

## NBCOT STUDY PLAN CHECKLIST

### SECTION 1: Foundations in OT

Complete by: \_\_\_\_\_

- ☐ Ethics and professional standards
  - ☐ Domain and Process of OT
  - ☐ OTPF (Occupational Therapy Practice Framework)
  - ☐ OT Models & Theories (MOHO, PEOP, EHP, etc.)
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### SECTION 2: Adult OT

Complete by: \_\_\_\_\_

#### Neuro Conditions:

- ☐ Stroke
- ☐ TBI, Alzheimer's, Parkinson's
- ☐ Guillain-Barré Syndrome, Multiple Sclerosis
- ☐ Spinal Cord Injury

#### Orthopedic Conditions:

- Upper extremity (shoulder, elbow, wrist) injuries
- Nerve injuries (brachial plexus, carpal tunnel, etc.)
- Hand/finger injuries
- Lower extremity injuries (e.g., hip arthroplasty)

**Other Topics:**

- Mental health disorders & OT interventions
  - Ergonomics and work-based OT
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**SECTION 3: Pediatric OT****Complete by: \_\_\_\_\_**

- Developmental milestones (motor, cognitive, etc.)
  - Autism Spectrum Disorder
  - ADHD
  - Down syndrome
  - Cerebral palsy
  - Oppositional Defiant Disorder (ODD)
  - Sensory processing disorders
  - Common birth injuries (e.g., Erb's palsy, prematurity complications)
  - NICU-based OT concerns
  - Play-based therapy models
  - School-based OT and IEPs
  - Early Intervention and IFSPs
  - Feeding interventions and oral-motor skills
  - Primitive reflex integration
  - Handwriting development
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## **SECTION 4: Splinting & Adaptive Equipment**

**Complete by:** \_\_\_\_\_

### **Splinting:**

- Static and dynamic splints
- Resting hand splint
- Thumb spica splint
- Wrist cock-up splint

### **Adaptive Equipment:**

- Dressing aids (sock aid, reacher, dressing stick)
- Feeding aids (built-up handles, scoop dishes)
- Bathing/toileting equipment (long-handled sponge, grab bars)
- LE supports (ankle-foot orthotics, knee braces)
- Torso support (abdominal binder, TLSO)
- Wheelchair supports (lap trays, headrests, lateral supports)

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## **SECTION 5: Evaluation & Assessment**

**Complete by:** \_\_\_\_\_

- Standardized vs. non-standardized assessments
- Criterion-referenced vs. norm-referenced tests
- MMT (Manual Muscle Testing)
- ROM and goniometry

- Functional Independence Measure (FIM)
  - Canadian Occupational Performance Measure (COPM)
  - DASH, PDMS, BOT-2
  - Occupational Profile
  - Screening vs. full evaluation
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## **FINAL REVIEW + PRACTICE EXAMS**

**Complete by:** \_\_\_\_\_

- Full-length practice exam #1
- Review rationales thoroughly
- Focused review on weak areas
- Full-length practice exam #2 (simulate test conditions)
- Relax and prep for exam day!