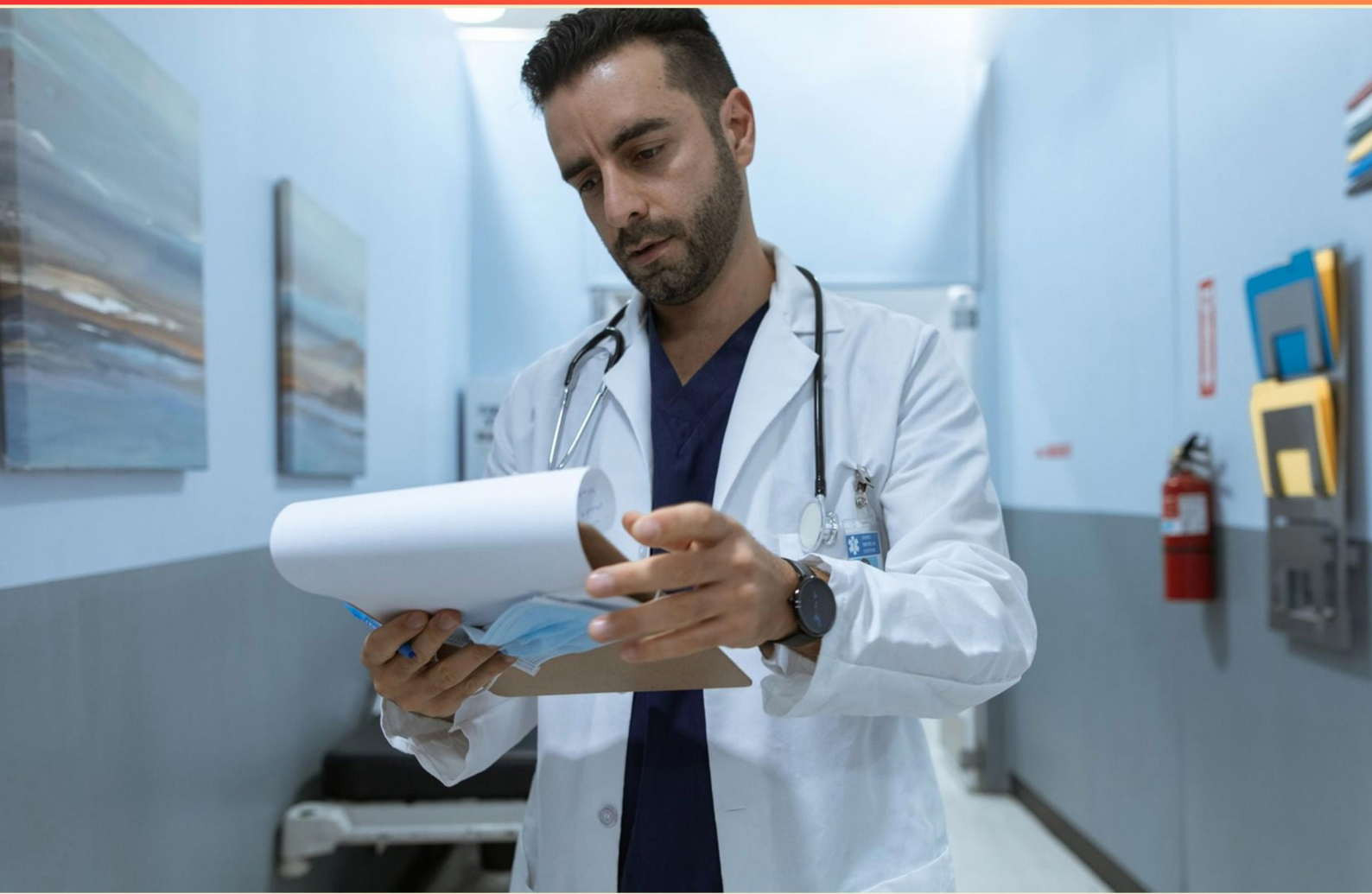


ANCC CASE MANAGEMENT CERTIFICATION PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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. What does a biopsychosocial assessment evaluate?**
 - A. Biological factors only
 - B. Psychological factors only
 - C. Social conditions only
 - D. The interconnection of biological, psychological, and social factors
- 2. What rights does the Patient Self-Determination Act entitle patients to?**
 - A. Free access to all medical records
 - B. Decisions regarding their own care, including advanced directives
 - C. Access to a multi-disciplinary treatment team
 - D. Financial assistance for healthcare expenses
- 3. IADLs differ from basic daily living activities in that they require which of the following?**
 - A. Strict legal documentation
 - B. Only physical abilities
 - C. More complex physical and cognitive abilities
 - D. Simple self-assessment
- 4. Which of the following tools is aimed at measuring work-related task performance?**
 - A. Barthel Index
 - B. Functional Capacity Evaluation
 - C. Personal Assessment of Physical Functioning
 - D. Instrumental Activities of Daily Living
- 5. What is the primary purpose of documentation in a patient's medical record?**
 - A. Court protection for the hospital
 - B. Standards set by the profession and legislation
 - C. To increase insurance reimbursements
 - D. For administrative efficiency

- 6. Which of the following does NOT define a barrier to change within the Systems Thinking model?**
- A. Diverse stakeholder opinions
 - B. Unexpected external influences
 - C. Lack of funding
 - D. Detailed analysis of past data
- 7. In case management, which ethical principle is primarily concerned with equity?**
- A. Nonmaleficence
 - B. Beneficence
 - C. Justice
 - D. Autonomy
- 8. What is Medicaid designed to do?**
- A. Provide healthcare services for emergency cases only
 - B. Offer health care services to affluent individuals
 - C. Assist people who cannot afford health care services
 - D. Support only elderly citizens with health care costs
- 9. What is the main goal of the maintenance stage of change?**
- A. Make initial behavior changes
 - B. Prepare for future changes
 - C. Prevent relapse and consolidate gains
 - D. Analyze personal health data
- 10. In which stage do individuals focus on contributing to society and family?**
- A. Adolescence
 - B. Middle Age
 - C. Early Adulthood
 - D. Old Age

Answers

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

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Explanations

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1. What does a biopsychosocial assessment evaluate?

