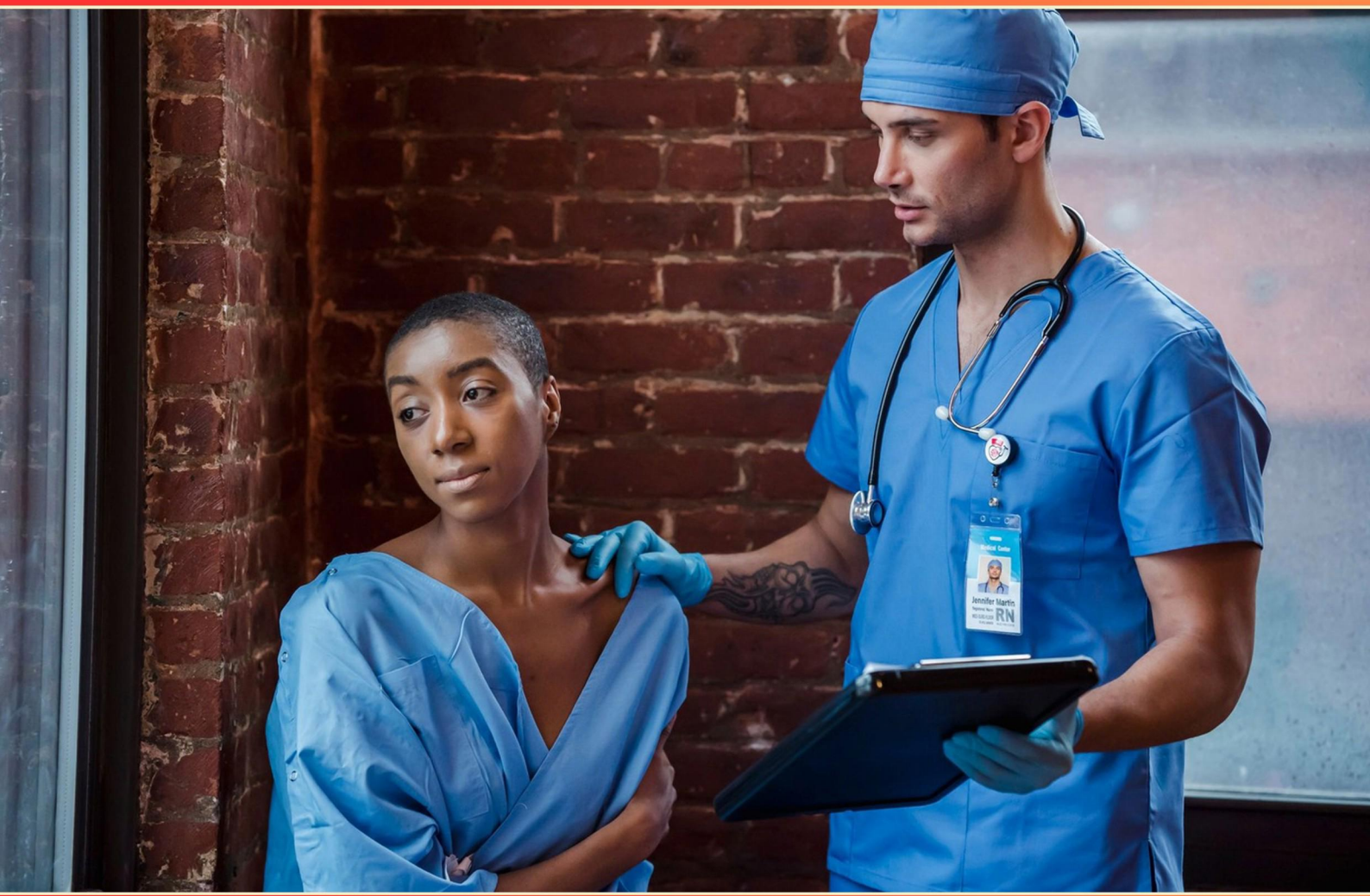
CARE MANAGER CERTIFICATION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

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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.

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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!

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Questions

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1. Which of the following is NOT a cause of constipation?

