

Medical Professional NCTRC

National Council for Therapeutic Recreation Certification
(NCTRC) exam

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Question: 1

A client with a history of aggression begins swearing and pacing back and forth, shouting, "You can't make me stay here!" The MOST appropriate initial response is to

- A. speak calmly and quietly to the client.
- B. tell the client this behavior is inappropriate.
- C. leave the room.
- D. call security to restrain the client.

Answer: A

Explanation:

If a client with a history of aggression begins swearing and pacing back and forth, yelling, "You can't make me stay here!" the best initial response is to speak calmly and quietly to the client. The CTRS should remain in control and avoid reactions that suggest fear or anger. The CTRS should stand if sitting but avoid moving aggressively toward the client but should move toward the door if the situation appears to be escalating and it is safe to do so.

Question: 2

In evaluating research as part of the development of evidence-based practice guidelines, the four evaluative/trustworthiness criteria are (1) credibility, (2) dependability, (3) transferability, and (4)

- a. controllability.
- b. applicability.
- c. accountability.
- d. confirmability.

Answer: D

Explanation:

In evaluating research as part of the development of evidence-based practice guidelines, the four evaluative/trustworthiness criteria are:

- Credibility: Documentation supports accuracy and validity.
- Dependability: Evidence shows how conclusions are reached and whether others should expect to reach the same conclusions.
- Transferability: The extent to which the results can apply to others in similar situations.
- Confirmability: The data are clear and show how conclusions are reached.

Question: 3

A client with multiple sclerosis tells the CTRS that she is upset that she can no longer continue her employment because her job is too physically demanding and is concerned about how she will support herself. Which of the following responses focuses on problem solving as a response to stress?

- A. "What plans do you have for finding a new job?"
- B. "You might be eligible for public assistance."
- C. "I'm sure there is other work you can do."
- D. "I can see how upsetting that is for you."

Answer: A

Explanation:

If a client with multiple sclerosis tells the CTRS that she is upset that she can no longer continue her employment because her job is too physically demanding and is concerned about how she will support herself, the response that focuses on problem solving as a response to stress is "What plans do you have for finding a new job?" This response doesn't suggest a solution, such as public assistance, but indirectly suggests that the client can take control to solve the problem of work.

Question: 4

Under the Joint Commission's National Patient Safety Goals, which of the following is generally acceptable as one of two required identifiers?

- A. Place of birth
- B. Date of birth
- C. Place of employment
- D. Verifying client's name from armband taped to bedside stand

Answer: B

Explanation:

The Joint Commission requires two identifiers to ensure that the correct individual is receiving care and that the care is intended for that individual. Identifiers must be specific to the client. The first identifier is usually the client's name, often found on the wristband, and the second can be the birthdate, client ID number, or telephone number. Birthplace is usually too non-specific as is place of employment. If an armband is used as an identifier, it must be on the client's body and cannot be simply placed at bedside or taped to a bedside stand.

Question: 5

When advising parents about age-appropriate exercise for a 4-year-old child about to be discharged from the hospital after treatment for diabetes, which of the following activities is MOST appropriate?

- A. Dancing or skating
- B. Bicycling

- C. Team sports
- D. Gymnastics

Answer: A

Explanation:

4- to 5-year-olds may participate in dancing, skating and other supervised activities but lack coordination and judgment about safety. 6- to 12-year-olds are still growing and muscles are short, so they do best with non-competitive sports, such as bicycling and swimming, until about age 10. Team sports should be supervised to ensure children are not straining muscles. Weight lifting may be done at 11. Gymnastics may begin with children monitored for eating disorders. 12- to 18-year-olds can participate in any sports activity unless limited by illness or disability.

Question: 6

Using the average cost of a problem and the cost of intervention to demonstrate savings is a(n)

- A. cost-benefit analysis
- B. efficacy study.
- C. product evaluation.
- D. cost-effective analysis.

Answer: A

Explanation:

A cost-benefit analysis uses average cost of a problem and the cost of intervention to demonstrate savings and to determine if an intervention is a sound investment. For example, if the lack of CTRS at an organization results in \$80,000 loss of income each year and hiring a CTRS costs \$40,000 in salary and \$16,000 in benefits for a total of \$56,000, the cost benefit is calculated by subtracting the intervention costs from the annual loss: $\$80,000 - \$56,000 = \$24,000$. If the calculation results in a negative number, then there is no benefit.

Question: 7

Listed below are the 5 stages of substance abuse:

1. Regular use.
2. Dependence.
3. Problem use. 4. Experimentation.
5. Addiction.

Which of the following correctly orders these stages from first to last?

- A. 1, 2, 3, 4, 5
- B. 3, 4, 2, 1, 5
- C. 4, 1, 3, 2, 5
- D. 4, 3, 2, 1, 5

Answer: C

Explanation:

4, 1, 3, 2, 5. The stages of substance abuse include:

- Experimentation: Use is occasional in social settings or in response to stressful situations.
- Regular use: A regular pattern of use emerges.
- Problem use: The person experiences problems because of substance abuse.
- Dependence: The person continues chronic use despite problems and risks and exhibits increasing tolerance and withdrawal.
- Addiction: The person feels a physical and psychological need for the substance, despite problems it is causing, experiences cravings, and exhibits alcohol/drug seeking behaviors.

Question: 8

Which of the following characteristics indicates that a dog is likely well-suited to be a therapy dog?

- A. Guards toys and food
- B. Likes to lick people
- C. Very enthusiastic and excited about meeting people
- D. Remains confident in different environments

Answer: D

Explanation:

Characteristics that indicate a dog is likely well-suited to be a therapy dog include:

- Remains confident in different environment.
- Likes to meet people (but is not overly enthusiastic or excited).
- Remains well-controlled and calm.
- Is mature (past the puppy stage) and psychologically sound.
- Comfortable with people who act differently.

While trained dogs are preferred, they are not required. Many dogs, depending on training and temperament, may serve as therapy dogs. Some characteristics are warning signs: fearfulness, excitability, aggressiveness, poor health, guarding of toys and food, and licking of people.

Question: 9

If, when utilizing the Plan-Do-Study-Act (PDSA) method of continuous quality improvement, study of the outcomes of a trial indicates that the solution that was instituted was not effective, the next step is to

- A. return to the Plan step.
- B. return to the Do step.
- C. discontinue the process.
- D. continue to the Act step.

Answer: A

Explanation:

If when utilizing the Plan-Do-Study-Act (PDSA) method of continuous quality improvement, study of the outcomes of a trial indicates that the solution that was instituted was not effective, the next step is to return to the Plan step in order to select a different solution. Method:

- Plan: Define the problem, brainstorm, and collect data.
- Do: Generate solutions, choose one, and implement a trial.
- Study: Evaluate outcomes.
- Act: Identify changes needed for full implementation and continue to monitor.

Question: 10

When reviewing a number of articles as part of development of evidence-based practice guidelines, the first step to reading critically should be to

- A. review the author's credentials.
- B. consider the source
- C. read the article conclusion.
- D. evaluate the overall article.

Answer: B

Explanation:

While these are all important steps, the first step should be to consider the source and to eliminate articles in the popular press and to focus on peer-reviewed articles in medical journals to avoid wasting time on articles that lack validity and reliability. Next, the author's credentials should be reviewed to determine if the author is an expert in the field or has the proper credentials to write with authority about the topic.

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