

OT Mastery

Supporting Immigrant and Refugee Populations

1. Which of the following is NOT a potential cause of psychosocial concerns in immigrants and refugees?

- A. Disorientation
- B. Isolation
- C. Difference in geographic landscape
- D. Displacement

2. An immigrant who has difficulty navigating citizenship and asylum procedures may firstly experience barriers in which of the following areas?

- A. Accessing healthy foods, navigating the community around them in a purposeful manner
- B. Having difficulty bringing one's family to a new country, choosing a career path in higher education
- C. Accessing free and appropriate education, making new friends, find a new sense of purpose
- D. Obtaining health insurance, getting a valid form of identification or licensure, getting safe housing accommodations

3. Which statement about undocumented immigrants is true?

- A. Undocumented immigrants are banned from receiving Emergency Medicaid according to the Personal Responsibility and Work Opportunity Reconciliation Act of 1996 (PRWORA).
- B. This population is often not eligible for CHIP, Medicare, Medicaid, or other federal insurance programs.
- C. This population does not have access to Emergency Medicaid.
- D. Only hospitals in large metropolitan areas are mandated to evaluate people seeking any sort of emergency medical care, regardless of their immigration status or insurance coverage.

4. What services does Emergency Medicaid cover?

- A. Any emergent medical services delivered in a hospital ER or inpatient hospital
- B. PT, OT, SLP
- C. Routine or post-partum care, whether associated with an emergency medical event or not
- D. Long-term care

5. If a therapist wants to recommend an undocumented immigrant without insurance to receive routine medical care, what is the most appropriate referral for them to make?

- A. Federally qualified community health centers only

- B. Migrant health centers only
- C. Non-profit hospitals, migrant health centers, or federally qualified community health centers
- D. Religious hospitals or clinics run by university rehabilitation programs

6. What legislation entitles documented immigrants and refugees to receive healthcare in the United States?

- A. Immigration Act of 1990
- B. Personal Responsibility and Work Opportunity Reconciliation Act of 1996 (PRWORA)
- C. Americans with Disabilities Act of 1990 (ADA)
- D. Health Insurance Portability and Accountability Act (HIPAA)

7. A 41-year-old woman recently came to the U.S. as a refugee. She is significantly isolated from others and has suffered intense discrimination in her time here. She has attempted to contact multiple agencies to obtain safe housing, but no one would take her call. This has led her to become homeless. She attempted to seek care at a free health clinic due to suicidal thoughts and was told they cannot help her there. What form of occupational injustice is she experiencing?

- A. Occupational marginalization
- B. Occupational imbalance
- C. Occupational apartheid
- D. Occupational deprivation

8. A 15-year-old boy recently came to the U.S. with his mother, father, and younger brother from Ukraine. He has had a lot of difficulty fitting in at school. He has no interaction with peers his own age and is struggling with feelings of isolation, emptiness, and a disconnect from everyone around him. What form of occupational injustice is he experiencing?

- A. Occupational apartheid
- B. Occupational alienation
- C. Occupational deprivation
- D. Occupational marginalization

9. A 71-year-old woman immigrated to the U.S. with her daughter, son-in-law, and three grandchildren. In Serbia, she enjoyed tending to the garden and caring for the family's farm, which is how she spent the vast majority of her time. The family now lives in row houses in a major metropolitan area without any outdoor space to call their own. As a result, this woman is having difficulty finding ways to fill her time. There are no spaces in the local community garden, nor does the family have the resources to get her there due to their work and school schedules. What form of occupational injustice is she experiencing?

- A. Occupational alienation
- B. Occupational marginalization
- C. Occupational apartheid
- D. Occupational imbalance

10. What skill areas might be a priority for an OT working with a refugee who is experiencing traumatic stress?

- A. Obtaining healthcare coverage
- B. Working through the citizenship process
- C. Developing a crisis plan, building coping strategies, establishing basic needs (if necessary)
- D. Establishing contact with family members in their country of origin

11. What skill areas should be a priority for an OT working with an immigrant who demonstrates signs and symptoms of isolation stress?