A. Excessive laxative use

B. Ignoring the urge to defecate

C. Increased activity

D. Inadequate fluid intake

2. In the context of nursing, what does the term 'vulnerable population' refer to?

A. Individuals with higher health risks and limited access to care.

B. Clients who have private health insurance.

C. Clients living in urban areas.

D. Individuals educated in health-related fields.

3. When determining client acuity, which task's time should the charge nurse consider?

A. Charting.

B. Assisting others.

C. Medication administration.

D. Meal breaks.

4. How should a charge nurse evaluate staff competency with new IV pumps?

A. Ask each nurse to read the procedure and sign a form acknowledging competency.

B. Allow time during the workday when each nurse can demonstrate proficiency.

C. Require each nurse to take a written examination about new equipment.

D. Verbally question the staff about the new equipment.

5. What is one action a nurse should take to ensure accuracy when receiving a prescription via telephone?

A. Repeat the order back to the provider.

B. Question any part of the order that is unclear.

C. Transcribe the order into the client's health record.

D. Obtain the provider's signature within 8 hr.

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6. What role does a nurse play when they assist a client in making decisions about their treatment options?

A. Advocate

B. Educator

C. Advisor

D. Researcher

7. Which of the following is considered an interpersonal variable affecting communication?

A. Feedback

B. Time

C. Education

D. Age

8. Which client should the nurse assess first on the obstetrics-gynecology unit?

A. A client who is 1 day postpartum after a late-term miscarriage.

B. A client who had a bilateral tubal ligation 12 hr previously.

C. A client who is 4 days postpartum and has mastitis.

D. A client who was admitted 1 hr ago for an ectopic pregnancy.

9. Which type of data should the nurse consider as subjective during a history and physical examination?

A. Blood pressure.

B. Cyanosis.

C. Nausea.

D. Petechiae.

10. Which broad aim of nursing practice is reflected by caring for a patient during a length hospitalization related to the pandemic?

A. Preventing illness.

B. Promoting health.

C. Restoring health.

D. Facilitating coping.

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Answers

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

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Explanations

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1. Which of the following is NOT a cause of constipation?

A. Excessive laxative use

B. Ignoring the urge to defecate

C. Increased activity

D. Inadequate fluid intake

Increased activity is indeed not a cause of constipation; rather, it is generally associated with improved bowel function. Regular physical activity helps stimulate the intestines, promoting movement through the digestive tract and aiding in the regularity of bowel movements. When individuals are more active, they are likely to experience fewer instances of constipation as exercise plays a vital role in enhancing gastrointestinal motility. On the other hand, excessive laxative use, ignoring the urge to defecate, and inadequate fluid intake are all well-documented contributors to constipation. Overusing laxatives can lead to dependency, where normal bowel function is impaired, leading to constipation when laxatives are not used. Ignoring the urge to defecate can disrupt the natural reflex and lead to a buildup of stool. Insufficient fluid intake can lead to dehydration, resulting in harder stools that are more difficult to pass, which can also contribute to constipation.

2. In the context of nursing, what does the term 'vulnerable population' refer to?

A. Individuals with higher health risks and limited access to care.

B. Clients who have private health insurance.

C. Clients living in urban areas.

D. Individuals educated in health-related fields.

The term 'vulnerable population' refers to groups of individuals who face higher health risks and often have limited access to healthcare services. This categorization includes several factors, such as socioeconomic status, geographic location, age, disability, and the presence of chronic health conditions. Vulnerable populations may include low-income individuals, racial and ethnic minorities, the elderly, and those with disabilities, among others. These groups are considered vulnerable because their circumstances can impede their ability to receive adequate healthcare, leading to poorer health outcomes. In contrast, individuals who have private health insurance are typically more insulated from financial barriers, while those living in urban areas might not necessarily be vulnerable, as cities often provide more healthcare resources. Furthermore, individuals educated in health-related fields may have better access to information and resources, reducing their vulnerability. Thus, the definition of vulnerable populations encompasses those who are at greater risk and face obstacles in obtaining the care they need, making the first choice the correct interpretation.

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3. When determining client acuity, which task's time should the charge nurse consider?

