

CARE MANAGER CERTIFICATION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 could a nurse be sued for if a client has a severe allergic reaction due to an incorrect medication administration?**
 - A. Battery
 - B. Assault
 - C. Malpractice
 - D. Negligence

- 2. What is the primary purpose of documentation in the electronic health record?**
 - A. Documentation provides information to the client about financial charges for care provided.
 - B. Documentation allows providers to monitor the nurse's activities.
 - C. Documentation is a communication tool for the interprofessional health care team.
 - D. Documentation provides information for a client audit.

- 3. According to aging theories, which intervention supports healthy aging for long-term care residents based on existing behavior patterns?**
 - A. Identity continuity
 - B. Disengagement
 - C. Activity
 - D. Life review

- 4. What is the first physiological response that occurs during the general adaptive syndrome (GAS)?**
 - A. Prolonged exposure to stress can result in illness.
 - B. The body remains alert, while blood pressure and heart rate return to prestress levels.
 - C. A perceived stressor stimulates the central nervous system.
 - D. An increase in hormones causes an increase in blood pressure and heart rate.

- 5. What indicates a client's understanding of palliative care services?**
 - A. "I will be cured of my illness during this process."
 - B. "This service assists with making me comfortable during my illness."
 - C. "I will be required to stay in a hospital to receive these services."
 - D. "I will be able to return home right away."

- 6. Which of the following interventions is essential when caring for a client with potential airway obstruction?**
- A. Encourage deep breathing exercises.
 - B. Administer bronchodilators.
 - C. Maintain the airway.
 - D. Perform a chest X-ray.
- 7. What intervention is aligned with the belief that individuals maintain their identity through their life stages?**
- A. Disengagement theory
 - B. Continuity theory
 - C. Activity theory
 - D. Life review theory
- 8. Which of the following is a valid indication for urinary catheterization?**
- A. Convenience of the nursing staff
 - B. Relief of urinary retention
 - C. Routine acquisition of a urine specimen
 - D. Improved patient comfort
- 9. What aspect of patient care is essential before discharge from a healthcare facility?**
- A. Completing all prescribed medications.
 - B. Providing education on follow-up care.
 - C. Ensuring all labs are normal.
 - D. Scheduling the next appointment.
- 10. Which action can a nurse take to monitor a patient's fluid status effectively?**
- A. Assess daily weights.
 - B. Adjust IV rates.
 - C. Instruct patients on fluid intake.
 - D. Limit mobility.

Answers

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

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Explanations

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1. What could a nurse be sued for if a client has a severe allergic reaction due to an incorrect medication administration?

- A. Battery
- B. Assault
- C. Malpractice**
- D. Negligence

In this scenario, the appropriate term to describe the nurse's potential liability is malpractice. Malpractice refers to a situation where a healthcare professional fails to provide the standard of care that is expected in their field, resulting in harm to a patient. In the case of incorrect medication administration leading to a severe allergic reaction, the nurse would have breached their duty of care by not adhering to established safety protocols and guidelines for medication administration. Malpractice specifically involves two key elements: that the nurse had a professional duty to the patient and that their actions (or inactions) directly caused harm. In this situation, the nurse's failure to verify the medication, administer the correct dosage, or recognize the patient's allergies would constitute a failure to meet the professional standards expected in nursing. This could provide a basis for legal action due to the harm the patient suffered as a consequence of that failure. Additional concepts are present in the other answer choices, but they do not apply as directly to this specific issue. Battery implies physical harm or unwanted contact, which is not the primary focus here. Assault involves the threat of harm rather than the act of causing injury. Negligence is a broader category that could apply in this context, but malpractice is a more specific term that indicates a

2. What is the primary purpose of documentation in the electronic health record?

- A. Documentation provides information to the client about financial charges for care provided.
- B. Documentation allows providers to monitor the nurse's activities.
- C. Documentation is a communication tool for the interprofessional health care team.**
- D. Documentation provides information for a client audit.

The primary purpose of documentation in the electronic health record is to serve as a communication tool for the interprofessional health care team. This function is crucial because effective communication among healthcare providers is essential for ensuring cohesive and coordinated patient care. The electronic health record (EHR) allows various professionals—such as doctors, nurses, social workers, and therapists—to access and share pertinent patient information seamlessly. This centralized access to comprehensive data enables all team members to make informed decisions based on the most current patient information, which ultimately enhances the quality of care. While the other options touch on aspects related to documentation, they do not capture the primary purpose as effectively. For example, financial information is important, but it is not the main goal of medical documentation; rather, it might be a secondary output of the data collected. Monitoring nurse activities can be a component of the documentation process, but it does not pertain to the broader communication aspect necessary for patient care. Finally, client audits do require documentation for review, yet the focus is not on the documentation's role in facilitating communication among healthcare providers, which is the critical function in a collaborative healthcare environment.