- A. Vocational training, ADL training
- B. Community integration, social participation, establishing roles/routines/rituals to develop a sense of purpose and community
- C. Vocational training, IADL training
- D. Spirituality exploration, leisure exploration, sleep and rest

12. What government resource(s) might help a therapist working with a middle-aged immigrant who has a desire for vocational training?

- A. The American Job Center, the Employment and Training Administration through the U.S. Department of Labor
- B. Volunteering at the local soup kitchen
- C. Occupational Safety and Health Administration
- D. Peace Corps, Job Corps

13. An OT has begun treating a 3-year-old child whose mother is a refugee who is newly pregnant and lacks health insurance. What resources can the OT point them toward?

- A. A women's shelter with mental health and prenatal counselors on staff
- B. The Office of Refugee Resettlement, the Administration for Children & Families, Refugee Medical Assistance, Refugee Cash Assistance (RCA), Refugee Support Services (RSS)
- C. Emergency Medicaid
- D. The American Job Center, the Employment and Training Administration through the U.S. Department of Labor

14. An OT received a referral for a 50-year-old man who recently came to the U.S. as an asylum seeker. He has a strong desire to become a citizen. What resource is NOT appropriate for this man?

- A. Pro Bono Legal Service Providers through the Executive Office for Immigration Review
- B. The Asylum Seeker Advocacy Project
- C. Humanitarian Legal Services through the U.S. Committee for Refugees and Immigrants
- D. The Office of Refugee Resettlement

15. According to research, what is the most common skill area of need for immigrant and refugee populations?

- A. Rest and sleep
- B. Social participation
- C. Spirituality
- D. Productive leisure

16. What framework suited for immigrant and refugee populations involves making a connection between an unsupportive environment and a person's maladaptive coping strategies?

- A. The Model of Occupational Empowerment
- B. The Model of Seven-Level Hierarchy of Family-Therapist Involvement
- C. The Model of Occupational Spin-Off
- D. The Model of Occupational Wholeness

17. What is the main difference between the Participatory Occupational Justice Framework (POJF) and the Framework of Occupational Justice?

- A. The POJF emphasizes institutional changes, inclusion, and societal accountability as they pertain to occupational rights, and the Framework of Occupational Justice uses a critical epistemology to encourage reflection and collaborative action against systemic injustices.
- B. The POJF is intended for use with those who have mental health concerns and the Framework of Occupational Justice is intended for "well" populations.
- C. The POJF uses a critical epistemology to encourage reflection and collaborative action against systemic injustices, while the Framework of Occupational Justice emphasizes institutional changes, inclusion, and societal accountability as they pertain to occupational rights.
- D. The Participatory Occupational Justice Framework encompasses social participation and the Framework of Occupational Justice focuses more on systemic change.

18. What is the main focus of the Recognize Privilege, Acknowledge Injustice, and Reframe Perspective to Reach Equity Model as it pertains to immigrant and refugee populations?

- A. Adjusting one's perspective to allow for function despite the injustices that are present in society.
- B. Using reciprocal and intersectional impacts to help OTs achieve equity for each of their patients
- C. Identifying disempowering areas of society and advocating for policy changes to address them.
- D. Allowing patients to see the injustices for themselves and acknowledge the impact on their lives before accepting them as they are.

19. Which of the following has strong roots in occupational science via its exploration of group interactions in response to conflict?

- A. Model of Occupational Spin-Off
- B. The Theory of Occupational Reconstructions
- C. The Canadian Model of Client-Centered Enablement (CMCE)
- D. Life Balance Model (LBM)

20. What model is an ideal way of helping therapists address occupational alienation and occupational imbalance in immigrants and refugees by structuring everyday activities?

- A. The Canadian Model of Client-Centered Enablement (CMCE)
- B. The Theory of Occupational Reconstructions
- C. Model of Occupational Spin-Off
- D. Life Balance Model (LBM)

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