

# COTA<sup>®</sup>

## Content Outline for the COTA Examination

The content outline is based on the results of the 2017 Practice Analysis.

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# Content Outline for the COTA Examination

## COTA DOMAIN DESCRIPTIONS

## % OF EXAM

DOMAIN		
<b>01</b>	<b>COLLABORATING AND GATHERING INFORMATION</b> Assist the OTR to acquire information regarding factors that influence occupational performance on an ongoing basis throughout the occupational therapy process.	<b>28%</b>
<b>02</b>	<b>SELECTING AND IMPLEMENTING INTERVENTIONS</b> Implement interventions under the supervision of the OTR in accordance with the intervention plan and level of service competence to support client participation in areas of occupation throughout the occupational therapy process.	<b>55%</b>
<b>03</b>	<b>UPHOLDING PROFESSIONAL STANDARDS AND RESPONSIBILITIES</b> Uphold professional standards and responsibilities by achieving service competence and applying evidence-based interventions to promote quality in practice.	<b>17%</b>

# Validated Domain, Task, Knowledge Statements for the COTA Examination

<b>DOMAIN</b>	<b>COLLABORATING AND GATHERING INFORMATION</b>
<b>01</b>	<b>Assist the OTR to acquire information regarding factors that influence occupational performance on an ongoing basis throughout the occupational therapy process.</b>

<b>Task 0101</b>	<b>Recognize the influence of development; body functions and body structures; and values, beliefs, and spirituality on a client’s occupational performance.</b>
<b>KNOWLEDGE OF:</b>	
010101	Impact of typical development and aging on occupational performance, health, and wellness across the life span
010102	Expected patterns, progressions, and prognoses associated with conditions that limit occupational performance
010103	Impact of body functions, body structures, and values, beliefs, and spirituality on occupational performance

<b>Task 0102</b>	<b>Acquire information by using available resources about a client’s functional skills, roles, culture, performance context, and prioritized needs in order to contribute to the development and update of an occupational profile.</b>
<b>KNOWLEDGE OF:</b>	
010201	Resources for acquiring information about the client’s current condition and occupational performance
010202	Purpose, advantages, limitations, and service competency needs related to the administration of commonly used standardized assessments and non-standardized screening as a means of acquiring client information
010203	Internal and external factors influencing a client’s meaningful engagement in occupation related to typical habits, roles, routines, and rituals, and the level and type of assistance required

<b>Task 0103</b>	<b>Provide information regarding the influence of current conditions, contexts, and task demands on occupational performance in order to assist the OTR in planning interventions and monitoring progress as guided by the practice setting and theoretical construct.</b>
<b>KNOWLEDGE OF:</b>	
010301	Influence of theoretical approaches, models of practice, and frames of reference on information-gathering and the intervention process
010302	Task analysis in relation to a client's performance skills, the occupational profile, practice setting, stage of occupational therapy process, areas of occupation, and activity demands

<b>Task 0104</b>	<b>Collaborate with the client, the client's relevant others, occupational therapy colleagues, and other professionals and staff by using a culturally sensitive, client-centered approach and therapeutic use of self to provide quality services guided by evidence, scope of practice, service competence, and principles of best practice.</b>
<b>KNOWLEDGE OF:</b>	
010401	Characteristics and functions of interprofessional teams for coordinating client care and providing efficient and effective services consistent with specific core competencies, expertise, unique contributions, team roles, and context of the organization
010402	Coordination of occupational therapy services related to collaborative client-centered intervention plans, Individualized Education Program plans, and transition plans based on client skills, abilities, and expected outcomes in relation to available resources, level of service delivery, and frequency and duration of intervention
010403	Collaborative processes and procedures for prioritizing intervention goals and activities based on client needs, wants, developmental skills, abilities, progress, and expected outcomes in relation to level of service delivery as well as frequency and duration of intervention
010404	Fundamental strategies used for addressing health literacy to enhance non-verbal and verbal interactions with a client and relevant others in order to promote positive health behaviors, enable informed decisions, maximize safety of care, and promote carry-over of the intervention to support positive outcomes