- A. Biological factors only
- B. Psychological factors only
- C. Social conditions only
- D. The interconnection of biological, psychological, and social factors**

A biopsychosocial assessment evaluates the interconnection of biological, psychological, and social factors that affect an individual's health and well-being. This holistic approach recognizes that health and illness are influenced not just by biological aspects, such as genetics or physical health issues, but also by psychological factors, including mental health and emotional well-being, and social conditions, such as family relationships, socioeconomic status, and community support. By considering all three domains, this assessment helps clinicians develop a comprehensive understanding of a patient's situation, leading to more effective and tailored intervention strategies. The integration of these factors is essential for creating treatment plans that address the complexities of an individual's condition rather than focusing on just one aspect in isolation.

2. What rights does the Patient Self-Determination Act entitle patients to?

- A. Free access to all medical records
- B. Decisions regarding their own care, including advanced directives**
- C. Access to a multi-disciplinary treatment team
- D. Financial assistance for healthcare expenses

The Patient Self-Determination Act is a significant piece of legislation that focuses primarily on recognizing and ensuring the rights of patients to make informed decisions about their own healthcare, specifically concerning advance directives. This includes the right to create advance directives, which are legal documents that allow patients to outline their preferences for medical treatment in situations where they may not be able to communicate their wishes themselves. By empowering patients to make decisions about their care, this law acknowledges their autonomy and the importance of their personal values and desires in healthcare situations. The act mandates that healthcare providers inform patients of their rights in relation to advance directives, ensuring that patients are aware of their options and can participate actively in their own care decisions. Other concepts, such as free access to all medical records, access to a multi-disciplinary treatment team, and financial assistance for healthcare expenses, while relevant to patient rights and care, do not directly stem from the core focus of the Patient Self-Determination Act. Thus, the emphasis on patients' rights to make informed decisions about their care and to formulate advance directives underpins the understanding of this legislation.

