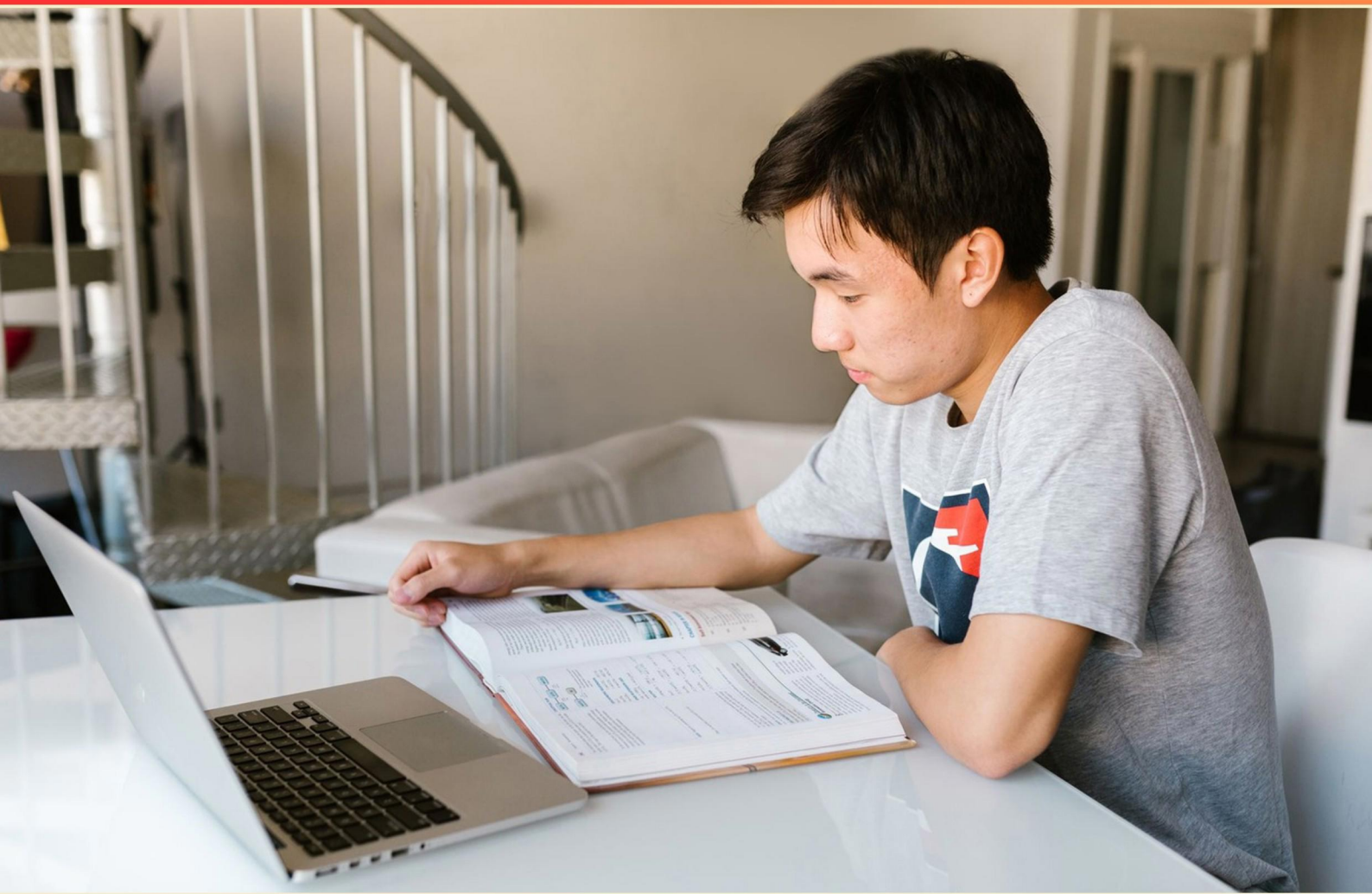


RASMUSSEN MDC 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://rasmussenmdc1.examzify.com>



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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.

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!

