

# Occupational Therapy - Child Development, Documentation, and Intervention Strategies Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

SAMPLE

# 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.

# 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!**

## Questions

SAMPLE

- 1. Discharge plans in occupational therapy are significant because they do what?**
  - A. They outline the outcomes of therapy and the next steps for the client's care.**
  - B. They determine the outcome of the client's diagnosis.**
  - C. They list billing codes.**
  - D. They summarize the therapist's performance.**
  
- 2. Play is a primary occupation for children that enhances learning, establishes friendships, and provides enjoyment. Which statement best describes this role?**
  - A. Play is a minor pastime with limited impact on development.**
  - B. Play is a primary occupation that enhances learning, establishes friendships, and provides enjoyment.**
  - C. Play primarily distracts from academic tasks.**
  - D. Play only supports social skills, not learning.**
  
- 3. In what context are interventions most effective for children?**
  - A. When performed in the child's natural contexts to increase practice opportunities and allow for context clues.**
  - B. In artificial therapy rooms away from home.**
  - C. Only during school hours.**
  - D. When conducted by caregivers without therapist input.**
  
- 4. Progress monitoring primarily serves to?**
  - A. Documenting in natural contexts yields a more accurate view of function.**
  - B. Documenting only in clinical labs yields better data.**
  - C. Documentation should avoid including context.**
  - D. Documentation is unnecessary.**
  
- 5. Which factors influence performance in ADLs?**
  - A. Client factors, performance patterns, context, and activity demands**
  - B. Weather and time of day**
  - C. Only client factors**
  - D. Only activity demands**

- 6. Which of the following are factors that influence ADL performance?**
- A. Client factors**
  - B. Performance patterns**
  - C. Context**
  - D. All of the above**
- 7. Which of the following is NOT one of the three main types of performance skills?**
- A. Time management**
  - B. Memory**
  - C. Motor skills**
  - D. Social interaction skills**
- 8. What are the three main factors that influence development?**
- A. Biology/genetic predisposition, individual's role in their development, and environmental/sociocultural factors**
  - B. Schooling, nutrition, sleep**
  - C. Family income, housing, weather**
  - D. Language exposure, screen time, exercise**
- 9. To prevent liability at discharge, which items should be documented?**
- A. Final functional level, recommendations, Home Exercise Program (HEP) provided, and equipment needed.**
  - B. Patient satisfaction survey.**
  - C. Date of admission.**
  - D. Frequency of follow-up visits.**
- 10. What is brain neuroplasticity?**
- A. The ability of the brain to change and adapt, allowing for maturation, behavioral change, and learning**
  - B. The brain's fixed structure**
  - C. The brain's inability to reorganize after injury**
  - D. A type of brain scan**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. Discharge plans in occupational therapy are significant because they do what?**

**A. They outline the outcomes of therapy and the next steps for the client's care.**

**B. They determine the outcome of the client's diagnosis.**

**C. They list billing codes.**

**D. They summarize the therapist's performance.**

Discharge plans are about ensuring a smooth transition from therapy by documenting what the client has achieved and what comes next. They capture the outcomes OT helped the client reach—skills the client can perform independently or with some supports—and lay out concrete steps for continuing progress after formal sessions end. This includes recommendations for home practice, caregiver training, need for adaptive equipment, environmental modifications, and referrals to school, community services, or other professionals as needed. The plan also specifies criteria for discharge and sets clear expectations with the client, family, and other providers, reinforcing safety, independence, and ongoing participation in daily activities. It isn't about diagnosing outcomes, billing codes, or evaluating the therapist's performance, which is why those options don't fit.

