

Care Manager Certification Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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 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.**

- 2. In a mass casualty incident, which client should receive care first?**
 - A. A client experiencing severe chest pain**
 - B. A client with a closed fracture**
 - C. A client with significant full-thickness burns**
 - D. A client with tension pneumothorax**

- 3. In a study to improve oral comfort in chemotherapy patients, mouth rinses are classified as which of the following components?**
 - A. Hypothesis**
 - B. Instrument**
 - C. Method**
 - D. Variable**

- 4. What type of specimen collection technique is appropriate for wound cultures?**
 - A. Swab with antiseptic prior to sampling.**
 - B. Use liquid paraffin as a lubricant.**
 - C. Collect from an area away from the wound.**
 - D. Cleanse the wound before obtaining the specimen.**

- 5. Which nursing action is essential when a client expresses difficulty in understanding their treatment plan?**
 - A. Review the treatment plan with the family**
 - B. Ask the client to read the materials provided**
 - C. Reassess the client's ability to comprehend information**
 - D. Document the client's understanding**

- 6. During an assessment, which finding in a client's medical record would indicate the need for further attention regarding medication history?**
- A. Normal vital signs**
 - B. Recent lab results**
 - C. History of allergic reactions**
 - D. Family medical history**
- 7. In the context of nursing practice, how should subjective data be interpreted?**
- A. As factual evidence.**
 - B. As personal experiences reported by the client.**
 - C. As observable phenomena.**
 - D. As a critical component of diagnostics.**
- 8. What level of preventative care is indicated when a nurse immunizes children against measles?**
- A. Primary**
 - B. Secondary**
 - C. Tertiary**
 - D. Quaternary**
- 9. A nurse observes multiple patients on a new antibiotic developing elevated kidney function tests. What type of reasoning is this?**
- A. Inductive reasoning**
 - B. Nursing process**
 - C. Deductive reasoning**
 - D. General systems theory**
- 10. What is one of Florence Nightingale's most noted accomplishments?**
- A. Promoting adding nursing education as part of a medical degree.**
 - B. Establishing tenets of the American Red Cross.**
 - C. Maintaining statistics recognized as the beginning of nursing research.**
 - D. Establishing the fact that nursing is the same as medicine.**

Answers

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

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Explanations

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1. 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.

2. In a mass casualty incident, which client should receive care first?

- A. A client experiencing severe chest pain**
- B. A client with a closed fracture**
- C. A client with significant full-thickness burns**
- D. A client with tension pneumothorax**

In a mass casualty incident, the principle of triage is employed to determine which patients require immediate care based on the severity of their conditions. The focus is primarily on identifying life-threatening situations that can lead to rapid deterioration if not addressed promptly. A client with tension pneumothorax is experiencing a condition where air becomes trapped in the pleural cavity, leading to increased pressure that can collapse the lung and impede blood flow to the heart. This situation can quickly become life-threatening, causing respiratory distress and cardiovascular compromise if not treated urgently. Addressing tension pneumothorax often involves relieving the pressure through procedures such as needle decompression, which can stabilize the patient and improve their chances of survival. In contrast, while severe chest pain, full-thickness burns, and closed fractures can be serious, they do not typically present the same immediate risk of rapid decline in a mass casualty context. Therefore, prioritizing the patient with tension pneumothorax aligns with the critical goals of triage, focusing on interventions that can save lives in acute emergencies.

3. In a study to improve oral comfort in chemotherapy patients, mouth rinses are classified as which of the following components?

- A. Hypothesis**
- B. Instrument**
- C. Method**
- D. Variable**

In the context of research studies, components such as mouth rinses in a study aimed at improving oral comfort for chemotherapy patients are considered variables. Variables are the elements or factors that can change or be manipulated within a study. They are essential in research because they help to determine whether there is a relationship between different aspects being studied. In this case, mouth rinses represent a specific intervention that can alter or influence the outcome of oral comfort among patients undergoing chemotherapy. By defining mouth rinses as a variable, researchers can assess their effects on the patients' oral comfort levels, allowing for the collection of data that can lead to conclusions regarding their efficacy. Understanding the nature of a variable is crucial in research design as it sets the framework for hypothesis testing and data analysis. The other components mentioned, such as hypothesis, instrument, and method, serve different roles in research design but do not encompass the role of mouth rinses within the study itself.

4. What type of specimen collection technique is appropriate for wound cultures?

- A. Swab with antiseptic prior to sampling.**
- B. Use liquid paraffin as a lubricant.**
- C. Collect from an area away from the wound.**
- D. Cleanse the wound before obtaining the specimen.**

Collecting a wound culture is a critical procedure that helps identify the microbial population in the wound and guide appropriate treatment. Cleansing the wound before obtaining the specimen is essential for several reasons. First, cleaning the area helps to remove any loose debris, necrotic tissue, or contaminants that could interfere with the culture results. This ensures that the sample collected is more representative of the infection rather than the surrounding tissue or previous contaminants, which could lead to inaccurate results. Additionally, cleansing reduces the risk of extraneous organisms being introduced into the sample, which could complicate the interpretation of culture results. By eliminating these potential contaminants, the healthcare provider can ensure a more accurate diagnosis and optimize the patient's treatment plan. In contrast, swabbing with an antiseptic before sampling would not be appropriate as antiseptics can kill both harmful and beneficial bacteria, potentially skewing the results. Using liquid paraffin as a lubricant could obscure the presence of pathogens or affect the reliability of the culture results. Collecting from an area away from the wound would not provide an accurate representation of the wound's microbial flora, undermining the purpose of the culture itself.

