NAVIGATOR®

Tool Descriptions & Assessment Objectives

COTA®

ID 101 rev111824

NBCOT Mission

NBCOT strives to serve the public interest in its diversity by advancing just, equitable, and inclusive client care and professional practice through evidence-based certification practices and the validation of knowledge essential for effective and safe practice in occupational therapy.

NBCOT Vision

Certified occupational therapy professionals providing just, equitable, inclusive, and effective evidence-based services across all areas of practice worldwide.

Table of Contents

Introduction

The NBCOT Navigator® is a suite of online tools designed to help certificants assess their competency across all areas of occupational therapy. Certificants can complete these tools, which are based on current practice and evidence-based literature, to earn competency assessment units (CAUs) toward their NBCOT certification renewal.

The Navigator tools are available at no charge to individuals currently certified as an Occupational Therapist Registered (OTR®) or a Certified Occupational Therapy Assistant (COTA®) and can be accessed through a certificant's MyNBCOT account. Certificants are awarded CAUs for successfully completing the tools and may accrue up to 36 CAUs per renewal period to use toward their NBCOT certification renewal requirements. In addition, many state boards accept the completion of Navigator tools for licensure renewal units (contingent on additional state-specific requirements).

This document provides an outline of general descriptions and assessment objectives for the competency assessment tools the Navigator contains. For more tool-specific information, please visit *www.nbcot.org/Certificants/Navigator*.

BACKGROUND

In 2012, NBCOT completed a certification renewal practice analysis in response to two reports by the Institute of Medicine (IOM): *Health Professions Education: A Bridge to Quality* (2003) and *Redesigning Continuing Education in the Health Professions* (2010). The practice analysis identified practice competencies or domains relevant to contemporary occupational therapy practice that align with IOM's recommendations and supported the creation of a competency assessment platform. From this and additional research with stakeholder groups, NBCOT embarked on a groundbreaking journey to design, develop, and deliver a virtual continuing competency platform — the NBCOT Navigator. The Navigator went live in June 2015.

In 2019, the Ongoing Professional Practice Analysis (OPPA) was completed as part of NBCOT's ongoing review of its certification renewal program. The OPPA updates the 2012 practice analysis and provides evidence that links current occupational therapy practice to NBCOT's certification renewal program requirements in a manner consistent with best practice and accreditation standards. In the first phase of the OPPA, a panel of OTR and COTA certificants convened to review and update the content outline from the 2012 practice analysis. All OTR and COTA certificants who have been certified for three or more years were then invited to participate in a survey about their current occupational therapy practice, which was used to validate the panel's work in the second phase of the OPPA.

The OPPA's work resulted in the *2019 Ongoing Professional Practice Content Outline*, which contains six major domains of ongoing professional practice along with the key tasks performed by certificants in each domain area. This content outline partly serves as the basis for the Navigator's ongoing review and provides updates to the Navigator competency assessment tools; it also drives content development for new Navigator tools.

CONTENT OVERVIEW

This booklet describes the range of competency assessment tools available on the NBCOT Navigator. Each competency tool section will provide

- tool descriptions,
- competency assessment objectives,
- CAU values,
- ongoing professional practice domains, and
- relevant practice areas.

A certificant can earn up to 36 CAU by completing any combination of tools in the NBCOT Navigator®.

Case Simulations

TOOL DESCRIPTION

Case simulations bring OT practice to life with a focus on clinical reasoning. Each case simulation starts with an opening scene providing background information about the scenario. This is followed by a series of modules that engage the certificant in providing OT services with a virtual client. Modules may include client interviews and chart reviews, selection of appropriate screening and assessment tools, completion of evaluations, interpretation of assessment results, interprofessional team discussions, intervention planning, provision of intervention services, and discharge planning.

COMPETENCY ASSESSMENT OBJECTIVES

1. Demonstrate the use of clinical reasoning to provide evidence-based OT services.
2. Identify practice areas for continued professional development.
3. Access evidence-based resources for ongoing continuing competence.

CRITERIA FOR EARNING CAU CREDIT

CAUs / Game

*0.5
CAU

Play Limit

3
times

*The Ethics case simulation is worth 1.25 CAU.

SPECIFIC TOOLS

Adolescent Concussion

This case simulation assesses the certificant's skills to provide services to a high school student in an outpatient clinic. The certificant will gather information from multiple sources (record review and interviews), and in collaboration with the OTR, select evidence-based recommendations for the home and school environment.

