# C-ONQS I QUALITY AND SAFETY ASSESSMENT AND GAP ANALYSIS PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE**

https://conqs1safetyassmtgapanalysis.examzify.com

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# Table of Contents


Copyright ..... 1

Table of Contents ..... 2

Introduction ..... 3

How to Use This Guide ..... 4

Questions ..... 5

Answers ..... 8

Explanations ..... 10

Next Steps ..... 16


SAMPLE

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

### 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

### 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

### 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

### 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

### 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

### 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

# Questions

SAMPLE

**1. How does regulatory compliance impact healthcare organizations?**

A. It can lead to higher patient fees

B. It avoids penalties and legal issues

C. It releases organizations from accountability

D. It focuses only on staff training

**2. What impact does reducing hospital-acquired infections have on quality and safety?**

A. It decreases overall healthcare costs

B. It decreases morbidity and mortality rates, enhancing patient safety and quality of care

C. It leads to longer hospital stays

D. It increases the workload of healthcare staff

**3. What does the use of a trigger tool enhance in healthcare organizations?**

A. Patient engagement with doctors

B. The efficiency of identifying potential adverse events

C. Financial audits of medical records

D. Staff recruitment processes

**4. What initiative encourages making medical care decisions based on individual patient situations?**

A. Choosing Wisely campaign

B. Lean Six Sigma initiative

C. Patient-Centered Care initiative

D. Continuous Quality Improvement initiative

**5. What is the primary purpose of performance metrics in health care?**

A. To gauge patient satisfaction

B. To accurately measure and improve health care value

C. To reduce the number of hospital admissions

D. To determine staffing needs

SAMPLE

**6. Which type of event reporting focuses on gaining insights directly from patients?**

A. Auditing methods

B. Video monitoring

C. Patient reported events

D. Regulatory assessments

**7. According to the Pareto principle, what percentage of sources cause 80% of problems?**

A. 10%

B. 20%

C. 30%

D. 40%

**8. What is a key aspect of team leadership?**

A. Managing individual performance exclusively

B. Building cohesive and productive work teams

C. Prioritizing personal goals over team success

D. Avoiding participation in team activities

**9. Which of the following is NOT one of the five functions of team performance?**

A. Trust

B. Conflict Management

C. Innovation

D. Accountability

**10. Quality versus safety in healthcare is best described by?**

A. Quality focuses on processes; safety focuses on outcomes

B. Quality aims for optimal processes and safety aims for prevention

C. Quality is subjective while safety is objective

D. Quality refers to technology, safety to human resources

SAMPLE

# Answers

SAMPLE

1. B
2. B
3. B
4. A
5. B
6. C
7. B
8. B
9. C
10. B

SAMPLE

# Explanations

SAMPLE

## 1. How does regulatory compliance impact healthcare organizations?

A. It can lead to higher patient fees

B. It avoids penalties and legal issues

C. It releases organizations from accountability

D. It focuses only on staff training

*Regulatory compliance is crucial for healthcare organizations as it helps ensure that they operate within the legal frameworks established for patient safety, quality of care, and ethical practices. By adhering to these regulations, organizations can avoid penalties and legal issues that could arise from non-compliance, such as fines or lawsuits. Compliance not only protects the organization's financial health but also enhances its reputation with patients and the wider community. It fosters trust in the healthcare system, ensuring that patients receive care that meets established safety and quality standards. In contrast, options that suggest regulatory compliance leads to higher patient fees, absolves organizations from accountability, or focuses solely on staff training miss the broader implications and responsibilities inherent in compliance practices. Regulatory frameworks encompass a wide range of operational aspects beyond just financial implications and training, promoting a culture of safety and quality throughout the organization.*

## 2. What impact does reducing hospital-acquired infections have on quality and safety?

A. It decreases overall healthcare costs

B. It decreases morbidity and mortality rates, enhancing patient safety and quality of care

C. It leads to longer hospital stays

D. It increases the workload of healthcare staff

*Reducing hospital-acquired infections positively impacts quality and safety by significantly decreasing morbidity and mortality rates, which in turn enhances patient safety and the overall quality of care provided. Hospital-acquired infections can lead to serious complications, extended recovery times, and even fatalities. By limiting these infections, healthcare facilities can ensure that patients experience fewer complications, leading to improved health outcomes. This not only boosts patient safety but also contributes to a higher standard of care within the healthcare system. In addition, lower infection rates can improve the overall patient experience. It fosters a safer environment where patients feel more confident about the care they are receiving. Moreover, fewer infections can lead to quicker recoveries, allowing patients to return home sooner and with better health, thus enhancing satisfaction with their care process. The reduction of infections also helps healthcare facilities to maintain better reputation and customer trust. This option aligns with the core principles of quality healthcare, which are centered on minimizing risks to patients and maximizing their health outcomes. The implications of reducing infections extend beyond just the immediate patient; they benefit the healthcare system as a whole by improving operational efficiencies and resource utilization.*

