# CDC NURSING HOME INFECTION PREVENTION PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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

https://cdcnursinghomeinfectionprev.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 long can tunneled catheters typically remain in place?**

A. Days

B. Weeks

C. Months to years

D. Only until the patient feels better

**2. What is included in the diagnostic workup for pneumonia?**

A. Complete blood count, urine analysis, chest x-ray

B. Pulse oximetry, chest x-ray, MRI

C. Complete blood count with differential, pulse oximetry, chest x-ray

D. Physical examination, chest ultrasound, sputum culture

**3. Which bacteria primarily spreads through direct contact with infected respiratory discharges?**

A. Escherichia coli

B. A Streptococcus

C. Mycobacterium tuberculosis

D. Staphylococcus aureus

**4. Which of the following is NOT a factor contributing to infection susceptibility in nursing homes?**

A. Communal living

B. Invasive devices

C. Physical exercise

D. Functional impairment

**5. What is a significant responsibility of the National Healthcare Safety Network?**

A. Monitoring healthcare-associated infections

B. Regulating health insurance providers

C. Evaluating food safety standards

D. Assessing environmental health risks

SAMPLE

**6. What should the threshold rate for infection surveillance be?**

A. Low enough to avoid false alarms

B. High enough to avoid unnecessary investigations

C. High enough to incorporate natural variation

D. Constant to ensure stability

**7. What type of precautions are necessary when dealing with a patient infected with A Streptococcus?**

A. Standard precautions only

B. Contact precautions only

C. Airborne precautions

D. Droplet precautions

**8. How is competency in PPE use assessed?**

A. Through written tests

B. Observation of donning and doffing

C. Peer evaluations

D. Simulation drills

**9. Which surface category is most frequently touched by patients or staff in a healthcare setting?**

A. Housekeeping surfaces

B. Environmental surfaces

C. Resident care equipment

D. Disinfectant application surfaces

**10. What is the primary goal of antibiotic stewardship programs?**

A. To increase the use of antibiotics in all patients

B. To optimize infection treatment while minimizing adverse events

C. To eliminate the need for antibiotics entirely

D. To track all antibiotic prescriptions in multiple facilities

SAMPLE

# Answers

SAMPLE

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

SAMPLE

# Explanations

SAMPLE

## 1. How long can tunneled catheters typically remain in place?

A. Days

B. Weeks

C. Months to years

D. Only until the patient feels better

*Tunneled catheters are designed for long-term vascular access, which makes them suitable for patients who require frequent blood draws, intravenous medications, or hemodialysis. The design of these catheters allows them to remain in place for an extended duration, typically ranging from months to years, depending on the specific clinical situation and the patient's needs. The tunneling mechanism, which involves placing the catheter within a subcutaneous tunnel, helps reduce the risk of infection compared to non-tunneled catheters, which are generally recommended for shorter-term use. The proper maintenance and care of tunneled catheters are crucial to ensure their longevity and effectiveness, along with minimizing complications such as infection or thrombosis. In contrast, options suggesting shorter durations do not align with the intended use of tunneled catheters, which are meant for prolonged treatment. The option indicating retention only until the patient feels better does not provide a medically sound timeframe and can put patients at risk if catheters are removed prematurely. Proper guidelines and clinical assessments are essential to determine the best practices for catheter removal and maintenance.*

## 2. What is included in the diagnostic workup for pneumonia?

A. Complete blood count, urine analysis, chest x-ray

B. Pulse oximetry, chest x-ray, MRI

C. Complete blood count with differential, pulse oximetry, chest x-ray

D. Physical examination, chest ultrasound, sputum culture

*The diagnostic workup for pneumonia typically includes various assessments to confirm the diagnosis and evaluate the patient's condition. The correct choice includes a complete blood count with differential, pulse oximetry, and chest x-ray, each serving an important role in the evaluation process. A complete blood count with differential helps to identify the presence of an infection. It provides essential information about white blood cell counts, which can indicate an inflammatory response and help differentiate between bacterial and viral infections. Pulse oximetry is a non-invasive method that measures the oxygen saturation in the blood. In pneumonia cases, patients often have inadequate oxygen exchange due to inflammation and fluid in the alveoli, leading to lower oxygen levels. Monitoring this parameter is crucial for assessing respiratory function and determining the need for supplemental oxygen. A chest x-ray is fundamental in diagnosing pneumonia as it allows visualization of the lungs to identify areas of opacity that represent infection, consolidation, or fluid accumulation. It aids in differentiating pneumonia from other conditions that can mimic its presentation. Together, these components provide a comprehensive approach to diagnosing pneumonia, guiding appropriate treatment decisions and management strategies.*

