

Archived 1/10/2025: 2.3 Requirements: Experience

All occupational therapy practitioners (OTPs) seeking to earn a *Lifestyle Redesign* Certification (LRC) must complete *Lifestyle Redesign* practice hours. This document outlines the practice hours requirement policies.

Required Total Practice Hours

- For OTPs licensed more than 2 years, a minimum of 250 hours is required.
- For OTPs licensed 2 years or less, a minimum of 500 hours is required.

Practice Hours Accrual Timeline

Practice hours begin accruing while enrolled in the OT 638 Mentored Practicum in *Lifestyle Redesign* course. You must be enrolled in the Mentored Practicum before you can start to accrue practice hours to ensure you are accurately implementing the *Lifestyle Redesign* intervention framework within the context of direct patient care.

All practice hours must be completed no later than 7 years after starting your first *Lifestyle Redesign* course or other certification activity.

Practice Hours Categories

- Direct Patient Care Hours: The majority of practice hours must come from direct patient care using the *Lifestyle Redesign* intervention framework (i.e. use of core techniques).
 - One-on-one patient sessions - Any evaluation or treatment session in which you incorporate *Lifestyle Redesign* principles and strategies, even if not for the full session, counts toward your practice hours. For example, if working with an outpatient rehabilitation client post-MI, you could count sessions in which you address lifestyle factors that impact their risk of future cardiac events such as physical activity, sleep, stress management, and medication management.
 - Group sessions can also be counted towards direct patient care hours. Each hour of group treatment counts as two direct patient care hours, regardless of the number of attendees. (e.g. 6 group sessions, each 90 minutes duration = 18 direct patient care hours)
 - Treatment planning and documentation for treatment sessions can count towards no more than 20 direct patient care hours for OTPs licensed for more than 2 years, and 40 patient care hours for OTPs licensed for less than 2 years.
 - Direct patient care hours can include:
 - Hours completed in the course of employment as an occupational therapist.
 - Hours completed on a volunteer or in-kind basis.
 - Hours completed during the OT 638 Mentored Practicum in *Lifestyle Redesign* course (e.g., approximately two hours/week throughout the semester).



- Hours completed with family, friends, or acquaintances as clients. These treatment sessions must adhere to all applicable laws and regulations pertaining to occupational therapy practice in your jurisdiction. There is a 50-hour maximum for this practice hour type.
 - If you are a student in a Level II fieldwork or Doctoral Capstone experience that is supervised by a LRC OTP, hours completed under their supervision that include *Lifestyle Redesign* principles and strategies.
 - We recommend providing care to at least 15 unique patients from diverse patient populations (e.g., diagnoses, levels of complexity, age, etc.) to optimize your skill set in flexibly applying the *Lifestyle Redesign* intervention framework. Please note that this is not a formal requirement. An average plan of care is 8-12 sessions with each session lasting approximately 1 hour. For example, face-time with 15 patients with 1-hour sessions across a 10-session plan of care can fulfill 150 direct patient care hours.
- Other Activities Hours: Other types of *Lifestyle Redesign*-focused activities can be counted towards no more than 50 practice hours, including the following:
 - Administrative set-up, such as creating documentation templates
 - Creating treatment/patient-facing materials
 - Meetings with referring clinicians
 - Program development
 - Program evaluation

Practice Hours Attestation

Before taking the *Lifestyle Redesign* Certification (LRC) exam, you will be required to attest that all *Lifestyle Redesign* practice hours have been completed, which will require:

- Submitting *Practice Hours Tracking Sheet* (see sample below) which outlines the number of hours of direct patient care and other eligible activities:
 - [250 hour tracking sheet](#) for therapists licensed for >2 years
 - [500 hour tracking sheet](#) for therapists licensed for 2 years
- Electronic signature



Example: Practice Hours Tracking Sheet

One-on-One Lifestyle Redesign Sessions				
Date	Total Time (Minutes)	Client Initials	Site Name or indicate if Independently Provided	Clinical Supervisor
9/15/2024	45	B.L.	Smallville Rehab Institute	Jane Smith
9/15/2024	40	A.C.	Smallville Rehab Institute	Jane Smith
9/22/2024	60	B.L.	Smallville Rehab Institute	Jane Smith
9/22/2024	45	A.C.	Smallville Rehab Institute	Jane Smith
9/27/2024	55	R.T	Private Practice	self
9/27/2024	45	R.T	Private Practice	self

How To Track LR Hours	One-on-One Direct Patient Care	Group Direct Patient Care	Friends & Family	Tx Pla
Activity Type		Limitations	Total Time	
Direct Patient Care (Minimum of 200 hours)				
One-on-One Sessions		N/A	4.833333333	
Group Sessions		N/A	9.333333333	
Friends and Family Sessions		Maximum of 50 hours	4	
Treatment Planning and Documentation		Maximum of 20 hours	1.083333333	
Other Activities				
Other Activities		Maximum of 50 hours	1.5	
			TOTAL HOURS	20.75

...	Friends & Family	Tx Planning & Documentation	Other Activities	Total Hours Completed	(+)
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Proof of Practice Hours in Case of Audit

- It is required that records of practice hours are kept for at least 5 years after initial certification in the event of an audit. Routine audits will be conducted on a random basis during the initial exam eligibility period. Audits for cause may be conducted at any time if there is reasonable suspicion that a certificant’s practice hours attestation is inaccurate. If you are audited, you will be required to provide proof of completed practice hours within 30 days of notification. Please refer to the items below for an overview of the types of materials that will be required if audited.
- Direct Patient Care hours may be documented through any combination of the following:
 - Employer attestation, including signature and contact information from workplace supervisor. Each unique clinical site will submit a separate attestation.
 - De-identified documentation of *Lifestyle Redesign* treatment completed as an independent practitioner, if no employer or supervisor is available.



- Other Activities hours may be documented through any combination of the following:
 - Grant proposals
 - Marketing materials
 - Meeting agendas or notes
 - Program manuals
 - Treatment materials, documentation templates, etc.
 - Other materials demonstrating evidence of Other Activities