**2. Play is a primary occupation for children that enhances learning, establishes friendships, and provides enjoyment. Which statement best describes this role?**

**A. Play is a minor pastime with limited impact on development.**

**B. Play is a primary occupation that enhances learning, establishes friendships, and provides enjoyment.**

**C. Play primarily distracts from academic tasks.**

**D. Play only supports social skills, not learning.**

Play is a central activity in childhood that drives learning, social connection, and enjoyment. Through play, children test ideas, solve problems, and practice new skills in a meaningful, hands-on way, which strengthens cognitive development, language, and motor abilities. When children play with peers, they negotiate roles, share, take turns, and collaborate, which builds friendships and social functioning. The intrinsic joy of play also keeps children engaged and motivated to explore, repeat tasks, and consolidate new learning. Because of its wide reach across learning, social skills, and emotional well-being, describing play as a primary occupation that enhances learning, establishes friendships, and provides enjoyment best reflects its important, multifaceted role in development. Other views that see play as only a minor pastime, a distraction, or limited to social skills don't capture its broader impact on growth.

### 3. In what context are interventions most effective for children?

- A. When performed in the child's natural contexts to increase practice opportunities and allow for context clues.**
- B. In artificial therapy rooms away from home.**
- C. Only during school hours.**
- D. When conducted by caregivers without therapist input.**

Interventions work best when they happen in the child's everyday environments because practice is tied to real tasks and routines the child already engages in. When therapy is embedded in home, community, or school activities, there are ample opportunities to practice skills during meaningful moments, which boosts motivation and the likelihood that the child will use what they've learned outside therapy sessions. The natural setting also provides context clues and supports—like familiar objects, people, and routines—that cue the child to perform the target skills. This helps the child learn to apply the skill across different situations with less prompting, promoting generalization and long-term use. Therapists can coach caregivers and teachers to weave strategies into daily activities, increasing practice dosage in a way that feels relevant and doable for the family. In contrast, working only in artificial spaces, restricting therapy to school hours, or relying on caregivers without professional input tends to limit transfer to real life and may miss evidence-based methods and safety considerations.

### 4. Progress monitoring primarily serves to?

- A. Documenting in natural contexts yields a more accurate view of function.**
- B. Documenting only in clinical labs yields better data.**
- C. Documentation should avoid including context.**
- D. Documentation is unnecessary.**

Progress monitoring is most informative when you document in natural contexts because this shows how the child actually performs in the settings where they participate, like in the classroom or at home. This ecological view reveals functional abilities and progress on real tasks, not just how skills look in a controlled setting. Data from clinical labs can be helpful for understanding underlying skill components, but they often miss how the environment, supports, and demands shape performance day to day, which can lead to an incomplete or misleading picture of progress. Therefore, including context in documentation is crucial to capture meaningful change in everyday activities. Progress monitoring is a key part of OT practice because it guides decisions about continuing, modifying, or intensifying interventions and tracks progress toward goals over time.

## 5. Which factors influence performance in ADLs?

- A. Client factors, performance patterns, context, and activity demands
- B. Weather and time of day
- C. Only client factors**
- D. Only activity demands

ADL performance is shaped by a blend of factors across four interconnected domains: client factors, activity demands, performance patterns, and context. Client factors include things like body functions and structures, as well as values, beliefs, and motivation that affect how someone approaches a task. Activity demands cover what the task itself requires—steps, tools, sequencing, timing, space, and the social aspects of doing the task. Performance patterns reflect habitual ways of performing activities, routines, and roles that can either support or hinder success. Context encompasses the surrounding environment and personal factors, such as the physical setting, social support, cultural influences, and accessibility. The option that includes all four domains best captures what influences ADL performance because it recognizes that no single factor operates in isolation. While environmental conditions like weather or time of day relate to context, they don't alone account for how a person's abilities, the task's requirements, daily routines, and the surrounding environment interact to affect performance. Focusing only on client factors or only on activity demands misses essential influences, making those choices insufficient.

## 6. Which of the following are factors that influence ADL performance?

- A. Client factors
- B. Performance patterns
- C. Context
- D. All of the above**

ADL performance is shaped by the interaction between the person, their routines, and the environment. Each element plays a role in how independently or safely someone can complete everyday activities. Client factors include the person's body functions and structures, as well as values, beliefs, motivation, and other personal attributes. For example, limited hand strength or cognitive processing speed can make tasks like dressing or managing meds more challenging, while strong motivation and a belief in independence can support persistence and strategy use. Performance patterns refer to habitual ways of doing tasks—habits, routines, and roles. Well-established routines can promote consistency and efficiency in ADLs, whereas disruptive or maladaptive patterns might lead to omissions, unsafe practices, or dependence on cues or prompts. Context encompasses the physical, social, and cultural environment in which performance occurs. Accessibility features, lighting, noise level, and social support all influence how easily ADLs can be carried out. A supportive context can enable independence, while a barrier-filled or unsupportive context can impede performance. Because these factors interact, all of the listed elements influence ADL performance.