SAMPLE

**3. Which bacteria primarily spreads through direct contact with infected respiratory discharges?**

A. Escherichia coli

B. A Streptococcus

C. Mycobacterium tuberculosis

D. Staphylococcus aureus

*The bacteria that primarily spreads through direct contact with infected respiratory discharges is A Streptococcus. This type of bacteria is commonly associated with respiratory infections, such as strep throat, and can be transmitted when droplets containing the bacteria are expelled during coughing, sneezing, or even talking. Close contact with an infected individual or exposure to respiratory secretions can facilitate the spread of A Streptococcus, emphasizing the importance of infection control measures in managing respiratory infections in settings like nursing homes. In contrast, while the other bacteria listed may have routes of transmission connected to respiratory issues or other infections, A Streptococcus is specifically notable for this mode of transmission through respiratory discharges, making it the correct choice in this context.*

**4. Which of the following is NOT a factor contributing to infection susceptibility in nursing homes?**

A. Communal living

B. Invasive devices

C. Physical exercise

D. Functional impairment

*Physical exercise is not a factor that contributes to infection susceptibility in nursing homes. In fact, regular physical activity can bolster the immune system, improve overall health, and enhance mobility, which can help reduce the risk of infections. Engaging in physical exercise promotes better circulation, supports respiratory health, and can aid in maintaining a healthy weight, all of which are beneficial for preventing infections. In contrast, communal living can increase the risk of infection due to shared spaces and close contact among residents, making the spread of pathogens more likely. Invasive devices, such as catheters or ventilators, can introduce bacteria directly into the body, heightening the risk of infections. Functional impairment in residents may also lead to a greater susceptibility to infections due to reduced mobility, difficulties with personal hygiene, and an increased likelihood of complications from underlying health conditions. Thus, these elements underscore the importance of maintaining a healthy lifestyle, including physical exercise, to mitigate the risk of infections in nursing home settings.*

SAMPLE

## 5. What is a significant responsibility of the National Healthcare Safety Network?

A. Monitoring healthcare-associated infections

B. Regulating health insurance providers

C. Evaluating food safety standards

D. Assessing environmental health risks

*The National Healthcare Safety Network (NHSN) plays a pivotal role in monitoring healthcare-associated infections (HAIs). This responsibility is crucial for understanding the prevalence and trends of infections within healthcare settings, particularly hospitals and long-term care facilities. By collecting and analyzing data on HAIs, the NHSN enables healthcare providers to implement strategies aimed at preventing and controlling infections. This monitoring not only supports public health efforts but also enhances patient safety and quality of care within the healthcare system. Through its data, the NHSN provides a foundation for healthcare facilities to benchmark their performance and improve their infection prevention practices, ultimately leading to better patient outcomes.*

## 6. What should the threshold rate for infection surveillance be?

A. Low enough to avoid false alarms

B. High enough to avoid unnecessary investigations

C. High enough to incorporate natural variation

D. Constant to ensure stability

*The threshold rate for infection surveillance should be high enough to incorporate natural variation because this approach allows for a more accurate representation of infection rates within a facility. Infection rates can naturally fluctuate due to seasonal trends, changes in resident population, or variations in healthcare practices. By setting a threshold that accounts for these natural variations, healthcare providers can better distinguish between true outbreaks and routine fluctuations in infection rates. This aids in prioritizing interventions and resources effectively while ensuring that the focus remains on significant and actionable data rather than being influenced by minor, inconsequential variations that could lead to misdirected efforts or unnecessary alarms. Balancing sensitivity and specificity in surveillance metrics is crucial for effective infection control and the overall health of residents.*