Questions

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- 1. Which statement about rheumatoid arthritis medications is accurate?**
 - A. They primarily act to treat infection rather than inflammation.
 - B. They reduce inflammation, lessen pain, and improve mobility.
 - C. They cure RA completely.
 - D. They have no effect on mobility.
- 2. Which practice is most likely to worsen dry skin after a shower?**
 - A. Use cooler water during shower
 - B. Use hot water during shower
 - C. Pat skin dry gently
 - D. Apply moisturizer after
- 3. For an unconscious patient, what equipment should be ready during oral care?**
 - A. Suction
 - B. Mouthwash
 - C. Toothbrush only
 - D. Lubricant
- 4. Leukemia is best described as what?**
 - A. Cancer of the blood – increased infection risk
 - B. A type of skin cancer
 - C. A blood clotting disorder
 - D. A respiratory infection
- 5. Osteoarthritis is primarily due to which process?**
 - A. Autoimmune response
 - B. Wear and tear
 - C. Infectious process
 - D. Metabolic disorder
- 6. Cataracts are characterized by which vision changes?**
 - A. Blurry vision
 - B. Cloudy vision
 - C. Either blurry or cloudy vision
 - D. Sharp vision

- 7. Elbows and knees with red and silvery skin is a sign of which condition, and what should you not use on these areas?**
- A. Eczema; do not use rubbing alcohol
 - B. Psoriasis; do not use rubbing alcohol
 - C. Dermatitis; avoid soap
 - D. Fungal infection; use rubbing alcohol
- 8. After delivering a new diagnosis, which approach best helps assess the patient's support system?**
- A. Open-ended questions to invite discussion
 - B. Closed-ended questions only
 - C. Provide only written materials
 - D. Avoid discussing feelings
- 9. Is HIV/AIDS considered an autoimmune disease?**
- A. Yes
 - B. No, it is an infection
 - C. It is both autoimmune and infectious
 - D. Unknown
- 10. The Braden scale is used to assess risk for which condition?**
- A. Deep tissue infections
 - B. Skin allergies
 - C. Pressure injuries
 - D. Wound infections

Answers

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

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Explanations

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1. Which statement about rheumatoid arthritis medications is accurate?

- A. They primarily act to treat infection rather than inflammation.
- B. They reduce inflammation, lessen pain, and improve mobility.**
- C. They cure RA completely.
- D. They have no effect on mobility.

Rheumatoid arthritis medications are designed to control the inflammatory process driving joint damage. By dampening the immune response and reducing inflammation, these drugs relieve pain and stiffness, decrease swelling, and help people move more easily, which is why the statement that they reduce inflammation, lessen pain, and improve mobility is accurate. They do not cure RA; it's a chronic condition, and most therapies aim to slow progression and maintain function rather than provide a complete cure. They are not aimed at treating infection, since RA is inflammatory/autoimmune, not infectious. And because reducing inflammation often improves function, these meds do impact mobility, so saying they have no effect on mobility would be incorrect.

2. Which practice is most likely to worsen dry skin after a shower?

- A. Use cooler water during shower
- B. Use hot water during shower**
- C. Pat skin dry gently
- D. Apply moisturizer after

Hot water during a shower strips away the skin's natural oils and damages the protective barrier, increasing moisture loss and leaving skin drier after showering. Cooler water is gentler on the barrier and helps preserve moisture. Gently patting the skin dry reduces friction and further moisture loss, and applying moisturizer afterward helps replenish lipids and seal in hydration. So, hot water is the practice most likely to worsen dry skin after a shower.

3. For an unconscious patient, what equipment should be ready during oral care?

- A. Suction**
- B. Mouthwash
- C. Toothbrush only
- D. Lubricant

The main idea here is protecting the airway during oral care for someone who is unconscious. When a patient can't swallow or cough effectively, saliva, secretions, and any fluids from the mouth can be easily aspirated into the lungs. Having suction ready allows you to continuously remove fluids and debris as you clean, keeping the airway clear and reducing the risk of aspiration. Mouthwash isn't suitable in this situation because it can be aspirated and cause chemical irritation or pneumonia if swallowed or inhaled. A toothbrush by itself doesn't manage fluids or debris, so without suction the risk of aspiration remains. Lubricant may help keep lips and mucosa moist, but it doesn't protect the airway or remove secretions during oral care.

4. Leukemia is best described as what?

- A. Cancer of the blood – increased infection risk
- B. A type of skin cancer
- C. A blood clotting disorder
- D. A respiratory infection

Leukemia is a cancer of the blood that starts in the bone marrow and leads to abnormal production of white blood cells. These malfunctioning cells crowd out healthy blood cells, weakening the immune system and raising the risk of infections. It can also affect red blood cells and platelets, causing fatigue and bleeding problems, but the key idea is that this is a malignant blood disease, not a skin cancer, a clotting disorder, or a respiratory infection.