1. Conduct a client-centered interview and in collaboration with the OTR, reflect on key concerns.
2. Document assessment results.
3. Identify specific evidence-based recommendations to support the student's functioning in the home and school environment.
4. Select interventions to support the student's recovery and return to prior life roles and routines.

Domains
01 Client-Centered Care
03 Evidence-Based Practice
06 Professional Responsibility

Practice Areas
Pediatrics (clinic-based, early intervention, school system)

Caregiver Education and Dementia

This case simulation presents an older adult client in an independent living apartment who has dementia and whose spouse is the primary caregiver. The caregiver has requested more assistance for the client, who is showing signs of decline. Caregiver education is emphasized throughout this case to promote aging in place for the client and stress reduction techniques for the caregiver.

1. Identify the client's current functional abilities.

2. Recommend caregiving strategies to the client's spouse.

3. Apply clinical reasoning to modify the environment to optimize the client's and caregiver's safety in the home.

4. Provide interventions to support the client's successful aging in place.

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice

Practice Areas
Home Health
Geriatrics/Productive Aging

Clinical Reasoning

This case simulation assesses the certificant's skill in applying clinical reasoning to identify underlying factors influencing the client's current level of function.

1. Conduct a client-centered interview.

2. Apply clinical reasoning when documenting observations.

3. Formulate a plan based on discussion with the OTR supervisor.

4. Select recommendations for treatment.

5. Apply knowledge of trauma-informed care.

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice
05 Informatics
06 Professional Responsibility

Practice Areas
Mental Health
Orthopedics

Diabetes Mellitus

The focus of this case is a college student who presents at the hospital with concerns related to a skin and soft tissue abscess. During this hospital visit, the student is diagnosed with diabetes mellitus type 2. The student is referred to outpatient occupational therapy to learn how to manage the disease and make lifestyle modifications. This case simulation will assess the certificant's knowledge related to the etiology, symptoms, and potential long-term consequences of the disease, social determinants of health, and evidence-based interventions to best support the student.

1. Consider clincial knowledge of the types of diabetes to support the student's health literacy.
2. Facilitate a conversation with the student and relevant family members regarding the challenges of living with a chronic disease.
3. Design a comprehensive intervention plan that supports the student's holistic well-being.
4. Identify the potential long-term consequences of this disease using clinical knowledge to educate the student.
5. Analyze the impact of social determinants of health on diabetes care.

Domains
01   Client-Centered Care
02   Interprofessional Teams
03   Evidence-Based Practice

Practice Areas
Health and Wellness

Early Intervention

This case simulation assesses the certificant's skill to employ family-centered practice when providing services to a premature infant. After completing a parent interview and client observation within the home setting, the certificant, in collaboration with the OTR, will make evidence-based recommendations to promote client success.

1. Conduct a client-centered interview.
2. Complete an observation of the client in a natural setting.
3. Select evidence-based interventions to support nutritional intake and development.

Domains
01   Client-Centered Care
02   Interprofessional Teams
03   Evidence-Based Practice

Practice Areas
Pediatrics (clinic-based, early intervention)

Ethics

In this case simulation, the supervising OTR shares resources to assist the COTA and OT staff to navigate ethical dilemmas in the workplace. Real-world examples of ethical violations are presented: falsifying documentation, working without a license, billing fraud, and substance use. It is suggested that you have a copy of the NBCOT Code of Conduct available to review as you work through this case simulation.

1. Recognize some state laws/regulations include an ethics code.
2. Identify questionable ethical behavior in the workplace.
3. Analyze documentation, billing, and substance use situations based on state regulatory board disciplinary actions.
4. Identify workplace factors that can potentially result in staff's moral distress.
5. Select strategies to manage workplace ethical stressors.

Domains
06   Professional Responsibility

Practice Areas
All

Fall Prevention

This case simulation presents an older adult client who is referred to home health OT services after discharge from a hospital stay for deconditioning and cognitive decline following a fall. The certificant will be represented onscreen as the COTA, who will collaborate with the OTR to select evidence-based approaches to support the client's goal to age in place.

1. Contribute to the occupational profile by conducting a client-centered interview.
2. Observe as the client performs a functional task to identify the transactional relationship between client factors, the environment, and activity demands that contribute to fall risks.
3. Collaborate with the OTR to develop an intervention plan for modifiable risk factors and ADL/IADL.
4. Provide education to the client to support their goal to safely age in place.

Domains
01   Client-Centered Care
02   Interprofessional Teams
03   Evidence-Based Practice

Practice Areas
Geriatrics/Productive Aging
Home Health
Health and Wellness

Low Vision

In this case simulation, a COTA has started working at a new community senior independent living facility. Many of the residents have low vision issues. The COTA collaborates with the OTR, by contributing to the occupational profiles, supporting the development of intervention plans, and recommending environmental modifications for both individual residences and common areas in the facility.

