

## ADDITIONAL WAYS TO STUDY FOR THE HAND CERTIFICATION EXAM

- EHT offers the best preparation book  
Hand Rehabilitation: A Quick Reference  
Guide and Review, 4<sup>th</sup> edition

<https://www.liveconferences.com/product.asp?cid=536>

And the #1 Prep Course Basics and Beyond CEU class

6.7 AOTA approved CEUs (67 contact hours)

Most of the 20 sections apply for Category A HTCC 67 hours

<https://www.liveconferences.com/package.asp?pid=17>

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## ABOUT EHT PRACTICE EXAMS

- ▶ **RATED as TOP study material  
for studying for the certified  
hand examination.**

**Cited by users as the number  
one way to prepare for the  
CHT exam!**




## ABOUT EHT PRACTICE EXAMS

- Practice your test taking skills by taking EHT's tests online.
- You can submit each exam up to 3 times and each exam is available for 6 months.
- You do not need to complete the entire exam in one sitting as long as you click the next page button everything will be saved and you can return at your convenience to complete.
- Once you hit submit you will have a score and it will count as one attempt.
- They are each 200 questions and cover a wide array of hand therapy topics.
- Modalities exam is 150ish questions


## HOW SHOULD I STUDY

- When studying for an examination, the most effective approach is to closely simulate the behavior you'll ultimately be required to perform
- Taking the practice exams Exploring Hand Therapy (EHT) offers will assist in simulating taking a multiple choice test and taking a test online
- Effective way to do these tests is to set a timer and take the 4 hours and rock and roll - see how you do. This will reduce your test anxiety.

## TEST TAKING SKILLS PREPARED BY: EXPLORING HAND THERAPY (EHT)

- It's important that you practice answering difficult questions without access to your notes or textbook.
  - Equally important, you need to practice answering questions that someone else has chosen; hence our large collection of practice exams.
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## HTCC REQUIREMENTS TO SIT FOR THE CHT EXAM

- Documentation of three years of practice as an occupational therapist or physical therapist as well as have 4,000 hours of direct hand therapy practice verified with the employment verification form and explanation of direct practice experience.
  - You will submit a copy of your original license, certificate, or registration as an OT or PT and the employment verification form.
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## HTCC REQUIREMENTS (CONT)

- Here is the link to HTCC for the supporting documents required:  
<https://www.htcc.org/certify/applying-for-certification/supporting-documentation>
- This is subject to change at anytime

## TESTING

- Most standardized tests are timed. If taking the hand certification exam the total time is four hours for actual testing.
- Once eligible, HTCC will issue an authorization to test number. This number will be emailed to the candidates, who then will make an appointment to test at an Applied Measurement Professionals (AMP) test site on the day and time desired.
- Exploring Hand therapy/Treatment2go/Liveconferences is not affiliated with HTCC. You must verify everything with HTCC and set up test taking via HTCC.

## HTCC TEST SCHEDULING

- According to HTCC.org
- Here is how you schedule after eligibility is confirmed
- <https://www.htcc.org/certify/once-your-are-eligible/scheduling-or-rescheduling-an-exam>



## GENERAL INFORMATION

- The hand therapy certification exam is given 2 times per year; ONLINE computer testing via AMP testing centers.
  - Visit HTCC.org for specifics
- Always arrive early it is recommended at least 30 minutes prior to test
- Testing centers will not allow entrance if past scheduled test time.
- Best to do a dry run before to ensure you will be on time and not stressed about finding it or parking.



## PHOTO ID

- Many standardized test require at least 1 form of photo ID
- ATM testing centers require (2) Two forms of ID
- To gain admission to the assessment center, you must present TWO forms of
  - **identification, one with a current photograph. Both forms of identification must be valid and include your current name and signature. You will also be required to sign a roster for verification of identity.**



## PHOTO ID AND ADMISSION

- You MUST bring one of the following: driver's license with photograph; state Identification card with photograph; passport; military identification card with photograph. The second form of identification must display your name and signature for signature verification (e.g., credit card with signature, social security card with signature, employment/student ID card with signature). The name on the identification must match the name under which you are registered with AMP
- Always check with HTCC and testing center for specifics
  - [HTCC.org](http://HTCC.org)



## TEST DAY

- Ensure your photo IDs are the appropriate forms required via the testing center
- Make sure you have all the required documentation needed for entry to the exam
- If taking the CHT exam visit [htcc.org](http://htcc.org) for specifics
- You can download a handbook from [HTCC.org](http://HTCC.org)  
<https://www.htcc.org/htcc/forms/handbook>



## WHAT SHOULD I BRING

- For the hand certification exam bring
  - Required Photo IDs
  - Admission ticket or a unique identification number
  - NOTHING is permitted in the testing center
    - No watches
    - No cell phones
    - No calculators
    - No Paper
    - They will issue ONE piece of paper when you arrive – if you need more they will discard the first



## WHAT SHOULD I EXPECT

- ❑ No communicating during test
- ❑ No reference material
- ❑ Certain questions are not permitted during the test
- ❑ LISTEN carefully to the proctor during the instructions and introduction



## WHAT IF I DISAGREE WITH A QUESTION?

- If taking the hand certification exam can I submit comments on an ambiguous question?

