

NAVIGATOR[®]

Tool Descriptions & Assessment Objectives

COTA[®]

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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.

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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.

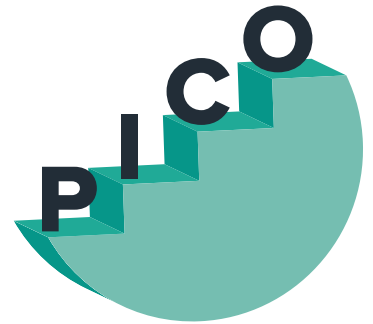
Ongoing professional practice domains and practice areas are provided for all tools except PICO.

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

PICO

TOOL DESCRIPTION

This tool contains a series of simulated games introducing the certificant to the process of evaluating appropriate evidence-based research in order to make informed decisions about OT practice.



COMPETENCY ASSESSMENT OBJECTIVES

1. Formulate an effective search question.
2. Complete an evidence-based literature search.
3. Identify best evidence to answer a practice-related question.

CRITERIA FOR EARNING CAU CREDIT

CAUs / Game

0.5
CAU

Play Limit

No

PICO Client 1: Cetian

Through this game, the certificant is introduced to the fundamentals of completing an evidence-based literature search.

PICO Client 2: Altarian

Through this game, the certificant is guided step-by-step through the process of completing an evidence-based literature search to answer a practice-related query.

PICO Client 3: Anakim

Through this game, the certificant begins to demonstrate application of evidence-based knowledge to answer a practice-related query.

PICO Client 4: Hydean

Through this game, the certificant independently performs an evidence-based literature search and interprets best practice evidence to solve a practice-related problem.

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

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

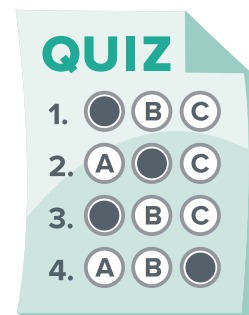
Orthotic Builder Cases

- 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



Play Limit



Assistive Technology

Domains

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

Practice Areas

Home Health
Pediatrics (school system)
Rehabilitation (outpatient)

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

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 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

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



Play Limit



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

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

Fall Prevention

Domains

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

Practice Areas

Geriatrics/Productive Aging
Health and Wellness
Home Health