7. Which of the following is NOT one of the three main types of performance skills?

- A. Time management**
- B. Memory**
- C. Motor skills**
- D. Social interaction skills**

Performance skills are organized into three broad categories: motor skills, process skills, and social interaction skills. Time management is a specific way a person plans, sequences, paces, and organizes actions during an activity, which fits under process skills rather than forming its own separate category. That's why it isn't considered one of the three main performance-skill types. Motor skills and social interaction skills are themselves the main categories, and memory, while important for performance, is a cognitive element that supports process skills rather than standing as its own main type.

8. What are the three main factors that influence development?

- A. Biology/genetic predisposition, individual's role in their development, and environmental/sociocultural factors**
- B. Schooling, nutrition, sleep**
- C. Family income, housing, weather**
- D. Language exposure, screen time, exercise**

Development is shaped by three interacting influences: biology/genetic predisposition, the environment and sociocultural context, and the individual's own active role in their development. Biology provides inherited potentials and constraints that set the starting point for growth. The environment offers experiences, resources, and social context that can enable or challenge development. The individual's own choices, engagement, and agency influence how they interact with opportunities and respond to experiences, guiding developmental trajectories. This combination best explains how development unfolds across domains and over time. Other options touch on important factors, but they focus on specific elements rather than the three broad, interacting influences of biology, environment, and personal agency.

**9. To prevent liability at discharge, which items should be documented?**

- A. Final functional level, recommendations, Home Exercise Program (HEP) provided, and equipment needed.**
- B. Patient satisfaction survey.**
- C. Date of admission.**
- D. Frequency of follow-up visits.**

Thorough discharge documentation should clearly capture what the patient can do at the end of care, what happens next, and what is needed to continue safely at home. Documenting the final functional level shows objective progress and current abilities, which is essential for accountability and to justify the discharge decision. Including recommendations lays out the plan for ongoing management, so caregivers know what to do after leaving the facility. Providing the Home Exercise Program gives specific, actionable activities the patient should perform, promoting continuity of therapy and reducing the risk of regression. Listing the equipment needed ensures the patient has the necessary tools to carry out the plan and demonstrates that safety and feasibility were considered. This combination supports a standard of care by showing the patient was educated, given a clear plan, and equipped to follow through, which helps protect against liability if questions arise after discharge. Pieces like a patient satisfaction survey or basic administrative details (such as date of admission) don't address the post-discharge plan or safety needs. Similarly, noting how often follow-up visits occur is part of care planning but does not by itself document the immediate plan, safety, or equipment required for home use.

**10. What is brain neuroplasticity?**

- A. The ability of the brain to change and adapt, allowing for maturation, behavioral change, and learning**
- B. The brain's fixed structure**
- C. The brain's inability to reorganize after injury**
- D. A type of brain scan**

Neuroplasticity is the brain's ability to change and adapt by forming new neural connections in response to experiences, learning, practice, and injury. This enables maturation, behavioral change, and skill acquisition because repeated activities reshape the neural circuits that control movement, perception, and cognition. In children, plasticity is especially robust, supporting how they learn new skills and can recover function after injury by rerouting functions to other brain areas. It involves not just quicker strengthening or weakening of existing connections but actual structural changes, such as growth of new connections in response to meaningful practice. For OT practice, this means therapy that provides meaningful, repetitive, goal-directed activities can drive functional brain changes, aiding motor skill relearning after injury or adapting to new sensory demands. It's not a fixed structure, it's not something you can diagnose with a brain scan, and it does not imply the brain cannot reorganize after injury.

## 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](mailto:hello@examzify.com).**

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

**<https://otchilddevdocinterventionstrats.examzify.com>**

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

SAMPLE