1. Reflect on common low vision diagnostic categories that impact older adults.

2. Use clinical reasoning to identify how low vision influences an older adult's functional capacity.

3. Analyze the environment to assist with formulating an intervention plan that supports each client's goals.

4. Explore the role of low vision rehabilitation and use of a population-based health model to address the needs of community dwelling older adults with low vision.

Domains
01 Client-Centered Care
03 Evidence-Based Practice

Practice Areas
Geriatrics/Productive Aging
Home Health
Health and Wellness

Veteran Experiencing Homelessness

The focus of this case is a veteran who has serious mental illness, substance use, and is experiencing homelessness. The COTA must balance the needs of the individual, while taking into consideration the culture of being unhoused. The Certificant will be encouraged to view the complexity of the case when viewing it through the lens of the person, occupation, and environment.

1. Collaborate with the OTR to apply knowledge of occupational therapy theory and models of practice related to individual's experiencing homelessness.

2. Consider occupations that an individual experiencing homelessness may engage in including those that are health promoting and those that may be harmful.

3. Reflect on the needs of veterans who are unhoused.

4. Facilitate communication with estranged family to promote the individual's recovery.

5. Select OT services for individuals who are homeless through an integrated primary care model.

6. Reflect on concepts of social determinants of health and occupation justice.

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice

Practice Areas
Health and Wellness
Mental Health

Mini Games

TOOL DESCRIPTION

Mini games involve assessment of specific practice knowledge. Each game is uniquely designed for its specific topic.

Mini games include Orthotic Builder.

Orthotic Builder

TOOL DESCRIPTION

Set in a mock village, this tool presents a number of village workers who could benefit from having an upper extremity orthosis as part of their OT intervention plans. The certificant must make informed decisions about fabricating a custom orthosis for each of the workers.

COMPETENCY ASSESSMENT OBJECTIVES

1. Identify the purpose, location, and intent of the orthosis.
2. Select the correct orthotic pattern and placement.
3. Specify actions for optimal fit and fabrication.

CRITERIA FOR EARNING CAU CREDIT

CAUs / Game
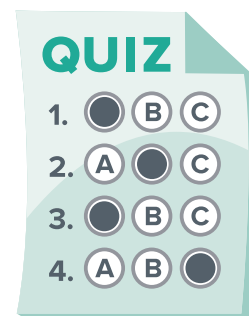
0.5
CAU

Play Limit

No

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Orthopedics
Rehabilitation (outpatient)
Work and Industry

Orthotic Builder Cases

- Burn Injury of the Hand
- Carpal Tunnel Syndrome
- De Quervain's Tenosynovitis
- Low Ulnar Nerve Palsy
- Low Ulnar Nerve Repair
- Mallet Finger
- Median Nerve (Developing Contracture)
- Median Nerve (Low Lesion)
- Rheumatoid Arthritis of the Hand

- Swan Neck Deformity
- Thumb CMC Joint Arthritis
- Thumb UCL Sprain

Mini Practice Quizzes

TOOL DESCRIPTION

These short multiple-choice quizzes are designed to assess knowledge of contemporary OT practice grounded in evidence-based literature. Quiz topics cover the major practice areas identified in the Ongoing Professional Practice Analysis Study (OPPA) and include pediatrics, school system, skilled nursing, acute care, mental health, rehabilitation, orthopedics, education/research, work/industry, wellness, and home health.

COMPETENCY ASSESSMENT OBJECTIVES

1. Answer questions on contemporary OT practice.
2. Identify practice areas for continued professional development.
3. Access evidence-based resources for ongoing continuing competence.

CRITERIA FOR EARNING CAU CREDIT

CAUs / Game

0.5
CAU

Play Limit

3
CAU

Assistive Technology

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice

Practice Areas
Home Health
Pediatrics (school system)
Rehabilitation (outpatient)

Autism

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice
06 Professional Responsibility

Practice Areas
Developmental Disability
Pediatrics (clinic-based, early intervention)
Pediatrics (school system)

Early Intervention
Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice
06 Professional Responsibility

Practice Areas
Developmental Disability
Pediatrics (clinic-based, early intervention)

Employ Evidence–Based Practice

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice
04 Quality Improvement
06 Professional Responsibility