5. Which nursing action is essential when a client expresses difficulty in understanding their treatment plan?

- A. Review the treatment plan with the family**
- B. Ask the client to read the materials provided**
- C. Reassess the client's ability to comprehend information**
- D. Document the client's understanding**

Reassessing the client's ability to comprehend information is essential when a client expresses difficulty understanding their treatment plan because it directly addresses the root of the issue. Effective communication is a cornerstone of patient care, and understanding a treatment plan is crucial for compliance and successful outcomes. By reassessing their comprehension, the care manager can identify specific barriers to understanding—whether they be cognitive, emotional, or related to the complexity of medical terminology—and tailor their approach accordingly. This step allows for a more individualized strategy, ensuring that the patient receives information in a way that suits their learning style, speaks to their concerns, and enhances their overall engagement with the treatment process. Addressing comprehension issues in a direct manner fosters a supportive healthcare environment and empowers patients to take an active role in their care.

6. During an assessment, which finding in a client's medical record would indicate the need for further attention regarding medication history?

- A. Normal vital signs**
- B. Recent lab results**
- C. History of allergic reactions**
- D. Family medical history**

Identifying a history of allergic reactions in a client's medical record is crucial as it directly pertains to the safety and appropriateness of prescribed medications. Allergic reactions can lead to significant adverse effects and even severe complications, such as anaphylaxis. Understanding a client's allergy history allows care managers to help prevent potentially harmful situations by ensuring that any medications provided do not contain allergens or ingredients that could trigger a reaction. In this context, while normal vital signs, recent lab results, and family medical history offer valuable information about a client's overall health, they do not specifically highlight any risks associated with medication administration. Thus, the presence of allergic reactions necessitates further investigation and careful consideration of the client's medication plan to ensure both safety and efficacy.

7. In the context of nursing practice, how should subjective data be interpreted?

- A. As factual evidence.**
- B. As personal experiences reported by the client.**
- C. As observable phenomena.**
- D. As a critical component of diagnostics.**

Subjective data in nursing practice is interpreted as personal experiences reported by the client. This type of data reflects the individual's feelings, perceptions, and thoughts, making it essential for understanding the patient's perspective and overall health experience. For instance, when a patient describes their pain level or emotional state, these are subjective experiences that can provide crucial insights into their condition and inform care decisions. By valuing subjective data, healthcare providers can tailor their interventions to better meet the unique needs of each patient, ensuring a more personalized and effective approach to care. This contrasts with objective data, which involves measurable and observable facts, such as vital signs or lab results. Understanding the distinction and significance of subjective data can enhance the nursing practice by promoting effective communication and patient-centered care.

8. What level of preventative care is indicated when a nurse immunizes children against measles?

- A. Primary**
- B. Secondary**
- C. Tertiary**
- D. Quaternary**

The level of preventative care indicated when a nurse immunizes children against measles is primary prevention. Primary prevention focuses on preventing diseases before they occur, which is achieved through strategies such as immunization programs. By vaccinating children, healthcare providers are helping to create immunity within the population, thereby reducing the incidence of measles and other vaccine-preventable diseases. Immunization is a fundamental component of primary prevention efforts because it targets the disease at its source. It aims to protect individuals and communities from experiencing the illness, supporting overall public health. Other levels of prevention, such as secondary and tertiary care, involve different approaches: secondary prevention focuses on early detection and intervention to manage diseases that have already occurred, while tertiary prevention aims to reduce the impact of ongoing illness or injury. Quaternary prevention is a newer concept focused on avoiding unnecessary medical interventions, which is not applicable in the context of routine childhood vaccinations.

9. A nurse observes multiple patients on a new antibiotic developing elevated kidney function tests. What type of reasoning is this?

- A. Inductive reasoning**
- B. Nursing process**
- C. Deductive reasoning**
- D. General systems theory**

Inductive reasoning is the correct choice here because it involves making generalizations based on specific observations. In this scenario, the nurse observes that multiple patients are developing elevated kidney function tests after being prescribed a new antibiotic. From these specific cases, the nurse can begin to hypothesize about a potential link between the antibiotic and the kidney function issues. This method of reasoning allows the nurse to form a broader conclusion or theory regarding the safety and side effects of the medication. In contrast, the nursing process is a systematic approach used for patient care that includes assessment, diagnosis, planning, implementation, and evaluation. It does not specifically relate to making generalizations from specific observations. Deductive reasoning, on the other hand, starts with a general statement or hypothesis and examines the possibilities to reach a specific, logical conclusion. It does not apply here since the nurse is drawing a conclusion from specific test results rather than applying a general principle. General systems theory focuses on understanding complex systems and their interactions, which is not relevant to the situation described in the question, as it does not deal with observations leading to a general conclusion about a specific case. Thus, through the process of observing specific cases of elevated kidney function tests and considering them in relation to the new antibiotic, the nurse exempl

10. What is one of Florence Nightingale's most noted accomplishments?

- A. Promoting adding nursing education as part of a medical degree.**
- B. Establishing tenets of the American Red Cross.**
- C. Maintaining statistics recognized as the beginning of nursing research.**
- D. Establishing the fact that nursing is the same as medicine.**

Florence Nightingale is often celebrated for her pioneering work in nursing, particularly for her emphasis on the importance of evidence-based practice. One of her most significant accomplishments was her meticulous collection and analysis of statistical data during the Crimean War, which highlighted the unsanitary conditions in hospitals and the impact they had on patient mortality rates. This data was instrumental in reforming healthcare practices and is widely regarded as one of the foundational elements of nursing research. Nightingale's use of statistics not only demonstrated the need for improved sanitary conditions but also laid the groundwork for the future of nursing as a profession grounded in research and empirical evidence. Her approach to data collection and analysis is seen as a critical step toward establishing nursing as a field that actively uses research to shape practice and policy, a concept that remains fundamental in healthcare today.

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://caremanager.examzify.com>

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

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