3. IADLs differ from basic daily living activities in that they require which of the following?

- A. Strict legal documentation
- B. Only physical abilities
- C. More complex physical and cognitive abilities**
- D. Simple self-assessment

Instrumental activities of daily living (IADLs) are indeed distinct from basic activities of daily living (ADLs) in that they necessitate more complex physical and cognitive abilities. IADLs include tasks such as managing finances, handling transportation, performing household chores, and preparing meals, all of which require higher levels of cognitive function and organizational skills. In contrast, basic ADLs—such as bathing, dressing, eating, and toileting—primarily focus on fundamental physical care that is essential for personal hygiene and bodily function. While physical abilities are certainly involved in both IADLs and ADLs, IADLs demand an additional layer of cognitive processing, decision-making, and sometimes, social interaction capabilities. Thus, recognizing the complexity and multifaceted nature of IADLs is crucial for effective case management, as it emphasizes the need for a comprehensive assessment of a client's capabilities and needs to ensure their independence and quality of life.

4. Which of the following tools is aimed at measuring work-related task performance?

- A. Barthel Index
- B. Functional Capacity Evaluation**
- C. Personal Assessment of Physical Functioning
- D. Instrumental Activities of Daily Living

The Functional Capacity Evaluation (FCE) is specifically designed to assess an individual's ability to perform work-related tasks and functions. This tool provides a comprehensive evaluation of an individual's physical capabilities, including strength, endurance, flexibility, and overall functional mobility. By simulating job tasks or using standardized testing methods, the FCE can help determine whether a person can return to work after an injury or how they can perform their current job safely and effectively. The other tools listed serve different purposes. The Barthel Index primarily measures a person's ability to perform basic activities of daily living, focusing on mobility and self-care tasks rather than work-related performance. The Personal Assessment of Physical Functioning looks at individual perceptions of physical ability but does not offer objective measures specific to work tasks. Instrumental Activities of Daily Living assess more complex daily functions that are not strictly tied to employment tasks. Thus, the Functional Capacity Evaluation stands out as the most relevant tool for measuring work-related task performance.

5. What is the primary purpose of documentation in a patient's medical record?

- A. Court protection for the hospital
- B. Standards set by the profession and legislation**
- C. To increase insurance reimbursements
- D. For administrative efficiency

The primary purpose of documentation in a patient's medical record revolves around the standards set by the profession and legislation. Accurate and thorough documentation is essential for maintaining accountability and ensuring that care is delivered in accordance with established protocols. It serves as a comprehensive history of the patient's medical care, capturing important clinical data, treatment plans, and outcomes. By adhering to these professional standards and legal requirements, documentation supports continuity of care, facilitates communication among healthcare providers, and safeguards the rights of patients. This practice not only enhances the quality of care provided but also helps in meeting regulatory compliance and auditing processes. While the other options may highlight secondary benefits of thorough medical record documentation, such as legal protection or efficiency, they do not capture the fundamental role of documentation in maintaining standards of care and upholding legal and ethical obligations in patient management. Documentation primarily serves as a tool for healthcare professionals to meet the requirements of their practice and legal frameworks, thereby ensuring patient safety and quality of care.

6. Which of the following does NOT define a barrier to change within the Systems Thinking model?

- A. Diverse stakeholder opinions
- B. Unexpected external influences
- C. Lack of funding
- D. Detailed analysis of past data**

In the context of the Systems Thinking model, a detailed analysis of past data does not represent a barrier to change but rather a supportive action for understanding and guiding change initiatives. This type of analysis provides insights into previous outcomes, patterns, and trends, allowing stakeholders to make informed decisions and identify effective strategies for improvement. On the other hand, barriers to change typically include elements that hinder or obstruct progress. Diverse stakeholder opinions can create conflict or slow down decision-making; unexpected external influences can disrupt plans and initiatives; and lack of funding can limit available resources necessary for implementing changes. Thus, detailed analysis serves as a tool for enhancing understanding and facilitating change, rather than a barrier to it.

