

CBIC CERTIFIED IN INFECTION CONTROL (CIC) 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. Which CSF profile is most consistent with fungal meningitis?**
- A. Increased pressure; Increased lymphocytes; Increased protein; Decreased glucose; Clear to hazy
 - B. Normal pressure; Neutrophils predominance; Normal protein; Normal glucose
 - C. Decreased pressure; Lymphocytes predominance; Increased protein; Increased glucose
 - D. Increased pressure; Eosinophils; Decreased protein; Increased glucose
- 2. Enterococcus spp. are best described as which type of organisms?**
- A. Gram-negative rods that form spores
 - B. Gram-positive bacilli that form long chains
 - C. Facultative gram positive cocci, grow in short chains
 - D. Anaerobic cocci in clusters
- 3. What is the recommended temperature range in the cath lab?**
- A. 65-70 F
 - B. 75-80 F
 - C. 70-75 F
 - D. 60-65 F
- 4. Which option correctly states how to calculate crude mortality rate per 1,000?**
- A. Deaths per 100 population
 - B. $\text{Deaths} \div \text{population total} \times 1,000$
 - C. $\text{Population} \div \text{deaths} \times 1,000$
 - D. $\text{Deaths} \div \text{population total} \times 10$
- 5. What does accreditation signal?**
- A. A government licensing credential
 - B. A financial grant from the federal government
 - C. A recognition that the facility meets the organization's accreditation standards
 - D. A temporary certification valid for six months

- 6. In DMAIC, what does the A step involve?**
- A. Define customers, project boundaries, and processes
 - B. Measure performance
 - C. Analyze data to identify causes of variation, gaps in performance, and prioritize actions
 - D. Improve the process
- 7. Directly Observed Therapy (DOT) is primarily used to ensure what?**
- A. That side effects are monitored daily
 - B. That the patient swallows each dose under supervision
 - C. That blood levels are drawn after each dose
 - D. That patients are discharged on time
- 8. Immunocompromised patient at risk of *Pneumocystis jirovecii* infection should receive primary prophylaxis with which agent?**
- A. Acyclovir
 - B. Fluconazole
 - C. TMP-SMX for duration of risk
 - D. Valacyclovir
- 9. What does the Joint Commission do?**
- A. Provides accreditation programs for various healthcare facilities (ambulatory, behavioral health, acute care, critical care hospitals, labs, etc)
 - B. Sets national clinical treatment guidelines for physicians
 - C. Licenses hospitals and clinics to operate within each state
 - D. Registers medical devices with federal agencies
- 10. HRSA primarily focuses on improving access to health care for which populations?**
- A. Medical researchers
 - B. Uninsured or medically vulnerable populations
 - C. Private health insurers
 - D. Pharmaceutical companies

Answers

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

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Explanations

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1. Which CSF profile is most consistent with fungal meningitis?

- A. Increased pressure; Increased lymphocytes; Increased protein; Decreased glucose; Clear to hazy**
- B. Normal pressure; Neutrophils predominance; Normal protein; Normal glucose
- C. Decreased pressure; Lymphocytes predominance; Increased protein; Increased glucose
- D. Increased pressure; Eosinophils; Decreased protein; Increased glucose

Fungal meningitis typically presents with a CSF profile of elevated opening pressure, a lymphocytic predominance, higher protein, and lower glucose, with the fluid often described as clear to hazy rather than grossly purulent. The lymphocyte-dominant response reflects the chronic fungal inflammation; increased protein comes from the inflamed, permeable blood-brain barrier; and reduced glucose occurs because fungi and immune cells consume glucose and the inflammatory process impairs glucose transport. This pattern helps distinguish fungal meningitis from bacterial meningitis (neutrophil predominance with very low glucose) and viral meningitis (usually lymphocytes with normal glucose).

2. Enterococcus spp. are best described as which type of organisms?

- A. Gram-negative rods that form spores
- B. Gram-positive bacilli that form long chains
- C. Facultative gram positive cocci, grow in short chains**
- D. Anaerobic cocci in clusters

Enterococcus species are Gram-positive cocci that are facultative anaerobes. In lab specimens they appear as small round cells that typically arrange in short chains or sometimes in pairs, not in long chains or clusters. They are not Gram-negative, nor are they spore formers, and they are not strictly anaerobic. Their ability to grow with or without oxygen, along with their tendency to form short chains and their Gram-positive cocci morphology, is what distinguishes them from other bacteria described in the other options.

3. What is the recommended temperature range in the cath lab?

- A. 65-70 F
- B. 75-80 F
- C. 70-75 F**
- D. 60-65 F

Maintaining the patient's warmth and comfort during invasive procedures by controlling the cath lab ambient temperature is essential to prevent hypothermia and stabilize the patient throughout the intervention. A temperature around 70–75°F (about 21–24°C) provides a practical balance: it's cool enough to avoid excessive sweating and condensation on equipment and sterile fields, yet warm enough to minimize heat loss from the patient during a potentially lengthy procedure. If the room is cooler than this range, the patient is at greater risk for hypothermia, which can lead to shivering, increased oxygen consumption, and potential hemodynamic instability. If the room is warmer, the patient may become uncomfortable, sweat, or experience issues with equipment handling and imaging due to moisture. Overall, 70–75°F is the recommended range to support patient safety, comfort, and smooth procedural workflow.

