

# Flex Therapist CEUs

## Sensory Processing

1. What is an occupational therapist's main role in sensory processing?

- A. To help someone avoid sensory triggers
  - B. To help them better integrate and process sensory information in a way that promotes function
  - C. To find environments that do not trigger patients
  - D. To tell them to stay in their room if they are feeling triggered
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2. How can an occupational therapist help someone with auditory processing deficits?

- A. Give them earbuds
  - B. Tell them to cover their ears when they are upset
  - C. Schedule times for uncomfortable but predictable noises
  - D. Both 1 and 3
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3. Which of the following is NOT a reliable sensory processing assessment?

- A. Sensory Processing Measure
  - B. Sensory Integration and Praxis Tests
  - C. DeGangi-Berk
  - D. All of the above are reliable assessments for this area
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4. What is an appropriate recommendation for someone with visual processing deficits?

- A. Practice scavenger hunts
  - B. Avoid looking at fast-moving objects
  - C. Wear an eye patch
  - D. Play sports with fast-moving objects
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5. Which of the following is NOT a type of sensory modulation?

- A. Over-responsive
  - B. Under-responsive
  - C. Somewhat-responsive
  - D. Sensory seeking
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6. Which type of sensory input is almost always of benefit for someone with sensory

**concerns?**

- A. Tactile input**
  - B. Proprioception**
  - C. Visual input**
  - D. Auditory input**
- 

**7. People may be mistaken as lazy or tired if they have which classification of sensory concerns?**

- A. Sensory-based motor disorders**
  - B. Sensory seeking**
  - C. Poor discrimination**
  - D. Hyper-reactive**
- 

**8. Which is not considered a sensory-based motor concern?**

- A. Dyspraxia**
  - B. Developmental coordination disorder (DCD)**
  - C. Postural control concerns**
  - D. All of the above are sensory-based motor concerns**
- 

**9. Which of the following may be a reaction to uncomfortable sensory input?**

- A. Running away and screaming**
  - B. Looking for more of the input**
  - C. Not reacting at all**
  - D. Asking thoughtful questions about the input**
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**10. What is the best definition of an adaptive response?**

- A. A healthy response to something**
  - B. A natural response to any kind of input that allows someone to engage in learning and exploration**
  - C. A strategy that someone uses to avoid something they don't like**
  - D. A misperception of sensory input**
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**11. What is the best definition of sensory discrimination?**

- A. Not knowing when sensory input will get processed**
  - B. The ability to differentiate between different types of sensory input**
  - C. Trouble knowing what sensory input they like vs. what they don't like**
  - D. Misunderstanding what is going on around them**
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**12. A child who has difficulty tolerating new foods may have difficulty processing what type of sensory input?**

- A. Visual**
  - B. Gustatory**
  - C. Tactile**
  - D. Both 2 and 3**
- 

**13. A child who often bites on or mouths inedible objects may have what sensory concern?**

- A. Seeking tactile input**
  - B. Defensive to gustatory input**
  - C. Seeking gustatory input**
  - D. Both 2 and 3**
- 

**14. What are food bridges?**

- A. Foods that should never be eaten together**
  - B. Foods that should not touch on the dinner plate**
  - C. Foods that have similar properties, such as colors, patterns, shapes, and textures**
  - D. Foods that must be eaten in between two other foods**
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**15. What essential oils may help calm someone who is defensive to olfactory input?**

- A. Lavender**
  - B. Spearmint**
  - C. Peppermint**
  - D. Lemon**
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**16. How can sensory bins help someone with tactile defensiveness?**

- A. Sensory bins get someone used to feeling various textures in a functional way**
  - B. Sensory bins force someone to repeatedly dunk their hand in unpleasant materials all at once**
  - C. Sensory bins are only to be used under the close supervision of a therapist, since they can be dangerous to use at home**
  - D. Sensory bins can encourage playfulness**
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**17. Someone who often breaks pencils when writing may have what sensory concern?**

- A. Sensory-based motor concern**
- B. Under-responsive to tactile input**

- C. Over-responsive to tactile input**
  - D. Both 1 and 2**
- 

**18. What type of child may get a recommendation to wear tight-fitting or compression clothing?**

- A. Someone in need of proprioception**
  - B. Someone who is under-responsive to tactile input**
  - C. Someone who is over-responsive to tactile input**
  - D. Both 1 and 2**
- 

**19. Which of the following is NOT a way to build oral motor strength for those with tactile sensitivity?**

- A. Slowly guide them through eating chewier or tougher foods**
  - B. Encourage the use of straws**
  - C. Use manipulatives like fidget spinners**
  - D. Use pinwheels, kazoos, whistles, and other similar toys in therapy**
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**20. Someone with poor body awareness might be mistaken for having visual concerns if they do what?**

- A. Cover their ears and run away**
  - B. Bump into things**
  - C. Ask for help with certain objects**
  - D. Don't like playing sports**
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**21. What is one of the best recommendations for children with motor-based sensory concerns?**

- A. Give verbal and visual instructions one at a time**
  - B. Offer as much tactile information as you can**
  - C. Avoid giving instruction at all and let them figure it out**
  - D. Give them extra time to complete tasks**
- 

**22. What is helpful for computer users who have visual issues?**

- A. When possible, work outside where there is plenty of light**
  - B. Use an eye mask to help sleep at night**
  - C. Adjust brightness, blue light settings, and minimize glare on the screen**
  - D. Only use a pen and paper to get work done**
-

**23. What is a good activity that offers proprioception?**

- A. Weight-bearing activities like push-ups and yoga**
  - B. Swimming**
  - C. Using an elliptical to get cardiovascular activity**
  - D. Wear loose clothing to let your skin breathe better**
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**24. What type of vestibular input is alerting?**

- A. Swaying side to side**
  - B. Rocking**
  - C. Rotational spinning**
  - D. Running in place**
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**25. What type of over-responsiveness might gentle stretching help with?**

- A. Tactile**
  - B. Vestibular**
  - C. Proprioception**
  - D. Visual**
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**26. Motor planning deficits can impact someone's ability to do what?**

- A. Do tasks in the right order**
  - B. Sit upright in a chair**
  - C. Learn any new motor action**
  - D. All of the above**
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**27. Kids with poor core strength can benefit from what?**

- A. Laying down while doing activities**
  - B. Modified seating that encourages the use of their stomach muscles**
  - C. Sitting on the floor**
  - D. Running more often**
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**28. Writing on a slant board may be a recommendation for a child with what concern?**

- A. Low proprioception**
  - B. Dyspraxia**
  - C. Tactile defensiveness**
  - D. Vestibular sensitivities**
-

**29. What is important to remember when writing sensory goals?**

- A. Don't add any milestones**
  - B. Specify what time of day it should be achieved in**
  - C. Connect each sensory concern with function and make it measurable**
  - D. Make it short and something a child can achieve in 2 weeks at most**
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**30. At what age is a child's sensory systems be nearly fully developed?**

- A. Age 6**
  - B. Birth**
  - C. Age 5**
  - D. Age 8**
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