7. In case management, which ethical principle is primarily concerned with equity?

- A. Nonmaleficence
- B. Beneficence
- C. Justice**
- D. Autonomy

The principle of justice is fundamentally linked to the idea of equity within the context of case management. Justice focuses on ensuring that individuals receive fair treatment and have access to resources, services, and opportunities without discrimination. This principle champions social equality and mandates that the needs of all individuals, regardless of their backgrounds or circumstances, are considered in healthcare decisions and resource allocation. In the practice of case management, applying the principle of justice means advocating for clients to receive appropriate and equitable care that meets their specific needs. It also involves addressing potential disparities in healthcare access, ensuring that marginalized or vulnerable populations receive the support required. By prioritizing justice, case managers work to eliminate bias and uphold the rights of all individuals within the healthcare system. The other options, while important ethical principles in healthcare, do not specifically focus on equity. Nonmaleficence emphasizes the obligation to avoid causing harm, beneficence emphasizes the duty to promote good and act in the best interest of the patient, and autonomy relates to respecting the independence and decision-making rights of individuals. Though these principles are integral to ethical decision-making, justice is the one that directly addresses matters of fairness and equity within case management.

8. What is Medicaid designed to do?

- A. Provide healthcare services for emergency cases only
- B. Offer health care services to affluent individuals
- C. Assist people who cannot afford health care services**
- D. Support only elderly citizens with health care costs

Medicaid is designed to assist people who cannot afford health care services. It is a federal-state program that provides health coverage to low-income individuals and families, including children, pregnant women, elderly individuals, and persons with disabilities. The program ensures that these vulnerable populations have access to necessary medical care, which can include hospital visits, preventive services, mental health care, and long-term care. The program's primary goal is to reduce financial barriers to healthcare access for those who may struggle to pay for necessary treatments. By covering a broad spectrum of care, Medicaid plays a crucial role in promoting health equity and ensuring that all individuals, regardless of their financial status, have the opportunity to receive appropriate healthcare services.

9. What is the main goal of the maintenance stage of change?

- A. Make initial behavior changes
- B. Prepare for future changes
- C. Prevent relapse and consolidate gains**
- D. Analyze personal health data

The main goal of the maintenance stage of change is to prevent relapse and consolidate gains. This stage is crucial as it represents the period after an individual has successfully made significant changes in their behavior and is working to maintain these changes over the long term. During the maintenance stage, individuals focus on reinforcing their new behaviors, integrating them into their daily routines, and addressing any challenges that may arise in the process. This may involve developing strategies to deal with triggers that could lead to reverting to old habits, ensuring support systems are in place, and continually assessing their progress to stay motivated. This understanding highlights the importance of sustainability in behavior change, allowing individuals to solidify their progress and avoid slipping back into previous patterns. The emphasis here is on maintaining what has been achieved and ensuring long-term success rather than just initiating change or preparing for future adjustments.

10. In which stage do individuals focus on contributing to society and family?

- A. Adolescence
- B. Middle Age**
- C. Early Adulthood
- D. Old Age

Individuals focus on contributing to society and family during the middle age stage of development, which is typically characterized by a sense of responsibility towards larger societal roles and family obligations. This stage is often marked by individuals seeking meaningful connections, nurturing relationships, and participating actively in their communities. In middle age, people reflect on their achievements and set goals for the future, striving to contribute positively to the world around them. This developmental stage aligns with Erik Erikson's psychosocial theory, particularly the conflict of generativity versus stagnation, where successful achievement leads to feelings of care and productivity, while failure may result in feelings of unproductiveness and disconnectedness from societal contributions. The other stages mentioned do not emphasize this societal contribution to the same extent. Adolescence is more about identity exploration. Early adulthood focuses on forming intimate relationships rather than broader societal contributions. Old age typically involves reflection on life rather than active contribution to society or family.

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://ancccasemgmt.examzify.com>

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

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