4. Which option correctly states how to calculate crude mortality rate per 1,000?

- A. Deaths per 100 population
- B. Deaths ÷ population total x 1,000
- C. Population ÷ deaths x 1,000**
- D. Deaths ÷ population total x 10

The main idea is to express how many people die relative to the size of the population, scaled to 1,000 people. To get the crude mortality rate per 1,000, you divide the number of deaths in the period by the total population at risk, then multiply by 1,000. This standardizes the count so you can compare mortality across populations of different sizes. So the correct approach is to use deaths ÷ population total × 1,000. The inverse (population divided by deaths, then times 1,000) would not represent a mortality rate, and multiplying by 10 would express deaths per 10 people, not per 1,000.

5. What does accreditation signal?

- A. A government licensing credential
- B. A financial grant from the federal government
- C. A recognition that the facility meets the organization's accreditation standards**
- D. A temporary certification valid for six months

Accreditation signals external validation that a facility meets the standards set by an accrediting organization. It shows the program has formal processes for quality and safety, including infection prevention practices, staff competence, and a commitment to ongoing improvement. It is not a government license, which is a legal requirement to operate, nor a financial grant. It isn't a short-lived credential either; accreditation is granted for a cycle with periodic reassessment to maintain it. In short, the facility is recognized for meeting the accrediting body's standards.

6. In DMAIC, what does the A step involve?

- A. Define customers, project boundaries, and processes
- B. Measure performance
- C. Analyze data to identify causes of variation, gaps in performance, and prioritize actions**
- D. Improve the process

In this phase, the team digs into the data gathered earlier to uncover the true causes of variation and performance gaps. The aim is to move beyond describing what the process is doing and understand why it isn't meeting requirements, so you can target improvements where they matter most. Using both data analysis and root cause techniques, you test hypotheses, identify the actual drivers of problems, and assess their impact and feasibility. The output is a validated set of root causes and a prioritized list of actions to address them, which guides the Improve step. This focus on diagnosing causes and prioritizing fixes is what distinguishes Analyze from the other phases, where Define sets up the project scope, Measure characterizes current performance, and Control sustains gains.

7. Directly Observed Therapy (DOT) is primarily used to ensure what?

- A. That side effects are monitored daily
- B. That the patient swallows each dose under supervision**
- C. That blood levels are drawn after each dose
- D. That patients are discharged on time

Directly observed therapy is about guaranteeing that every dose is taken as prescribed by watching the patient swallow it. This supervision helps ensure adherence to the treatment plan, which is essential for regimens where missing doses can lead to treatment failure or drug resistance, such as tuberculosis therapy. While monitoring for side effects, checking blood levels, or ensuring timely discharge are important parts of overall care, they are not the defining purpose of DOT. The key idea is that each dose is ingested under direct supervision to confirm adherence and reduce the risk of resistance.

8. Immunocompromised patient at risk of *Pneumocystis jirovecii* infection should receive primary prophylaxis with which agent?

- A. Acyclovir
- B. Fluconazole
- C. TMP-SMX for duration of risk**
- D. Valacyclovir

*The key idea is using the most effective preventive therapy to stop *Pneumocystis jirovecii* pneumonia in someone with suppressed immunity. Trimethoprim-sulfamethoxazole is the standard choice for primary PCP prophylaxis because it reliably prevents *Pneumocystis* infection across various immunocompromised conditions, such as HIV infection with low CD4 counts and patients on long-term immunosuppressive therapy. Prophylaxis should continue for the duration of risk—renewed immune function or resolution of the immunosuppressive state allows stopping it. If TMP-SMX isn't possible, alternatives exist (like dapsone, atovaquone, or pentamidine), but they aren't as consistently effective. The other agents listed target viruses or *Candida* and do not prevent PCP.*

9. What does the Joint Commission do?

- A. Provides accreditation programs for various healthcare facilities (ambulatory, behavioral health, acute care, critical care hospitals, labs, etc)**
- B. Sets national clinical treatment guidelines for physicians
- C. Licenses hospitals and clinics to operate within each state
- D. Registers medical devices with federal agencies

Understanding what the Joint Commission does centers on accreditation and safety standards in healthcare. The Joint Commission is a nonprofit organization that creates standards and conducts surveys of healthcare organizations to determine if they meet those standards. When an organization demonstrates compliance, it earns accreditation, which applies to a wide range of settings—hospitals, ambulatory care facilities, behavioral health programs, critical access hospitals, laboratories, and more. Accreditation signals to patients and payers that the organization meets recognized safety and quality requirements and supports ongoing quality improvement with tools like performance measures and safety goals. The Joint Commission does not set national clinical treatment guidelines, which are produced by professional societies or federal health agencies. It also does not license hospitals (licensing is a state function) or register medical devices (that's the FDA).

10. HRSA primarily focuses on improving access to health care for which populations?

A. Medical researchers

B. Uninsured or medically vulnerable populations

C. Private health insurers

D. Pharmaceutical companies

HRSA's focus is expanding access to health care for populations with limited access—medically underserved and vulnerable groups. It supports and funds safety-net services, such as community health centers and programs for low-income, rural, and uninsured individuals, to ensure they can get care. Because of this mission, the option describing uninsured or medically vulnerable populations best fits HRSA's purpose. The other options don't align with HRSA's goals: medical researchers, private health insurers, and pharmaceutical companies are not the primary targets of HRSA's access-focused initiatives.

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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://cbiccic.examzify.com>

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

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