the ILC.

2. The final rank is determined by adding the round one test score plus the round two skill score. In the event of a tie, the highest test score will be used to determine the final placement.

Future Opportunities

The HOSA Scholarship program has funding available for HOSA members who have an interest in various health careers! The application process begins January 1, 2027, and can be found here: https://hosa.org/scholarships/.

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member- a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

Occupational Therapy

Skill I: Instruct Patient on How to Put on Shirt with One Hand

Time: 5minutes

Competitor #:_____**Division:** _____SS_____PS/C **Judge's Signature:**_____

*If equipment is available, competitors should complete the steps while verbalizing.

	Skill I: Instruct Patient on How to Put on Shirt with One Hand	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**	

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Occupational Therapy

Skill II: Instruct Patient on How to Use a Sock Aid

Time: 5 minutes

Competitor #:_____**Division:** _____SS_____PS/C **Judge's Signature:**_____

*If equipment is available, competitors should complete the steps while verbalizing.

	Skill II: Instruct patient on How to Use a Sock Aid	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: 70% Mastery for Skill II: 15.4	22	

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Occupational Therapy

Skill III: Instruct Patient on How to Transfer from Floor to Standing

Time: 5 minutes

Competitor #:_____**Division:** _____SS_____PS/C **Judge's Signature:**_____

*Scenario will identify weaker side.

	Skill III: Instruct Patient on How to Transfer from Floor to Standing	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: 70% Mastery for Skill III: 16.8	24	

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Occupational Therapy

Skill IV: Instruct Patient on How to Transfer from Standing to Floor

Time: 5 minutes

Competitor #:_____**Division:** _____SS_____PS/C **Judge's Signature:**_____

*Scenario will identify weaker side.

	Skill IV: Instruct Patient on How to Transfer from Standing to Floor	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: 70% Mastery for Skill IV: 18.2	**26**		

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Occupational Therapy

Skill V: Instruct Patient on How to Take Heart Rate Before and After Activity

Time: 5 minutes

Competitor #:_____**Division:** _____SS_____PS/C **Judge's Signature:**_____

	Skill V: Instruct Patient on How to Take Heart Rate Before and After Activity	**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**	

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Occupational Therapy

Skill VI: Instruct Patient on Stretch Break Exercises

Time: 5 minutes

Competitor #:_____**Division:** _____SS_____PS/C **Judge's Signature:**_____

	Skill VI: Instruct Patient on Stretch Break Exercises	Possible	Awarded
1.	Washed hands or used alcohol-based hand-rub for hand hygiene	1 0	
2.	Greeted patient and introduced self.	2 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	
12.	Informed the patient to reach forward towards toes.	2 0	
13.	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**	

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Occupational Therapy

Skill VII: Demonstrate Good Body Mechanics (Medium Weight Objects)

Time: 5 minutes

Competitor #:_____ **Division:** _____SS_____PS/Collegiate **Judge's Signature:**_____

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

	Skill VII: Demonstrate Good Body Mechanics	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. a. Placed one foot forward and to the side of the object.	2 0	
	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: 70% Mastery for Skill VII: 21	**30**	

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Occupational Therapy

Skill VIII: Instruct Patient on Proper Posture (Sitting in Chair)

Time: 5 minutes

Competitor #:_____**Division:** _____SS_____PS/C **Judge's Signature:**_____

*Patient will be seated in a chair.

	Skill VIII: Instruct Patient on Proper Posture (Sitting in Chair)	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: 70% Mastery for Skill VIII: 19.6	**28**		

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