Practice Areas
All

Ethics

Domains
03 Evidence-Based Practice
06 Professional Responsibility

Practice Areas
All

Health, Wellness, & Prevention

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice

Practice Areas
Health and Wellness
Home Health

Home Health

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice

Practice Areas
Geriatrics/Productive Aging
Health and Wellness
Home Health

Hospital & Community–Based Mental Health

Domains
01 Client-Centered Care
03 Evidence-Based Practice
06 Professional Responsibility

Practice Areas
Mental Health

Management

Domains
01 Client-Centered Care
02 Interprofessional Teams
03 Evidence-Based Practice
04 Quality Improvement
05 Informatics
06 Professional Responsibility

Practice Areas
All

Orthopedics

Domains
01 Client-Centered Care
03 Evidence-Based Practice

Practice Areas
Orthopedics
Rehabilitation (outpatient)

Outpatient Rehabilitation

Domains
01   Client-Centered Care
03   Evidence-Based Practice
06   Professional Responsibility

Practice Areas
Rehabilitation (outpatient)

Pain Management

Domains
01   Client-Centered Care
03   Evidence-Based Practice
06   Professional Responsibility

Practice Areas
Home Health
Rehabilitation (outpatient)

Pediatric Outpatient

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Pediatrics (clinic-based, early intervention)

Pediatric Post–Concussion

Domains
01   Client-Centered Care
02   Interprofessional Teams
03   Evidence-Based Practice
06   Professional Responsibility

Practice Areas
Pediatrics (school system)
Rehabilitation (inpatient)
Rehabilitation (outpatient)

Pediatric Schools

Domains
01   Client-Centered Care
02   Interprofessional Teams
03   Evidence-Based Practice

Practice Areas
Pediatrics (school system)

Rehabilitation Inpatient

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Rehabilitation (inpatient)

Seating, Positioning, & Wheeled Mobility

Domains
01   Client-Centered Care
02   Interprofessional Teams
03   Evidence-Based Practice

Practice Areas
Pediatrics (clinic-based, early intervention)
Rehabilitation (outpatient)
Skilled Nursing

Skilled Nursing

Domains
01   Client-Centered Care
02   Interprofessional Teams
03   Evidence-Based Practice

Practice Areas
Skilled Nursing

UE Fractures

Domains
01   Client-Centered Care
03   Evidence-Based Practice
05   Informatics

Practice Areas
Orthopedics

Work/Vocational Readiness

Domains
01   Client-Centered Care
02   Interprofessional Teams
03   Evidence-Based Practice
05   Informatics

Practice Areas
Rehabilitation (outpatient)
Work and Industry

OT Knowledge Library

TOOL DESCRIPTION

The OT Knowledge Library is a stylized matching tool covering a broad range of occupational therapy knowledge.

COMPETENCY ASSESSMENT OBJECTIVES

1. Select appropriate practice-based OT knowledge.
2. Identify practice-based knowledge topic areas for further learning.
3. Access evidence-based resources for ongoing continuing competence

CRITERIA FOR EARNING CAU CREDIT

CAUs / Game

0.25
CAU

Play Limit

No

OT KNOWLEDGE LIBRARY TOPICS

Allen Cognitive Levels

A stylized game where certificants select knowledge of cognitive levels for various manual, goal-directed, and exploratory actions.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Home Health
Skilled Nursing

Burns

A stylized game where certificants select knowledge of burn classification among superficial, deep partial thickness, and full thickness burns.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Acute Care
Rehabilitation (inpatient, outpatient)

Cognitive Impairments

A stylized game where certificants select knowledge of cognition related to attention, executive functioning, and memory skills.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Geriatrics/Productive Aging
Pediatrics (school system)
Rehabilitation (inpatient)

Dementia

A stylized game where certificants select knowledge of initial signs and symptoms of dementia to the appropriate stage of the condition.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Geriatrics/Productive Aging
Skilled Nursing

Imitation/Praxis/Play

A stylized game where certificants select knowledge of childhood skills among imitation, praxis, and play, which are impacted by autism spectrum disorder.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Developmental Disability
Pediatrics (clinic-based, early intervention, school system)

Mental Health Assessments

A stylized game where certificants select knowledge of psychosocial assessment tools appropriate for use with child-adolescent, adult, and older adult populations.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Mental Health

Metabolic Equivalent Units

A stylized game where certificants select knowledge of functional activity demands to MET levels 1.0-2.5, 2.6-4.0, and 4.1-6.0.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Acute Care
Home Health
Skilled Nursing

Pediatric ADL Skills

A stylized game where certificants select knowledge of emerging skills of typically developing children ages 1 to 3 years.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Pediatrics (clinic-based, early intervention)

Pediatric Assessment Tools

A stylized game where certificants select knowledge of pediatric assessments to the appropriate evaluation of sensory, visual perception, and developmental skills.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Pediatrics (clinic-based, early intervention, school system)

Peripheral Nerve Entrapment

A stylized game where certificants select knowledge of peripheral compressive neuropathies among pronator syndrome, anterior interosseous syndrome, and posterior interosseous syndrome.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Orthopedics
Rehabilitation (outpatient)
Work and Industry

Peripheral Nerve Syndromes

A stylized game where certificants select knowledge of peripheral compressive neuropathies among cubital tunnel syndrome, carpal tunnel syndrome, and radial nerve syndrome.