<p><b>Task 0105</b></p>	<p><b>Monitor the intervention plan and progress toward goals in collaboration with the OTR by using clinical reasoning, therapeutic use of self, and cultural sensitivity to make decisions about the intervention approach, context, or goals based on client needs, priorities, response to intervention, status changes, reevaluation results, and targeted outcomes.</b></p>	
<p><b>KNOWLEDGE OF:</b></p>		
<p>010501</p>	<p>Factors related to determining the context and type of individual and group activities for effectively supporting intervention goals and objectives</p>	
<p>010502</p>	<p>Methods for monitoring the effectiveness of individual and group intervention in order to keep the OTR informed about continuation of skilled services or opportunities to modify the intervention, intervention approach, context, or goals based on client needs, responses to intervention, and progress toward goals</p>	
<p>010503</p>	<p>Clinical decision-making for implementing modifications to the intervention plan and prioritization of goals under the supervision of the OTR in response to physiological changes, behavioral reaction, emotion regulation, and developmental needs of the client</p>	

**DOMAIN****SELECTING AND IMPLEMENTING INTERVENTIONS****02**

**Implement interventions under the supervision of the OTR in accordance with the intervention plan and level of service competence to support client participation in areas of occupation throughout the occupational therapy process.**

**Task 0201**

**Incorporate methods and techniques as an adjunct to interventions in order to facilitate healing and enhance engagement in occupation-based activities.**

**KNOWLEDGE OF:**

020101

Methods for selecting, preparing, and adapting the intervention technique and environment to support optimal engagement in the intervention and promote goal achievement

020102

Technical level indications, contraindications, and precautions associated with wound management, considering the characteristics of a wound, the stage of wound healing, and the influence of the wound on engagement in occupation as guided by evidence, best practice standards, scope of practice, and state licensure practice acts in order to support functional outcomes

020103

Technical level indications, contraindications, precautions, and appropriate clinical application of superficial thermal agents as guided by evidence, best practice standards, scope of practice, and state licensure practice acts

020104

Technical level indications, contraindications, precautions, and appropriate clinical application of deep thermal, mechanical, and electrotherapeutic physical agent modalities as guided by evidence, best practice standards, scope of practice, and state licensure practice acts

<p><b>Task 0202</b></p>	<p><b>Implement developmental, remedial, and adaptive occupation-based strategies to support participation in activities of daily living (ADL), instrumental activities of daily living (IADL), rest and sleep, education, work, play, leisure, and social participation across the life span.</b></p>	
<p><b>KNOWLEDGE OF:</b></p>		
<p>020201</p>		<p>Intervention methods for supporting leisure and play-based exploration and participation consistent with client interests, needs, goals, and context</p>
<p>020202</p>		<p>Methods for grading an activity, task, or technique based on level of development, client status, response to intervention, and client needs</p>
<p>020203</p>		<p>Methods for facilitating individual and group participation in shared tasks or activities consistent with the type, function, format, context, goals, and stage of the group</p>
<p>020204</p>		<p>Intervention methods and activities to support optimal sensory arousal and visual motor, cognitive, or perceptual processing for supporting engagement in occupations based on current level of development, abilities, task characteristics, and environmental demands</p>
<p>020205</p>		<p>Compensatory and remedial interventions for managing cognitive and perceptual deficits or intellectual disabilities</p>
<p>020206</p>		<p>Adaptive and preventive interventions for optimal engagement in occupation consistent with developmental level, neuromotor status, and condition</p>
<p>020207</p>		<p>Technical level intervention strategies and techniques used to facilitate oral motor skills for drinking, eating, and swallowing consistent with developmental level, client condition, caregiver interaction, and mealtime environment and context</p>
<p>020208</p>		<p>Prevocational, vocational, and transitional services, options, and resources for supporting strengths, interests, employment, and lifestyle goals of the adolescent, middle-aged, and older adult client</p>

<b>Task 0203</b>	<b>Implement interventions for improving range of motion, strength, activity tolerance, sensation, postural control, and balance based on neuromotor status, cardiopulmonary response, and current stage of recovery or condition in order to support occupational performance.</b>	
<b>KNOWLEDGE OF:</b>		
020301	Methods for grading various types of therapeutic exercise and conditioning programs consistent with indications and precautions for strengthening muscles, increasing endurance, improving range of motion and coordination, and increasing joint flexibility in relation to task demands	
020302	Technical level techniques for implementing sensory and motor reeducation, desensitization, pain management, edema reduction, and scar management programs	
020303	Technical level techniques and activities for promoting or improving postural stability, facilitating dynamic balance, and teaching proper body mechanics and efficient breathing patterns during functional tasks to support engagement in occupation	

