

Competence Self-Assessment Information

The competence self-assessment is an important part of the process used by the OTBNZ to assess the clinical, cultural and ethical competence of practitioners who wish to register and work as an occupational therapist in Aotearoa New Zealand.

The self-assessment is completed online from within the practitioner's myOTBNZ or applicant portal.

What do I have to do?

You need to:

- Complete the online [Compliance with Te Tiriti o Waitangi requirements in Ngā Paerewa Health and Disability Services Standard NZS8134: 2021](#) course. You will need to create a login to access the course.
- Complete a self-assessment of your competence in all five areas detailed in the [Competencies for Registration and Continuing Practice](#).

Compliance with Te Tiriti o Waitangi requirements in Ngā Paerewa Health and Disability Services Standard Course

The course provides an understanding of Aotearoa New Zealand's culturally diverse population, with an emphasis on the responsibilities of health practitioners to Māori who are tangata whenua (indigenous) of this country. The course focuses on the importance of health literacy and how health professionals can make a difference to health outcomes. It also has messages on cultural diversity and cross-cultural interactions in the health sector, highlighting the need for health professionals to be competent in dealing with people whose cultures differ from their own.

Self-assessment

The OTBNZ document [Competencies for Registration and Continuing Practice](#) (2022) specifies the performance indicators for five competency areas. Each competency lists the minimum expectations for practising occupational therapy in Aotearoa New Zealand, regardless of work setting or level of experience. In your self-assessment you are asked to provide examples of your practice against these five areas of competency. For each competency area you are required to provide a number of examples to enable the OTBNZ to assess your competence.

These examples are a self-appraisal of your own practice and need to contain a description of what you actually do to provide evidence that you are competent in the performance indicator. There is a minimum number of examples required for each competency area.

When writing the self-assessment you must number which performance indicator from the Competencies for Registration and Continuing Practice document you are providing evidence for. **You can only use each performance indicator once.**

To assist you to understand what is expected an example has been provided for each competency area on the online form.

What if I am not currently practising occupational therapy?

If you have not practised occupational therapy for over three years you can use non-occupational therapy life roles to provide evidence for the competency areas, including Competency One, “Applying occupational therapy knowledge, skills and values”. The performance indicators can be evidenced by describing examples of how you use occupation and the use of an occupational lens in other life roles. For example, parenting, sports coaching, or managing employees can often involve the application of occupational therapy skills and practices.

As another example, Competency Four, “Practising in a safe, legal, ethical and culturally competent way” may be evidenced through other roles such as being a volunteer, employee, or caring for dependent family members.

More information about returning to practice after not holding a practising certificate for more than three years can be found on the [OTBNZ website](#).

Who can I contact for help?

enquiries@otboard.org.nz

Telephone: +64 4 918-4740, or

Freephone: 0800-99-77-55 (within Aotearoa New Zealand)

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