

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

Susan Sain, Carolyn Roller



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

Pediatric Skills for Occupational Therapy Assistants E-Book Jean W. Solomon,2020-07-12 NEW Every Moment Counts content is added to The Occupational Therapy Process chapter promoting pediatric mental health NEW Coverage of educational expectations is added to the Educational System chapter NEW Coverage of signature constraint induced movement therapy CIMT is added to Cerebral Palsy chapter NEW photographs and illustrations are added throughout the book NEW video clips on the Evolve companion website show the typical development of children adolescents NEW Extensive assessment and abbreviations appendices are added to Evolve NEW Expanded glossary is added to Evolve **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 *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 *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 **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 Reference Manual of the Official Documents of the American Occupational Therapy Association, Inc** American Occupational Therapy Association,2000 *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 PTA Handbook](#) Kathleen A. Curtis, Peggy DeCelle Newman, 2024-06-01 The updated Second Edition of The PTA Handbook is a unique textbook that serves students from pre admission into a physical therapist assistant program through the academic program up to career entry and practice as a physical therapist assistant Dr Kathleen A Curtis and Peggy DeCelle Newman have updated this Second Edition to reflect current practice standards including updated core professional documents addressing direction and supervision to align with developments in the physical therapy profession The PTA Handbook Second Edition expands on the popular first edition and includes an overview of the physical therapy profession the physical therapist PT physical therapist assistant PTA preferred relationship evidenced based practice and information literacy diversity and cultural proficiency and planning for life long learning and leadership development What is new in the Second Edition Includes key documents that guide the provision of physical therapy services and describe the relationship between delivery of care by the PT and PTA Career development strategies for the PTA including criteria for Recognition of Advanced Proficiency for the Physical Therapist Assistant and leadership roles in professional clinical and community contexts Case studies and Putting It Into Practice exercises are user friendly realistic approaches to enhance student learning and comprehension through immediate and meaningful application of the topic being discussed Written as a strategy based guide to success for PTA students in meeting the required demands and expectations during a PTA program as well as in practice in the field The PTA Handbook Second Edition also covers information that will assist advisors and counselors in college and work re entry programs to provide guidance regarding the physical therapy profession and specifically the differing roles of the PTA and PT This text will also serve as a key guide for groups of 21st century learners frequently seeking PTA education including first generation

college students adult learners career re entry second language learners and learners with disabilities The PTA Handbook Keys to Success in School and Career for the Physical Therapist Assistant Second Edition is an essential reference for students educators advisors and counselors and therapy managers who want to maximize the potential for success of the PTA

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 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 *Pedretti's Occupational Therapy - E-Book* Heidi McHugh Pendleton,Winifred Schultz-Krohn,2024-03-25 Gain the knowledge and skills you need to treat clients patients with physical disabilities Pedretti s Occupational Therapy Practice Skills for Physical Dysfunction 9th Edition uses a case based approach threaded through each chapter to provide a solid foundation in evaluation intervention and clinical reasoning The text continues to support the entry level occupational therapist and the experienced occupational therapist focused on expanding skills and knowledge With the OT practice framework as a guide you will focus on the core concepts and central goals of client care And by studying threaded case studies you will learn to apply theory to clinical practice Written by a team of expert OT educators and professionals led by Heidi McHugh Pendleton and Winifred Schultz

Krohn this edition includes an eBook free with each new print purchase featuring a fully searchable version of the entire text

UNIQUE Threaded case studies begin and are woven through each chapter helping you develop clinical reasoning and decision making skills and to apply concepts to real life clinical practice

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Focus on health promotion and wellness addresses the role of the occupational therapist in what the AOTA has identified as a key practice area

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The Occupational Therapy Assistant Sally E. Ryan, 1986

Mosby's Field Guide to Occupational Therapy for Physical Dysfunction - E-Book Mosby, 2012-05-02

An all in one resource covering the basics of point of care assessment and intervention

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students and practitioners can download and print information for class assignments and clinical settings

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

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Table of Contents Reference Guide For Occupational Therapy Assistant

1. Understanding the eBook Reference Guide For Occupational Therapy Assistant
 - The Rise of Digital Reading Reference Guide For Occupational Therapy Assistant
 - Advantages of eBooks Over Traditional Books
2. Identifying Reference Guide For Occupational Therapy Assistant
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a Reference Guide For Occupational Therapy Assistant
 - User-Friendly Interface
4. Exploring eBook Recommendations from Reference Guide For Occupational Therapy Assistant
 - Personalized Recommendations

- Reference Guide For Occupational Therapy Assistant User Reviews and Ratings
- Reference Guide For Occupational Therapy Assistant and Bestseller Lists
- 5. Accessing Reference Guide For Occupational Therapy Assistant Free and Paid eBooks
 - Reference Guide For Occupational Therapy Assistant Public Domain eBooks
 - Reference Guide For Occupational Therapy Assistant eBook Subscription Services
 - Reference Guide For Occupational Therapy Assistant Budget-Friendly Options
- 6. Navigating Reference Guide For Occupational Therapy Assistant eBook Formats
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 - Adjustable Fonts and Text Sizes of Reference Guide For Occupational Therapy Assistant
 - Highlighting and Note-Taking Reference Guide For Occupational Therapy Assistant
 - Interactive Elements Reference Guide For Occupational Therapy Assistant
- 8. Staying Engaged with Reference Guide For Occupational Therapy Assistant
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Reference Guide For Occupational Therapy Assistant
- 9. Balancing eBooks and Physical Books Reference Guide For Occupational Therapy Assistant
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Reference Guide For Occupational Therapy Assistant
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Reference Guide For Occupational Therapy Assistant
 - Setting Reading Goals Reference Guide For Occupational Therapy Assistant
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Reference Guide For Occupational Therapy Assistant
 - Fact-Checking eBook Content of Reference Guide For Occupational Therapy Assistant

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
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