A. Charting.

B. Assisting others.

C. Medication administration.

D. Meal breaks.

When determining client acuity, it is essential to consider the time required for medication administration. This task is critical because it directly impacts patient care and safety. Medication administration is often complex and must be carried out accurately to ensure that patients receive the correct drugs at the right times and dosages. This process can involve various steps, including verifying orders, educating patients about the medications they are receiving, monitoring for adverse reactions, and documenting the administration promptly. Understanding the time and attention required for this task helps charge nurses gauge the needs of the patients effectively and allocate resources accordingly. On the other hand, while charting and assisting others are important tasks, they typically reflect ongoing aspects of care rather than direct client acuity. Charting, while necessary for documentation, can vary in time depending on clinical conditions, but it does not necessarily indicate the acuity level of the patients. Assisting others is also a collaborative task that might not directly reflect the individual needs of clients. Meal breaks, while essential for staff well-being, do not contribute to client acuity evaluations and are more related to staff management than patient needs. Thus, medication administration stands out as a critical component when assessing overall client acuity.

4. How should a charge nurse evaluate staff competency with new IV pumps?

A. Ask each nurse to read the procedure and sign a form acknowledging competency.

B. Allow time during the workday when each nurse can demonstrate proficiency.

C. Require each nurse to take a written examination about new equipment.

D. Verbally question the staff about the new equipment.

Evaluating staff competency with new IV pumps requires a practical approach that ensures nurses can effectively use the equipment in real-world scenarios. Allowing each nurse time during the workday to demonstrate proficiency enables direct observation of their skills and understanding of the new IV pumps. This hands-on assessment is critical because it allows the charge nurse to identify areas where additional training may be needed and ensures that nurses are comfortable and competent in using the equipment before they use it with patients. This method also fosters a supportive learning environment, encouraging nurses to ask questions and seek guidance during the demonstration. While other approaches, like reading procedures, written examinations, or verbal questioning, may provide some insight into a nurse's understanding, they do not adequately confirm the ability to perform the tasks required with the new pumps. These methods lack the practical component essential for ensuring true competency and may fail to fully assess a nurse's hands-on skills necessary for patient care.

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5. What is one action a nurse should take to ensure accuracy when receiving a prescription via telephone?

A. Repeat the order back to the provider.

B. Question any part of the order that is unclear.

C. Transcribe the order into the client's health record.

D. Obtain the provider's signature within 8 hr.

Repeating the order back to the provider is a critical action to ensure accuracy when receiving a prescription via telephone. This practice, known as "read-back," helps to confirm that both the nurse and the provider have the same understanding of the prescription details, such as the medication name, dosage, route, frequency, and any special instructions. By restating the order, the nurse allows the provider to correct any potential misunderstandings or mistakes immediately, thus enhancing patient safety and reducing the risk of medication errors. While questioning any unclear parts of the order is also important, the initial step of confirming the entire prescription by repeating it allows for a comprehensive check right away. Transcribing the order into the client's health record is necessary, but that should only occur after ensuring the order's accuracy. Lastly, obtaining the provider's signature is relevant to the legal documentation but is not as immediate for clarity and correctness of the order itself as the read-back process.

6. What role does a nurse play when they assist a client in making decisions about their treatment options?

A. Advocate

B. Educator

C. Advisor

D. Researcher

The role of a nurse as an advocate is crucial when assisting a client in making decisions about their treatment options. Advocacy involves representing the client's interests and ensuring they have all the necessary information to make informed choices about their care. Nurses facilitate this process by providing support, expressing the client's preferences, and ensuring that their values and needs are taken into consideration by the healthcare team. While education is also a vital aspect of nursing, the emphasis in this scenario is on the nurse's role in upholding the client's voice in their healthcare decisions. Advocating encompasses elements of education, but it specifically targets the protection and empowerment of the client in the decision-making process. This means actively promoting the client's rights and needs and helping them navigate complex healthcare choices. In this context, the roles of advisor and researcher do not encapsulate the primary responsibility of the nurse when it comes to directly aiding clients in their decision-making. An advisor may provide suggestions based on knowledge but may not engage in the active support or representation that advocacy encompasses. Similarly, a researcher focuses more on data and outcomes rather than directly interacting with clients about their treatment options. Thus, advocacy stands out as the key role in helping clients navigate their healthcare decisions effectively.

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7. Which of the following is considered an interpersonal variable affecting communication?

