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National Council for Therapeutic Recreation Certification (NCTRC) exam

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Question: 1

During an initial assessment, the client shows little facial expression or is very slow to show expressions. How would the CTRS document this client's affect?

- A. Flat
- B. Broad
- C. Blunted
- D. Inappropriate

Answer: C

Explanation:

Mood (emotional state) and affect (the outward expression of the emotional state) are evaluated as part of psychosocial assessment.

Flat affect: shows no facial expression.

Broad affect: shows a wide range of facial and emotional expressions.

Blunted affect: shows little facial expression or is very slow to show expressions.

Inappropriate affect: shows a range of expressions, but they are inconsistent with mood or situation, especially inappropriate laughter or crying.

Restricted affect: shows one type of expression regardless of circumstances.

Question: 2

Which of the following is NOT an essential outcome of rehabilitation therapy for pediatric clients?

- A. Improved physical health
- B. Reduced complications
- C. Reduced cost of care
- D. Improved skills in coping with hospitalization

Answer: C

Explanation:

Reduced cost of care is not an essential outcome although this may be a secondary benefit.

Essential outcomes include improved physical health, reduced complications, and improved skills in coping with hospitalization. Other outcomes include improved healing, prevention of developmental delays, and improved family coping. Therapy for children is usually provided in hospitals and may involve individual or group play activities that help children adapt and understand treatments as well as restoring or maintaining function.

Question: 3

According to Havighurst's Theory of Adult Development, which of the following best characterizes middle age?

- A. Managing a home and finding a congenial social group
- B. Establishing ties with those in the same age group and adjusting to decreased physical strength
- C. Establishing physical living arrangements that are satisfactory
- D. Achieving civil and social responsibility and maintaining an economic standard of living

Answer: D

Explanation:

Havighurst's middle-age tasks include achieving civic and social responsibility, maintaining an economic standard of living raising teenagers and teaching them to be responsible adults, developing leisure activity, accepting physiological changes related to aging and adjusting to aging of parents. Early adulthood tasks include finding a mate, marrying, having children, managing a home, getting started in an occupation or profession, assuming civic responsibility, and finding a congenial social group. Older adulthood tasks include adjusting to decreased physical strength and health, death of spouse, life in retirement, and reduced income; establishing ties with those in the same age group; meeting social and civic obligations; and establishing satisfactory physical living arrangements.

Question: 4

When choosing a recreational activity for a client, the MOST important consideration is the client's

- A. interests.
- B. physical abilities.
- C. mental status.
- D. financial resources.

Answer: A

Explanation:

The most important consideration when choosing a recreational activity for a client is the client's interests. Asking the client what he/she likes to do and wants to do is the first step in engaging the client in therapy. While physical abilities and mental status are also important considerations, the goal of recreational therapy is to find innovative and creative ways to allow individuals to do those things that they enjoy. Costs must sometimes be considered as well.

Question: 5

Which of the following video game sports simulation programs is BEST to improve balance and coordination?

- A. Golfing
- B. Tennis
- C. Hula hoop
- D. Bowling

Answer: C

Explanation:

Simulating playing with a hula-hoop improves balance and coordination. Video game sport simulators use a motion sensor to note body movement and control the game, so the client must stand upright and move the body to maintain momentum. Another useful activity is walking a tightrope. This gaming system is used in occupational, physical, and recreational therapy. One advantage to these video game simulators is that it allows clients to engage in virtual activities even before they are able to do so in reality.

Question: 6

Which theory states that a change in one family member's behavior will affect others in the family?

- A. Rosenstock's Health Belief Model
- B. Ajzen's Theory of Planned Behavior
- C. Bowen's Family Systems Theory
- D. Fishbein and Ajzen's Theory of Reasoned Action

Answer: C

Explanation:

Family Systems Theory states members of a family have different roles and behavioral patterns, so a change in one person's behavior will affect the others in the family. Health Belief Model predicts health behavior with the understanding that people take a health action to avoid negative consequences if the person expects that the negative outcome can be avoided and that he/she is able to do the action. Theory of Reasoned Action states the actions people take voluntarily can be predicted according to their personal attitude toward the action and their perception of how others will view the action. Theory of Planned Behavior evolved from the Theory of Reasoned Action when studies showed behavioral intention does not necessarily result in action.

Question: 7

Which of the following is NOT acceptable for the continuing education credit required for recertification?

- A. Completing field-related academic courses
- B. Presenting a lecture at a national recreation therapy conference

- C. Making a poster presentation at a state recreation therapy conference
- D. Taking a CPR course

Answer: D

Explanation:

Taking a CPR course is usually required for employment and cannot be counted for continuing education credit. Acceptable activities include attending continuing education courses, conferences, and workshops; taking academic courses; publishing articles; making conference presentations (including poster presentations); and completing professional work experience. The CTRS credential must be recertified every five years. Recertification requires 50 hours of continuing education and 480 total hours of work over the five-year period in the recreation therapy profession.

Question: 8

Which of the following principles in the American Therapeutic Recreation Association (ATRA) Code of Ethics requires that the CTRS use skills to assist clients while respecting the clients' rights to make decisions and preventing harm?

- A. Beneficence
- B. Nonmaleficence
- C. Autonomy
- D. Justice

Answer: B

Explanation:

The second principle of ATRA's Code of Ethics is nonmaleficence, which requires that the therapist use skills to assist clients while respecting the clients' rights to make decisions and preventing harm. The 10 principles (in order) include beneficence (maximizing benefits to clients), nonmaleficence, autonomy (right to choose), justice (fairness and equality), fidelity (meeting obligations), veracity (truth and honesty), informed consent, confidentiality and privacy (not disclosing protected information to third parties), competence (remaining current in education and skills), and compliance with laws and regulations.

Question: 9

Which of the following laws requires that clients in nursing homes be engaged in a program of activities?

- A. American's with Disabilities Act (ADA)
- B. Older American Act (OAA)
- C. Omnibus Budget Reconciliation Act (OBRA)
- D. Health Insurance Portability and Accountability Act (HIPAA)

Answer: C

Explanation:

OBPA (1987) requires that clients in nursing homes be engaged in a program of activities, which may include large group activities (singing outings, fitness exercises), small group activities, and individualized outcome-focused activities. OAA (1965, rev. 2006) provides improved access to services for older adults and Native Americans. Provisions include the right of older Americans to participate in recreation activities as part of community care. ADA (1992) is civil rights legislation that provides the disabled, including those with mental impairment access to employment and the community. HIPAA (1996) addresses the rights of the individual related to portability and privacy of health information.

Question: 10

Which of the following is NOT an example of adult client advocacy?

- A. Describing clients apprehensions to other team members
- B. Listening to and observing client to determine needs
- C. Requesting intervention to meet client's needs
- D. Telling family members the client states he is depressed

Answer: D

Explanation:

Telling family members that a client states he is depressed is a violation of HIPAA regulations related to privacy of information and is not an example of client advocacy. Encouraging the client to discuss his feelings with family members is more effective and protects the clients right to confidentiality. Advocacy may start with simply listening to the client and observing the client for fears, apprehensions, conflicts, or concerns that may impede progress. Team members need to be aware of observable problems, such as apprehensions, that may affect the plan of care. Advocacy may include directly intervening or requesting interventions to meet client needs.



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