3. According to aging theories, which intervention supports healthy aging for long-term care residents based on existing behavior patterns?

- A. Identity continuity**
- B. Disengagement
- C. Activity
- D. Life review

The concept of identity continuity is rooted in the idea that individuals strive to maintain a consistent sense of self throughout their lives. For long-term care residents, supporting this sense of identity means encouraging them to engage in activities and routines that reflect their historical behaviors, preferences, values, and social connections. By recognizing and reinforcing their existing behavior patterns, caregivers can help these individuals feel more secure and satisfied in their environment, which positively impacts their overall well-being and promotes healthy aging. In contrast, other theories such as disengagement imply that it is normal for individuals to withdraw from social interactions as they age, which can inadvertently lead to loneliness and a lack of fulfilling engagement. The activity theory suggests that staying active and social leads to higher satisfaction in older age, but it may not accommodate residents whose existing behavior patterns lean towards less social interaction. Similarly, life review, while valuable for reflecting on past experiences, may not necessarily align with the goal of fostering a consistent identity in the present. Thus, identity continuity stands out as the most supportive intervention for healthy aging among long-term care residents based on their established behavior patterns.

4. What is the first physiological response that occurs during the general adaptive syndrome (GAS)?

- A. Prolonged exposure to stress can result in illness.
- B. The body remains alert, while blood pressure and heart rate return to prestress levels.
- C. A perceived stressor stimulates the central nervous system.**
- D. An increase in hormones causes an increase in blood pressure and heart rate.

The first physiological response during the general adaptive syndrome (GAS) involves the body's reaction to a perceived stressor, which stimulates the central nervous system (CNS). This stimulation is crucial as it sets the stage for the body's overall stress response. When a stressor is perceived, the CNS activates the hypothalamus, which subsequently triggers the release of stress hormones, including adrenaline and cortisol, leading to a series of physiological changes. This initial reaction is essential because it prepares the body to respond to the stressor, often referred to as the "fight or flight" response. Blood pressure and heart rate begin to increase in this phase, as the body gears up to cope with the perceived threat. Understanding this initial response is important for care managers, as they can better recognize how stress impacts physical health and what interventions may be necessary to support individuals facing stressors. The other answer choices address different aspects of the general adaptive syndrome or consequences of prolonged stress but do not capture the immediate physiological reaction to a stressor, which begins with CNS activation.

5. What indicates a client's understanding of palliative care services?

- A. "I will be cured of my illness during this process."
- B. "This service assists with making me comfortable during my illness."**
- C. "I will be required to stay in a hospital to receive these services."
- D. "I will be able to return home right away."

The statement reflecting a client's understanding of palliative care services emphasizes the fundamental goal of these services, which is to provide relief from symptoms and improve the quality of life for individuals experiencing serious illnesses. When a client says, "This service assists with making me comfortable during my illness," it clearly demonstrates their comprehension that palliative care focuses on symptom management, emotional support, and enhancing comfort, rather than solely focusing on curing the illness. Palliative care is designed to support both the patient and their family, addressing physical, emotional, and spiritual needs throughout the illness process. This understanding aligns with the core principles of palliative care, which prioritize quality of life and comfort, irrespective of the stage of the illness or the need for curative treatments. Other options demonstrate misconceptions about palliative care, such as the idea of being cured or being required to stay in a hospital, which is not typically a requirement of palliative services.

6. Which of the following interventions is essential when caring for a client with potential airway obstruction?

- A. Encourage deep breathing exercises.
- B. Administer bronchodilators.
- C. Maintain the airway.**
- D. Perform a chest X-ray.

Maintaining the airway is crucial when caring for a client with potential airway obstruction because the airway is the pathway through which air enters and exits the lungs. If the airway is obstructed, it can lead to serious consequences, including hypoxia and respiratory failure. Therefore, ensuring that the airway remains open is the top priority in such scenarios. While encouraging deep breathing exercises, administering bronchodilators, and performing a chest X-ray may be beneficial in various contexts, they serve as secondary interventions rather than the primary action. For instance, deep breathing exercises can help improve lung expansion but do not directly address an obstruction. Bronchodilators may relieve constricted airways but are ineffective if there is a complete blockage. Similarly, a chest X-ray is a diagnostic tool that can provide information about the lungs and airways, but it does not resolve the obstruction. In emergencies, the immediate focus must be on securing the airway to allow for adequate oxygenation and ventilation.