A. Feedback

B. Time

C. Education

D. Age

The correct answer is education, as it significantly influences how individuals communicate and understand messages. Education encompasses the knowledge and skills a person acquires throughout their life, which can impact their vocabulary, comprehension abilities, and communication style. Those with different educational backgrounds may interpret information in varying ways and may have differing expectations regarding communication. For instance, a person with extensive education may use more complex language and abstract thinking, while someone with less formal education might prefer straightforward language and concrete examples. Communication becomes more effective when the sender and receiver of messages have compatible education levels, allowing for better understanding and interaction. While feedback, time, and age are all relevant to the communication process, they primarily serve different functions. Feedback is crucial for confirming understanding and adjusting communication based on responses; time can affect the timing and context of communication but does not inherently represent who is communicating; and age might influence communication styles or preferences, but it does not directly relate to the knowledge framework that education provides.

8. Which client should the nurse assess first on the obstetrics-gynecology unit?

A. A client who is 1 day postpartum after a late-term miscarriage.

B. A client who had a bilateral tubal ligation 12 hr previously.

C. A client who is 4 days postpartum and has mastitis.

D. A client who was admitted 1 hr ago for an ectopic pregnancy.

The client who was admitted 1 hour ago for an ectopic pregnancy should be assessed first due to the potential for life-threatening complications associated with this condition. An ectopic pregnancy occurs when a fertilized egg implants outside the uterus, most commonly in the fallopian tube. It can cause severe internal bleeding if it ruptures, leading to significant morbidity or mortality. Therefore, the urgency of assessing this client is paramount to evaluate for any signs of rupture, such as abdominal pain, signs of shock (like hypotension or tachycardia), and to initiate any necessary interventions promptly. The other clients, although they may present their own concerns, generally have stable conditions that are less immediately life-threatening. For instance, the client postpartum after a late-term miscarriage might require evaluation, but the risk of immediate medical crisis is lower compared to the ectopic pregnancy. The client who had a bilateral tubal ligation 12 hours ago generally requires routine assessment as complications are less common, and the client with mastitis is also in a stable but concerning situation that can be managed after addressing more critical cases. Hence, prioritizing the client with the ectopic pregnancy reflects the need for timely intervention in high-risk situations.

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9. Which type of data should the nurse consider as subjective during a history and physical examination?

A. Blood pressure.

B. Cyanosis.

C. Nausea.

D. Petechiae.

The correct choice focuses on nausea as a type of subjective data during a history and physical examination. Subjective data refers to information that is reported by the patient; it is based on their personal experiences, feelings, and perceptions. In this case, nausea is a sensation that the patient must articulate, as it cannot be measured or quantified objectively by the healthcare provider. On the other hand, the other options provide objective data. Blood pressure represents measurable physiological data that can be taken using a sphygmomanometer. Cyanosis, which indicates a physical change in skin color, can also be observed directly and measured, such as through pulse oximetry. Petechiae, small red or purple spots on the skin caused by bleeding, are visible and can be documented by the examiner. Therefore, these data points are classified as objective, as they can be observed or measured, contrasting with the personal experience of nausea that is inherently subjective.

10. Which broad aim of nursing practice is reflected by caring for a patient during a length hospitalization related to the pandemic?

A. Preventing illness.

B. Promoting health.

C. Restoring health.

D. Facilitating coping.

Caring for a patient during a lengthy hospitalization, especially in relation to the pandemic, primarily aligns with the aim of restoring health. This aspect of nursing practice focuses on interventions and care measures that directly address the patient's health conditions, aiming to improve their physical state and overall well-being. During a lengthy hospitalization, nurses play a crucial role in monitoring the patient's progress, administering medications, and providing treatments that facilitate the healing process. They also collaborate with other healthcare professionals to create comprehensive care plans tailored to the patient's needs, which is essential in restoring health after serious illnesses or complications often exacerbated by a pandemic. While preventing illness and promoting health are foundational elements of nursing practice, the context of a lengthy hospitalization is more about managing existing health issues, providing therapeutic interventions, and supporting the recovery process. Facilitating coping may be significant in helping patients deal with the emotional and psychological impacts of their condition and hospitalization, but the primary aim in this scenario is centered on restoring the patient to a state of health.

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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:

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

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