5. Osteoarthritis is primarily due to which process?

- A. Autoimmune response
- B. Wear and tear
- C. Infectious process
- D. Metabolic disorder

Osteoarthritis is a degenerative joint disease driven largely by wear and tear from aging and repeated joint use. Over time, mechanical stress damages the articular cartilage, and the cartilage cannot keep up with repair. This leads to thinning cartilage, rough joint surfaces, bone rubbing on bone, and bone spur formation, which are classic features of OA. Because the primary driver is mechanical degeneration rather than an immune attack, infection, or a metabolic problem, the autoimmune, infectious, and metabolic options don't fit as the main cause. Autoimmune processes underlie conditions like rheumatoid arthritis; infectious processes cause septic arthritis; metabolic or systemic issues can influence joints in some cases, but OA's core is gradual wear-and-tear degeneration.

6. Cataracts are characterized by which vision changes?

- A. Blurry vision
- B. Cloudy vision
- C. Either blurry or cloudy vision
- D. Sharp vision

Cataracts cloud the lens of the eye, causing light to scatter and the image to lose clarity. This leads to vision that isn't sharp and can feel hazy or foggy. Because the opacity can affect vision in a way that makes things look cloudy, while also making details harder to distinguish (blurry) as light is scattered, patients often experience either blurry or cloudy vision. Sharp vision is not typical of cataracts. So the best description is that cataracts can cause either blurry or cloudy vision.

7. Elbows and knees with red and silvery skin is a sign of which condition, and what should you not use on these areas?

- A. Eczema; do not use rubbing alcohol
- B. Psoriasis; do not use rubbing alcohol**
- C. Dermatitis; avoid soap
- D. Fungal infection; use rubbing alcohol

Psoriasis often shows up as red, scaly plaques with silvery scales on the elbows and knees, places where the skin tends to be dry and where inflammation is common. That silvery scale is a hallmark of the rapid skin turnover and inflammation that psoriasis causes. Rubbing alcohol is a strong drying agent and irritant; applying it to psoriatic plaques can worsen dryness, cracking, itching, and irritation. So it's avoided on these areas. Use gentle cleansers and moisturizers, and follow medical guidance for psoriasis treatments if needed.

8. After delivering a new diagnosis, which approach best helps assess the patient's support system?

- A. Open-ended questions to invite discussion**
- B. Closed-ended questions only
- C. Provide only written materials
- D. Avoid discussing feelings

Leading with open-ended questions invites the patient to share who they can rely on, what support they need, and any barriers to getting help after a new diagnosis. This approach surfaces both emotional and practical resources—family members who can assist with transportation or caregiving, friends who can help with daily tasks, community or spiritual support, and financial or childcare needs. It also helps build trust and makes the patient feel heard, which is essential for accurate assessment and effective planning. For example, you might ask things like: who do you think you can turn to when you need help managing this diagnosis, what kinds of support would be most helpful right now, and are there any obstacles—like transport, time, or costs—that could make getting that support difficult? Closed-ended questions restrict responses to yes/no or simple data, so they miss the depth of who is available and what kind of help is truly needed. Providing only written materials or avoiding discussions about feelings won't reveal the patient's support network or emotional coping resources.

9. Is HIV/AIDS considered an autoimmune disease?

- A. Yes
- B. No, it is an infection**
- C. It is both autoimmune and infectious
- D. Unknown

This question tests whether HIV/AIDS is autoimmune or infectious. HIV is a virus that invades and destroys immune cells, especially CD4+ T cells, leading to an acquired immune deficiency. AIDS is the advanced stage with severe immune suppression and susceptibility to opportunistic infections and certain cancers. Autoimmune diseases happen when the immune system misdirects its attack against the body's own tissues. HIV infection does not primarily involve self-tissue attack; it involves a pathogen causing an infectious process and immune system decline. Although HIV infection can sometimes be accompanied by autoantibodies or other immune abnormalities, that doesn't redefine the disease as autoimmune. So, the best characterization is that HIV/AIDS is an infectious disease caused by a virus, not autoimmune.

10. The Braden scale is used to assess risk for which condition?

- A. Deep tissue infections
- B. Skin allergies
- C. Pressure injuries**
- D. Wound infections

The main idea is predicting who will develop pressure injuries by looking at factors that contribute to skin breakdown under pressure. The Braden Scale scores six areas that affect skin integrity: sensory perception, moisture, activity, mobility, nutrition, and friction/shear. Each area gets a score, and the total score (ranging from 6 to 23) reflects overall risk—the lower the score, the higher the risk. This helps clinicians tailor prevention, such as regular turning, using pressure-relief surfaces, maintaining skin hygiene and dryness, addressing nutrition, and reducing friction or shear during movements. It's not used to diagnose infections, allergies, or existing wounds, but to identify those at risk for developing a pressure injury.

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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:

<https://rasmussenmdc1.examzify.com>

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

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