

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. 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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3. 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
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4. 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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5. 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 B and C
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6. 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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7. 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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8. What type of over-responsiveness might gentle stretching help with?

- A. Tactile
 - B. Vestibular
 - C. Proprioception
 - D. Visual
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9. 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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10. At what age are a child's sensory systems nearly fully developed?

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