OT Mastery

Sensory Regulation Across the Lifespan

1. Which of the following is an important aspect when setting sensory goals for patients?

A. Identification of settings
B. The inclusion of a functional task
C. Identification of people involved
D. Limiting tasks to one setting

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2. What format is most appropriate to use when writing sensory goals for OT?

A. SMART goals
B. SOAP goals
C. COAST goals
D. FEAST goals

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3. What occupation might a sensory goal for an infant target?

A. Attention
B. Eye contact
C. Writing skills
D. Sleep

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4. What might the main purpose of an activity like tug-of-war be for an infant with sensory concerns?

A. Offers olfactory input
B. Offers proprioceptive input
C. Offers tactile input
D. Offers balance training

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5. What aspect of cooking might be part of sensory-based treatment for an older adult with dementia?

A. Using ingredients appropriately to make a meal according to a recipe
B. Gathering ingredients from the store
C. Kneading dough without tactile defensiveness interfering with activity participation
D. Standing for long enough to cook a meal for 3 people

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6. What sensory milestone should a typically developing infant reach by the age of 1?

A. Not wanting to see their own reflection in a mirror
B. Crying to get attention
C. Increasing level of arousal when they are picked up
D. Looking at people as they move

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7. At what age is it typical for a child to still mouth inedible items in an attempt to explore them?

A. 2 years
B. 10 months
C. 1 year
D. 3 years

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8. What is an example of something that would likely NOT be included in multisensory intervention for a 2-month-old infant?

A. Skin-to-skin contact with a parent
B. Looking at a light-up mobile while in supine
C. Playing calming, instrumental music
D. Encouraging independent crawling through a tunnel

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9. There is little to no evidence of the efficacy of what sensory intervention for infants?

A. Honey on the tongue
B. Kangaroo care
C. Infant massage
D. Skin-to-skin contact

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10. What statement is NOT true about tummy time and infants?

A. Tummy time is a safe and effective way to increase an infant's postural control and core strength
B. Tummy time is no longer needed after 3 months
C. Tummy time can begin as early as 2 months old
D. Tummy time should only be done when parents can supervise the infant

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11. What might be a good way to encourage vestibular stimulation for a 10-year-old?

A. Chess
B. Meditation
C. Sliding down a jungle gym
D. Playing twister

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12. Which of the following patients would most likely NOT benefit from provider-led massage?

A. An adolescent who has difficulty with fasteners due to a tremor
B. An older adult who dislikes bathing
C. An infant with digestive concerns
D. A toddler with very high activity levels

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13. What is one of the most evidence-based sensory interventions for children and adolescents?

A. Swaddling
B. Ayres Sensory Integration
C. Life reminiscence therapy
D. Sensory bins

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14. What does the evidence say about digital interventions for sensory regulation?

A. There is not enough research about digital interventions to draw any solid conclusions.
B. Research shows these interventions are unreliable for populations outside of children, since they are drawn to technology.
C. Research shows that digital interventions can help with emotional wellness as it pertains to sensory regulation for children and adolescents. More research is needed to determine true efficacy.
D. Digital interventions cannot be used to address sensory regulation in OT treatment.

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15. What sleep-based intervention has the most evidence to support its use for sensory concerns?

A. Education on sleep hygiene
B. Body socks
C. Cognitive behavioral therapy for Insomnia (CBT-i)
D. Dialectical behavior therapy (DBT)

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16. Why is experience-based learning most effective for children and adolescents with sensory concerns?

A. Experience-based learning allows for practice at home rather than just in the clinic, and natural contexts are important in OT.
B. There is no evidence to support the idea that experience-based learning is the most effective intervention target. This is just conjecture from rehabilitation therapists.
C. Experience-dependent learning uses direct OT services and, therefore, sustains the healthcare field and sensory interventions as a whole.
D. Experience-dependent interventions cause more neuroplastic changes than non-experience-dependent interventions, which leads to more lasting functional changes.

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17. What contextual factor is NOT connected with sensory concerns in children and adolescents?

A. Learning difficulties
B. Parental substance use
C. Obesity
D. Poor diet

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18. How can a sensory journal help adolescents and adults engage more actively in sensory-based treatment?

A. Sensory journals are used like symptom trackers, so they are only appropriate for use by doctors.
B. Sensory journals are used to track instances of distress, how someone responds to them, and what led up to them along with likes, dislikes, and other information that can help therapists identify accurate and effective strategies for managing sensory concerns.
C. Sensory journals are used by therapists to track patient behaviors during sessions and use them during progress reporting.
D. Sensory journals require an adolescent or adult patient to create their own sensory diets and review them with their therapist.

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19. What is an example of a discreet tactile strategy an adult with seeking behaviors can use while at work?

A. Spinning in their desk chair
B. Squeezing a stress ball
C. Running kinetic sand through their hands
D. Throwing their pen across the room

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20. What visual strategy may be beneficial to an adult who experiences too much visual stimulation during the evening hours after dinner at home?

A. Doing yoga poses that involve inverting the body
B. Telling their kids to go to bed early
C. Using an eye mask
D. Turning the lights on brighter to see better

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21. What alerting food might be a good part of a sensory diet for someone who seeks oral motor input?

A. Carrots
B. Hot tea
C. Pudding
D. Soup

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22. A child has difficulty with body awareness at school and their OT recommends some proprioceptive activities to help. What is NOT an example of a proprioceptive activity that might help this child?

A. Joint compressions
B. Doing wall push-ups before going to recess
C. Playing duck, duck, goose while standing
D. Using a weighted vest

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23. What is NOT an example of an activity that addresses both interoception and proprioception?

A. Heavy work
B. Eating crunchy foods
C. Deep breathing
D. Mindfulness

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24. What must therapists keep in mind about sensory concerns related to psychiatric conditions?

A. Sensory concerns do not occur with psychiatric conditions
B. Most conditions have the same sensory concerns, so using the same interventions and strategies across the board is helpful
C. Psychiatric conditions may be managed with sensory interventions alone
D. Each person and their psychiatric condition differs, so therapists must be mindful of that when offering patient-centered services

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25. What evidence is there pertaining to sensory stimulation and its use with patients who have traumatic brain injury?

A. There is not enough evidence about sensory stimulation and TBI to speak on best practice
B. Evidence shows the best results with multisensory intervention
C. Evidence shows comatose patients with TBI respond best to auditory input alone
D. Evidence shows comatose patients with TBI respond best to tactile input alone

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26. Due to the structure and purpose of this setting, OTs are least likely to recommend environmental modifications for sensory concerns in what setting?

A. Neonatal Intensive Care Unit (NICU)
B. Patient's home
C. Long-term care facility
D. Patient's school or place of work

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27. Research identifies the Montessori approach is ideal for sensory treatment with what population?

A. Infants
B. Children
C. Older adults
D. Adolescents

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28. Which of the following sensory modalities has limited evidence supporting its use with older adults?

A. Aromatherapy
B. Massage
C. Gardening-based multisensory activities
D. Dance-based multisensory activities

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29. Virtual reality interventions with a sensory basis have been shown to assist with what populations?

A. Infants and adults
B. Older adults, children, and adolescents
C. Children and adolescents
D. Infants and children

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30. What style of sensory interventions are most widely supported for all populations?

A. Transdisciplinary sensory interventions
B. Multicomponent learning to help with sensory concerns
C. Multisensory interventions
D. Interdisciplinary sensory interventions

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