SAMPLE

## 7. What type of precautions are necessary when dealing with a patient infected with A Streptococcus?

A. Standard precautions only

B. Contact precautions only

C. Airborne precautions

D. Droplet precautions

*When dealing with a patient infected with A Streptococcus, droplet precautions are necessary to prevent the spread of infection. A Streptococcus, which can cause illnesses such as strep throat and scarlet fever, is transmitted through respiratory droplets when an infected person coughs or sneezes. Droplet precautions aim to minimize the risk of transmitting pathogens that can spread through these droplets, ensuring that healthcare personnel and others in the environment are not exposed to the infectious agents. This includes wearing a mask when within close proximity to the patient, as well as ensuring that the patient is either in an isolation room or at least a certain distance away from others when possible. Although standard precautions are always applied in healthcare settings, which include practices like hand hygiene and the use of personal protective equipment based on the situation, they alone are insufficient when dealing with droplet-transmissible infections. Contact precautions, on the other hand, are not specifically needed for A Streptococcus unless there are additional concerns about skin or wound infections. Lastly, airborne precautions are not required since A Streptococcus does not spread through smaller airborne particles that linger in the air. Overall, it's crucial to implement droplet precautions specifically to safeguard against the transmission of A Streptococcus in*

## 8. How is competency in PPE use assessed?

A. Through written tests

B. Observation of donning and doffing

C. Peer evaluations

D. Simulation drills

*Competency in the use of personal protective equipment (PPE) is primarily assessed through the observation of donning and doffing procedures. This method allows for a direct evaluation of an individual's ability to properly and safely put on (don) and remove (doff) PPE, which is crucial for preventing contamination and ensuring safety in healthcare settings. Observational assessments focus on specific techniques and processes that must be adhered to in order to minimize the risk of infection and ensure effective use of protective gear. For instance, watching how an individual manages their PPE during actual hand-on scenarios provides insights into their knowledge of best practices, such as which items to wear, in what order to don or doff them, and how to handle equipment after use to avoid self-contamination or spread of pathogens. This method also allows for immediate feedback and correction, which reinforces proper practices in real-time and helps prevent mistakes that can lead to infection transmission. While written tests, peer evaluations, and simulation drills may contribute to understanding or practicing PPE use, none offer the same level of direct observation of the critical actions involved in donning and doffing PPE as an in-person assessment does.*

SAMPLE

## 9. Which surface category is most frequently touched by patients or staff in a healthcare setting?

A. Housekeeping surfaces

B. Environmental surfaces

C. Resident care equipment

D. Disinfectant application surfaces

*In a healthcare setting, resident care equipment is the surface category that is most frequently touched by patients and staff. This includes items directly involved in patient care, such as beds, wheelchairs, and examination tables. Given the frequent interactions with this equipment, it is essential to maintain strict cleaning and disinfection protocols to reduce the risk of healthcare-associated infections. These surfaces are often in direct contact with both staff and patients, which raises the potential for pathogen transmission. Consequently, prioritizing these surfaces for cleaning and maintenance ensures better infection control within the facility. Maintaining a high standard of hygiene for resident care equipment is critical, as these surfaces play a significant role in the overall health outcomes of the patients receiving care.*

## 10. What is the primary goal of antibiotic stewardship programs?

A. To increase the use of antibiotics in all patients

B. To optimize infection treatment while minimizing adverse events

C. To eliminate the need for antibiotics entirely

D. To track all antibiotic prescriptions in multiple facilities

*The primary goal of antibiotic stewardship programs is to optimize infection treatment while minimizing adverse events. This approach focuses on ensuring that antibiotics are used appropriately, which includes administering the right antibiotic, at the right dose, for the right duration, to the right patient. By tailoring antibiotic use to the specific needs of patients, these programs aim to improve patient outcomes while also reducing the risk of antibiotic resistance and the occurrence of adverse drug events. Antibiotic stewardship is essential in healthcare settings, especially in nursing homes, where the elderly may be more vulnerable to infections and have a higher risk of side effects from antibiotics. These programs emphasize responsible prescribing practices, education on the appropriate use of antibiotics, and monitoring the effectiveness and safety of antibiotic treatments. This ultimately leads to better patient care and supports public health initiatives by combating the growing problem of antibiotic resistance. The other options presented do not align with the fundamental objectives of antibiotic stewardship. For instance, increasing antibiotic use universally is counterproductive and could fuel resistance. Eliminating the need for antibiotics entirely is impractical, as many infections still require antibiotic intervention. While tracking prescriptions can be a part of stewardship, it is not the primary goal but rather a means of supporting responsible use.*

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://cdcnursinghomeinfectionprev.examzify.com

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

SAMPLE