Try to be specific about your concern

A committee will review each comment but remember this may cut into your time.

Check with [HTCC.org](http://HTCC.org) for specifics relating to comments



## FIRST ANSWERS ARE USUALLY CORRECT

- Don't speed through the items with the idea of going back to change answers you are unsure of.
- If you take time to think through each question, your initial answer will usually be the correct one.
- Although there are always exceptions to this rule, the best approach in most cases is to carefully answer each question the *first* time you go through the exam, and change only those answers that are clearly mistakes.



## TEST DAY

- If taking the CHT via HTCC exam the exam center will issue you a pencil and scrap paper
- Most computerized tests have a “time box” or clock on the computer you can click to monitor your time
  - HTCC CHT exam allows 4 hours for 200 questions



## HOW DO I TAKE A TEST?

- Computerized test typically only show one question at a time
- An examination question may be left unanswered & returned later in the examination session. Questions may also be bookmarked for later reviewing.
  - Do not spend too much time on any one question as the hard questions are often worth the same as the easy questions
  - You can come back to questions if time allows at the end of your testing
  - Check with the testing center for specifics relating to the test.



## HOW DO I TAKE A TEST?


- According to [HTCC.org](http://HTCC.org)

Make educated guesses at correct answers rather than leaving the answer spaces blank. The score on the entire test will be based only on the number of correct responses, with no penalty imposed for wrong answers


Always verify this with the current test hand book



## WHAT DO I DO IF MORE THAN ONE ANSWER SEEMS CORRECT

- Ask yourself whether the answer you're considering completely addresses the question.
  - If the test answer is only partly true or is true only under certain narrow conditions, then it's probably not the right answer.
  - If you have to make a significant assumption in order for the answer to be true, ask yourself whether this assumption is obvious enough and you would expect everyone in the hand therapy community to agree. If not, dump the answer overboard.
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## WHAT DO I DO IF MORE THAN ONE ANSWER SEEMS CORRECT

- If you think an item is a trick question, think again. Most questions are not designed to be deceptive.
  - If you suspect that a question is a trick item, make sure you're not reading too much into the question, and try to avoid imagining detailed scenarios in which the answer *could* be true.
  - In most cases, "trick questions" are only tricky because they're not taken at face value.
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## WHAT DO I DO IF MORE THAN ONE ANSWER SEEMS CORRECT

- If, after your very best effort, you cannot choose between two alternatives, try vividly imagining each one as the correct answer.
- If you are like most people, you will often "feel" that one of the answers is wrong. Trust this feeling -- research suggests that feelings are frequently accessible even when recall is poor (e.g., we can still know how we feel about a person even if we can't remember the person's name). Although this tip is not infallible, many students find it useful.



## DON'T PSYCH YOURSELF OUT

- It's been demonstrated that when you carry extra emotional baggage performance suffers, so don't lose the big picture
- Examples of "extra emotional baggage"
  - "I've got to ace this exam"
  - "If I screw up, I'll never ...." --.
  - "If I don't pass, my career is over....."



## DON'T PSYCH YOURSELF OUT

- The most constructive approach is to focus on the task at hand:
  - put in as much time studying as you can afford
    - Create study groups, joint Hand clubs, set up “ask the expert” dates with colleagues, surgeons, specialists
  - do your best.
- Returning to the luggage metaphor: all the excess baggage can be dealt with later. Unpack *after* the exam.



## ANXIETY CAN BE GOOD

- A certain amount of anxiety is normal
- If you feel overwhelmed or feel that uncontrollable emotions are interfering with your exam performance, you may be suffering from test anxiety.
  - You may need relaxation techniques or professional intervention



## TIPS FOR TAKING A MULTIPLE CHOICE TIMED TEST

- Try taking a few breaks during the exam by stopping for a moment, shutting your eyes, and taking some deep breaths.
- Periodically clearing your head in this way can help you stay fresh during the exam session.
  - Remember, you get no points for being the first person to finish the exam, so don't feel like you have to race through all the items -- even two or three 5 - 10 -second breaks can be very helpful



## WHAT SHOULD I WEAR?

- Be comfortable
  - Wear a sweater or layer your clothing so you can remove clothing if you are too hot or apply a sweater if you are chilly
  - Do not wear tight clothing, especially around the waist



## SHOULD I EAT THE DAY OF THE TEST

- ▶ It is recommended you eat prior to a test
- ▶ Eat a light meal -- I stress Light meal (examples)
  - Oatmeal
  - Cereal
  - Protein
  - Juice
  - Fruit
- ▶ Visit the restroom prior to entering the test center
  - ▶ Computerized test centers allow bathroom breaks but they are highly regulated and highly secure to ensure no cheating.



## TEST BLUEPRINT

- Check with HTCC.org for current up to date blue prints
- <https://www.htcc.org/certify/exam-preparation/exam-blueprint>





**EXPLORING HAND  
THERAPY**

**Wishes you all the best!!!  
We have confidence in YOU!**

**REFERENCES** for each question on the practice exams the authors have cited a reference for you to see when you go to review in more detail the information presented on that specific question on your practice exam.

Each question on the exam will also give a short explanation so that you can dig deeper and learn more about the areas you need to improve on.

Please remember these exams are single user - please encourage your study buddies to get a copy of them to practice with too.