7. What intervention is aligned with the belief that individuals maintain their identity through their life stages?

- A. Disengagement theory
- B. Continuity theory**
- C. Activity theory
- D. Life review theory

The correct response is based on the understanding that continuity theory emphasizes the importance of maintaining a consistent identity throughout the various stages of life. This theory posits that individuals behave in a manner that is consistent with their past experiences, habits, and personality traits, allowing them to retain a sense of self as they age. Continuity theory highlights how individuals adapt to aging by relying on their previous behaviors and relationships, which helps them navigate changes in their physical, psychological, and social circumstances. It promotes the idea that sustaining connections to one's past is crucial for preserving self-identity and overall well-being. In contrast, disengagement theory suggests a natural withdrawal from social interactions in older age, which does not necessarily support the idea of maintaining identity. Activity theory, while advocating for active engagement in life for a better quality of life, does not inherently focus on identity continuity. Life review theory involves reflecting on one's life experiences, but it is more about evaluating past experiences rather than emphasizing identity maintenance throughout different life stages. Thus, continuity theory is the best fit for the intervention aligning with maintaining identity through life stages.

8. Which of the following is a valid indication for urinary catheterization?

- A. Convenience of the nursing staff
- B. Relief of urinary retention**
- C. Routine acquisition of a urine specimen
- D. Improved patient comfort

The valid indication for urinary catheterization in this context is the relief of urinary retention. Catheterization is often necessary when a patient is unable to void urine naturally due to various medical conditions, which can lead to discomfort, bladder distention, and potential complications such as urinary tract infections or kidney damage. In cases of acute urinary retention, a catheter allows for the immediate drainage of urine, alleviating the physical symptoms experienced by the patient. Other options, while they may reflect situations that some may think warrant catheterization, do not align with established clinical guidelines. For instance, convenience of the nursing staff does not justify catheter use, as this goes against the principles of patient-centered care. Routine acquisition of a urine specimen typically does not require catheterization and can usually be obtained through non-invasive means, such as clean-catch urine collection. Lastly, while improved patient comfort can be a consideration, it cannot be the primary reason for catheterization without a clear medical need, such as urinary retention.

9. What aspect of patient care is essential before discharge from a healthcare facility?

- A. Completing all prescribed medications.
- B. Providing education on follow-up care.**
- C. Ensuring all labs are normal.
- D. Scheduling the next appointment.

Providing education on follow-up care is a critical aspect of patient care before discharge from a healthcare facility. This involves ensuring that patients understand their diagnosis, the importance of continuing their treatment plan, managing their medications correctly, and recognizing signs or symptoms that may necessitate immediate medical attention. Education empowers patients to take an active role in their recovery and helps facilitate adherence to follow-up appointments and prescribed therapies. This process includes discussing any lifestyle changes or ongoing health monitoring that may be necessary. Ensuring that patients leave with a clear understanding of what to expect after discharge greatly reduces the risk of readmissions and helps in achieving better health outcomes. While addressing prescribed medications, normal lab results, and scheduling appointments are all important, they do not have the same impact on empowering the patient and helping them manage their care once they leave the facility. Education ensures that patients have the knowledge they need to navigate their recovery effectively.

10. Which action can a nurse take to monitor a patient's fluid status effectively?

- A. Assess daily weights.**
- B. Adjust IV rates.
- C. Instruct patients on fluid intake.
- D. Limit mobility.

Monitoring a patient's fluid status is crucial for ensuring their overall health and managing any potential fluid imbalances. One of the most reliable and effective methods for assessing a patient's fluid status is through daily weights. This method provides a quantitative measure of a patient's fluid retention or loss. A sudden increase in weight can indicate fluid retention, while a significant decrease can reflect fluid loss, which may be due to dehydration or other underlying conditions. Daily weights are particularly useful because they account for all fluid intake and loss over a 24-hour period, allowing healthcare providers to identify trends and make adjustments to the patient's care plan based on these observations. This method is also straightforward to implement and can be quickly incorporated into daily patient care routines, making it an essential tool in fluid status assessment. While adjusting IV rates, instructing patients on fluid intake, and limiting mobility can be important aspects of managing a patient's care, they do not provide the direct and measurable assessment of fluid status that daily weights do. These actions may support fluid management but do not give a clear picture of the patient's current fluid balance. Therefore, assessing daily weights stands out as the most effective action for monitoring fluid status.

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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