Domains
01 Client-Centered Care
03 Evidence-Based Practice

Practice Areas
Orthopedics
Rehabilitation (outpatient)
Work and Industry

Physical Agent Modalities

A stylized game where certificants select knowledge of physical agent modalities among ultrasound, cryotherapy, and dry whirlpool.

Domains
01 Client-Centered Care
03 Evidence-Based Practice

Practice Areas
Rehabilitation (inpatient, outpatient)
Skilled Nursing

Play Skills – Birth to 24 Months

A stylized game where certificants select knowledge of emerging skills of typically developing infants from birth to 24 months.

Domains
01 Client-Centered Care
03 Evidence-Based Practice

Practice Areas
Pediatrics (clinic-based, early intervention)

Play Skills – 3 to 5 Years

A stylized game where certificants select knowledge of emerging skills of typically developing children ages 3 to 5 years.

Domains
01 Client-Centered Care
03 Evidence-Based Practice

Practice Areas
Pediatrics (clinic-based, early intervention)

Sensory Processing

A stylized game where certificants select knowledge of sensory processing among children presenting with over-responsiveness, under-responsiveness, and optimal responsiveness.

Domains

01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas

Pediatrics (clinic-based, early intervention, school system)

Spinal Cord Injury

A stylized game where certificants select knowledge of expected functional outcomes at the lowest level of spinal cord impairment among cervical C1-C3, thoracic, and lumbar/sacral.

Domains

01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas

Acute Care
Rehabilitation (inpatient, outpatient)

Stages of Change I

A stylized game where certificants select knowledge of stages of change among precontemplation, contemplation, and preparation.

Domains

01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Mental Health

Stages Change II

A stylized game where certificants select knowledge of stages of change among preparation, action, and maintenance.

Domains

01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Mental Health

Tendon Injuries

A stylized game where certificants select knowledge of tendon injuries among flexor tendon injury/repair, extensor tendon injury/repair, and tendon transfers.

Domains

01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Orthopedics
Rehabilitation (outpatient)
Work and Industry

Upper Extremity Nerve Injury

A stylized game where certificants select knowledge of upper extremity nerve functions to the median, ulnar, and radial nerves.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Orthopedics
Rehabilitation (outpatient)
Work and Industry

Visual Fields/Neglect

A stylized game where certificants select knowledge of visual deficits among oculomotor, visual field deficit, and hemi-inattention.

Domains
01   Client-Centered Care
03   Evidence-Based Practice

Practice Areas
Rehabilitation (inpatient, outpatient)
Skilled Nursing

Microcredentials

TOOL DESCRIPTION

Microcredentials contain 50 or 75 three-option multiple-choice and scenario items. Certificants have 60-90 minutes to complete a microcredential tool without the use of any external resources. At the end of the tool, a feedback report is provided and Certificants who pass will earn a digital badge representing their achievement.

COMPETENCY ASSESSMENT OBJECTIVES

1. Answer questions on a focused area of OT practice.

2. Identify new areas for learning and continued professional development.

3. Access evidence-based resources for ongoing continuing competence.

CRITERIA FOR EARNING CAU CREDIT

CAUs / Game

1.5–2
CAU

Play Limit

3
times

MICROCREDENTIALS

Dementia Care

Domains

01	Client-Centered Care
02	Interprofessional Teams
03	Evidence-Based Practice
04	Quality Improvement
05	Informatics
06	Professional Responsibility

Practice Areas

Geriatrics/Productive Aging
Home Health
Skilled Nursing

Fall Prevention

Domains

01	Client-Centered Care
02	Interprofessional Teams
03	Evidence-Based Practice

Practice Areas

Geriatrics/Productive Aging
Health and Wellness
Home Health

Low Vision

Domains

01	Client-Centered Care
02	Interprofessional Teams
03	Evidence-Based Practice
06	Professional Responsibility

Practice Areas

Geriatrics/Productive Aging
Health and Wellness
Home Health