<b>Task 0204</b>	<b>Apply anatomical, physiological, biomechanical, and healing principles to select or fabricate orthotic devices, and provide training in the use of orthotic and prosthetic devices by using critical thinking and problem-solving as related to a specific congenital anomaly or type of injury, current condition, or disease process in order to support functional outcomes.</b>	
<b>KNOWLEDGE OF:</b>		
020401	Types and functions of immobilization, mobilization, restriction, and non-articular orthoses for managing specific conditions	
020402	Influence of general anatomical, physiological, biomechanical, and healing principles on orthotic selection, design, fabrication, and modification	
020403	Training methods regarding the safe and effective use of orthotic and prosthetic devices consistent with the client's prioritized needs, goals, and task demands in order to optimize or enhance function	



<p><b>Task 0205</b></p>	<p><b>Integrate assistive technology options, adaptive devices, mobility aids, and other durable medical equipment into the intervention, considering the client’s developmental, physical, functional, cognitive, and mental health status; prioritized needs; task demands; and context to enable participation in meaningful occupation.</b></p>
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**KNOWLEDGE OF:**

<p>020501</p>	<p>Factors related to measuring, selecting, monitoring fit of, and recommending modifications to seating systems, positioning devices, and mobility aids</p>
<p>020502</p>	<p>Characteristics and features of commonly used high- and low-tech assistive technology for supporting engagement in meaningful occupation</p>
<p>020503</p>	<p>Types of commonly used mobility options, vehicle adaptations, and alternative devices for supporting participation in community mobility</p>
<p>020504</p>	<p>Training methods and other factors influencing successful use and maintenance of commonly used assistive technology options, adaptive devices, and durable medical equipment</p>

<p><b>Task 0206</b></p>	<p><b>Implement environmental modifications guided by an occupation-based model, disability discrimination legislation, and accessibility guidelines and standards to support participation in occupation consistent with a client’s physical needs; cognitive, mental health, and developmental status; context; and task demands.</b></p>
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**KNOWLEDGE OF:**

<p>020601</p>	<p>Fundamental principles of ergonomics and universal design for identifying, recommending, and implementing reasonable accommodations and features in the workplace, home, and public spaces in order to optimize accessibility and usability</p>
<p>020602</p>	<p>Processes and procedures for identifying, recommending, and implementing modifications in the workplace, home, and public spaces, considering the interaction among client factors, contexts, roles, task demands, and resources</p>

**DOMAIN****03****UPHOLDING PROFESSIONAL STANDARDS AND RESPONSIBILITIES**

**Uphold professional standards and responsibilities by achieving service competence and applying evidence-based interventions to promote quality in practice.**

**Task 0301**

**Engage in professional development and competency assessment activities by using evidence-based strategies and approaches to provide safe, effective, and efficient services relevant to the job role, practice setting, scope of practice, and professional certification standards.**

**KNOWLEDGE OF:**

030101

Methods for locating, reviewing, and interpreting scholarly research in occupational therapy to guide and support professional competence and practice-relevant decision-making

030102

Methods for contributing to continuous quality improvement processes and procedures related to occupational therapy service delivery

030103

Methods for identifying, documenting, and monitoring service competency and professional development needs based on scope of practice and certification standards for occupational therapy

030104

Types of evidence-based programming for advancing positive population health outcomes

030105

Application of ethical decision-making and professional behaviors guided by the NBCOT standards of practice and Code of Conduct

<b>Task 0302</b>	<b>Incorporate risk management techniques at an individual and practice-setting level by using standard operating procedures, safety principles, best practice guidelines, and relevant compliance trainings to protect clients, self, and staff from injury or harm during interventions.</b>
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<b>KNOWLEDGE OF:</b>	
030201	Precautions or contraindications associated with a client condition or stage of recovery
030202	Standard infection control procedures and universal precautions for reducing transmission of contaminants
030203	Basic first aid in response to minor injuries and adverse reactions
030204	Essential safety procedures to integrate into the intervention activities
030205	Preventive measures for minimizing risk in the intervention environment

<b>Task 0303</b>	<b>Provide occupational therapy service in accordance with laws, regulations, state occupational therapy practice acts, and accreditation guidelines in order to protect consumers and meet applicable reimbursement requirements in relation to the service delivery setting.</b>
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<b>KNOWLEDGE OF:</b>	
030301	Methods for identifying, locating, and integrating federal regulations, facility policies, and accreditation guidelines related to service delivery across occupational therapy practice settings
030302	Influence of reimbursement policies and guidelines related to skilled and medically necessary occupational therapy service delivery
030303	Accountability processes and procedures using relevant practice terminology, abbreviations, and information technology for justifying, tracking, and monitoring outcomes related to occupational therapy service delivery

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