SAMPLE

## 3. What does the use of a trigger tool enhance in healthcare organizations?

A. Patient engagement with doctors

B. The efficiency of identifying potential adverse events

C. Financial audits of medical records

D. Staff recruitment processes

*The use of a trigger tool enhances the efficiency of identifying potential adverse events in healthcare organizations. Trigger tools are systematic methods used to detect safety issues and unintended harm that may occur during patient care. By utilizing specific indicators or "triggers," which can be generated from existing data within electronic health records or through chart reviews, healthcare professionals can quickly identify cases that warrant further investigation. This proactive approach allows organizations to monitor and improve patient safety effectively. The identification of potential adverse events is crucial as it helps to minimize risks to patients and can lead to the implementation of corrective measures, thereby improving overall healthcare quality and safety. Through the structured application of trigger tools, healthcare organizations can streamline their processes for spotting issues before they escalate, ensuring timely interventions and better patient outcomes.*

## 4. What initiative encourages making medical care decisions based on individual patient situations?

A. Choosing Wisely campaign

B. Lean Six Sigma initiative

C. Patient-Centered Care initiative

D. Continuous Quality Improvement initiative

*The Choosing Wisely campaign is designed to promote conversations between patients and healthcare providers about the most appropriate healthcare choices based on individual patient needs and situations. This initiative emphasizes the importance of shared decision-making, where medical care is tailored to the unique preferences, values, and circumstances of each patient. By fostering discussions about the potential benefits, harms, and costs of care, the campaign aims to prevent overuse of unnecessary tests and treatments, ultimately leading to more efficient and effective patient care. In contrast, while the Lean Six Sigma initiative focuses on improving processes and reducing waste within healthcare systems, it does not specifically center on individual patient choices. The Patient-Centered Care initiative also emphasizes the importance of considering the patient's perspective, but the Choosing Wisely campaign is specifically focused on educating patients and providers about making informed choices around care. Continuous Quality Improvement is a broader approach that seeks to improve services and practices over time, but it does not specifically address individual patient situations in the same targeted way.*

SAMPLE

## 5. What is the primary purpose of performance metrics in health care?

A. To gauge patient satisfaction

B. To accurately measure and improve health care value

C. To reduce the number of hospital admissions

D. To determine staffing needs

*The primary purpose of performance metrics in health care is to accurately measure and improve health care value. Performance metrics are essential tools that provide data on various aspects of health care delivery, including quality of care, patient outcomes, and operational efficiency. By assessing these metrics, health care organizations can identify areas for improvement and develop strategies to enhance value, which encompasses both the quality of care provided and the costs associated with that care. Performance metrics offer a comprehensive view of how effectively a health service is operating, allowing organizations to implement evidence-based practices that lead to better patient outcomes and more efficient resource utilization. This focus on value is crucial in a climate where there is increasing pressure to provide high-quality care while managing costs effectively. While patient satisfaction, hospital admissions, and staffing needs are important considerations in health care, they serve more as components of the broader concept of health care value rather than the primary focus of performance metrics themselves. Performance metrics ultimately aim to holistically assess and improve the entire value proposition of health care services.*

## 6. Which type of event reporting focuses on gaining insights directly from patients?

A. Auditing methods

B. Video monitoring

C. Patient reported events

D. Regulatory assessments

*The focus on gaining insights directly from patients is best represented by patient-reported events. This type of event reporting allows patients to share their personal experiences, concerns, and outcomes related to their care. By collecting data from patients, healthcare providers can identify trends, improve care quality, and understand the patient perspective, which is crucial for enhancing the overall healthcare experience. Patient-reported events contribute significantly to understanding safety, quality, and the effectiveness of care from the patient's viewpoint. This direct feedback is essential for developing strategies to address specific issues and ensure that healthcare systems prioritize the needs and preferences of patients. In contrast, the other options involve different methodologies that do not prioritize patient input in a direct manner. Auditing methods focus on reviewing processes and compliance rather than patient experiences. Video monitoring may capture interactions without extracting the patient's perspective. Regulatory assessments are concerned with adherence to standards and regulations but do not primarily involve the voice of the patient.*

SAMPLE

## 7. According to the Pareto principle, what percentage of sources cause 80% of problems?

A. 10%

B. 20%

C. 30%

D. 40%

*The correct choice reflects the essence of the Pareto principle, which posits that a small number of causes or sources are often responsible for a large proportion of effects or problems. Specifically, in many situations, approximately 80% of problems can be attributed to just 20% of the causes. This concept is widely used in quality management and problem-solving methodologies to identify and prioritize the most significant issues that require attention. Understanding the Pareto principle allows organizations to focus their efforts on the most impactful sources, enabling more efficient use of resources and maximizing the effect of interventions aimed at quality improvement. By concentrating on the vital few causes rather than the trivial many, organizations can achieve better outcomes and effectively address quality and safety concerns. The other percentage options do not align with the established interpretation of the Pareto principle, which is specifically about the 80/20 relationship, making the 20% figure the appropriate answer in this context.*

## 8. What is a key aspect of team leadership?

A. Managing individual performance exclusively

B. Building cohesive and productive work teams

C. Prioritizing personal goals over team success

D. Avoiding participation in team activities

*A key aspect of team leadership is building cohesive and productive work teams. Effective team leadership goes beyond merely managing tasks or individual contributions; it focuses on fostering an environment where collaboration and mutual support thrive. This involves creating a shared vision, promoting open communication, and cultivating trust among team members. When a leader prioritizes the cohesion of the team, they leverage the diverse strengths of each member, which can lead to enhanced creativity, problem-solving abilities, and overall team performance. In contrast, managing individual performance exclusively would not promote the unity and collaboration necessary for team success, while prioritizing personal goals over team success undermines collective efforts and the team's overall objectives. Avoiding participation in team activities would further isolate the leader from the team dynamics, preventing the development of relationships that are essential for guiding and motivating team members.*

SAMPLE

## 9. Which of the following is NOT one of the five functions of team performance?

A. Trust

B. Conflict Management

C. Innovation

D. Accountability

*The notion that innovation is not one of the five functions of team performance reflects the understanding that effective team dynamics largely revolve around foundational interpersonal aspects rather than being innovation-centric. The five functions of team performance typically include elements like trust, conflict management, accountability, and others that emphasize collaboration and the operational efficiency of the team. Trust is essential for team members to rely on each other and work cohesively. Conflict management is crucial in helping teams navigate disagreements constructively, which, in turn, can foster stronger relationships and improve overall performance. Accountability ensures that team members take responsibility for their roles and contributions, promoting a culture of reliability. While innovation is undeniably important in many organizations and can be a result of effective teamwork, it does not encapsulate a foundational function of team performance. Instead, it is often seen as an outcome that can emerge when the aforementioned core functions are effectively managed within a team setting. Thus, the focus on interpersonal dynamics rather than innovation aligns more closely with the traditional understanding of team performance functions.*

## 10. Quality versus safety in healthcare is best described by?

A. Quality focuses on processes; safety focuses on outcomes

B. Quality aims for optimal processes and safety aims for prevention

C. Quality is subjective while safety is objective

D. Quality refers to technology, safety to human resources

*The distinction between quality and safety in healthcare is aptly captured by the notion that quality aims for optimal processes while safety is primarily concerned with prevention. Quality in healthcare involves a comprehensive approach aimed at enhancing patient care through the continual improvement of procedures, workflows, and protocols. This includes ensuring that the treatments provided meet established standards of care and effectiveness, which ultimately enhances the overall patient experience. On the other hand, safety's core focus is on the prevention of harm to patients. This entails identifying potential risks and implementing strategies to mitigate these risks, which is critical for safeguarding patients from errors and adverse events during their care. The emphasis on prevention is a fundamental aspect of safety, as it seeks to create an environment where adverse outcomes are minimal. This description effectively illustrates the complementary nature of quality and safety within the healthcare system. Both are essential components, but they serve different purposes: quality aims to maximize the efficacy and efficiency of care delivery, while safety focuses directly on eliminating risks and protecting patients from harm.*

SAMPLE

# Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://conqs1safetyassmtgapanalysis.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE