

CERTIFICATION BOARD OF INFECTION CONTROL AND EPIDEMIOLOGY (CBIC) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://cbic.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. Which term describes the fraction of a population having a specific disease at a given time?**
 - A. Incidence
 - B. Prevalence
 - C. Rate of spread
 - D. Attack rate
- 2. Which of the following surveillance systems is employed for situational awareness and disease detection?**
 - A. HealthMap
 - B. BioSense
 - C. PHIN
 - D. ESSENCE
- 3. What is the goal of conducting an outbreak investigation?**
 - A. To identify and control sources of infection
 - B. To develop new vaccines
 - C. To track patient recovery times
 - D. To evaluate healthcare facility performance
- 4. Which organization is known for providing guidelines for infection control practices?**
 - A. The World Health Organization (WHO)
 - B. The Food and Drug Administration (FDA)
 - C. Centers for Disease Control and Prevention (CDC)
 - D. The National Institute of Health (NIH)
- 5. What percentage of nosocomial infections are believed to be caused by bacterial contamination on the hands of healthcare workers?**
 - A. 10%
 - B. 15%
 - C. 20%
 - D. 25%

- 6. What does successful accreditation from the Joint Commission signify to the public?**
- A. A guarantee of the best healthcare outcomes
 - B. Recognition of enhanced risk management practices
 - C. Trust in the facility's operational integrity
 - D. A promise of lower healthcare costs
- 7. How is incidence calculated?**
- A. Number of cases at a given time divided by the population
 - B. Number of new cases divided by the number of persons at risk
 - C. Number of all reported cases in one year
 - D. Population size divided by the number of health events
- 8. What is one of the key responsibilities of an infection preventionist in a healthcare facility?**
- A. To administer vaccines to all patients
 - B. To develop and monitor infection prevention and control policies
 - C. To perform surgical procedures
 - D. To manage hospital finances
- 9. What lab findings are typically seen in CSF during bacterial meningitis?**
- A. Glucose; Protein; Neutrophils; Pressure
 - B. Glucose; Protein; Neutrophils; Pressure
 - C. Normal Glucose; Protein; Neutrophils; Normal Pressure
 - D. Glucose; Normal Protein; Neutrophils; Pressure
- 10. How do Enterococci typically grow?**
- A. In clusters
 - B. In short chains
 - C. In pairs
 - D. As single cells

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which term describes the fraction of a population having a specific disease at a given time?

- A. Incidence
- B. Prevalence**
- C. Rate of spread
- D. Attack rate

The term that refers to the fraction of a population having a specific disease at a given time is prevalence. Prevalence is a key epidemiological measure that indicates how widespread a disease is within a population. It takes into account both new and existing cases of the disease, providing a snapshot of its burden at a specific moment. For instance, when public health officials report the prevalence of a disease, they often present it as a percentage or a number per a defined population size, which helps in understanding the extent of the disease and planning appropriate health interventions. Incidence, in contrast, focuses on the number of new cases that occur in a specific time period, rather than the total number of cases. The rate of spread generally refers to how quickly an illness propagates through a population, while attack rate quantifies the frequency of new cases in a specific, often defined outbreak situation. These terms serve different purposes within epidemiology, with prevalence specifically summarizing the total burden of disease at a particular time.

2. Which of the following surveillance systems is employed for situational awareness and disease detection?

- A. HealthMap
- B. BioSense**
- C. PHIN
- D. ESSENCE

The correct choice emphasizes the importance of real-time situational awareness and disease detection in public health. BioSense serves as a key surveillance system that aggregates and analyzes data from various sources, such as emergency departments and public health laboratories, to monitor disease outbreaks and bioterrorism threats. Its ability to provide timely information makes it crucial for responding to public health emergencies, thereby enhancing situational awareness for health officials. While other options may relate to health information or data management, they do not specifically focus on the real-time integration and analysis of surveillance data aimed at disease detection and situational awareness in the same comprehensive manner as BioSense. For example, HealthMap is well-known for aggregating global health data but is more focused on visualizing disease outbreaks rather than providing the situational awareness that BioSense ensures. PHIN, the Public Health Information Network, is designed to improve communication and information exchange among public health agencies but does not function primarily as a surveillance system. ESSENCE, which is an early detection system, does provide disease surveillance but is often utilized within specific health departments rather than as broadly as BioSense.

3. What is the goal of conducting an outbreak investigation?

A. To identify and control sources of infection

B. To develop new vaccines

C. To track patient recovery times

D. To evaluate healthcare facility performance

The primary goal of conducting an outbreak investigation is to identify and control sources of infection. This involves systematically gathering and analyzing information to pinpoint the cause of an outbreak, understand how the infection is spreading, and implement effective measures to control and prevent further transmission. By identifying the sources of infection, public health officials and healthcare providers can take swift action to mitigate the outbreak's impact, protect public health, and reduce the risk of future occurrences. While developing new vaccines, tracking patient recovery times, and evaluating healthcare facility performance are important in the overall context of public health and epidemiology, they are not the main objectives during an outbreak investigation itself. These activities may follow once the immediate concern of controlling the outbreak has been addressed, but the central focus during an outbreak investigation is clearly on identifying the source and implementing control measures.

4. Which organization is known for providing guidelines for infection control practices?

A. The World Health Organization (WHO)

B. The Food and Drug Administration (FDA)

C. Centers for Disease Control and Prevention (CDC)

D. The National Institute of Health (NIH)

The Centers for Disease Control and Prevention (CDC) is widely recognized for its role in providing comprehensive and authoritative guidelines for infection control practices. The CDC is a key public health agency in the United States, and it focuses on preventing disease outbreaks, ensuring public health safety, and providing recommendations that are scientifically based. One of the prominent resources offered by the CDC is the "Guidelines for Infection Control in Healthcare Personnel," which outlines best practices and protocols to minimize the risk of infections in healthcare settings. These guidelines cover a range of topics, including standard precautions, transmission-based precautions, and the proper use of personal protective equipment (PPE). The CDC also conducts ongoing research and surveillance related to infectious diseases, making their guidelines not only relevant but also adaptable to emerging threats in public health. This ensures that healthcare facilities can maintain high standards of safety for patients and staff alike. Other organizations like the World Health Organization (WHO) also play significant roles in global health guidelines, but for practical implementation within the United States, the CDC is the primary body that healthcare facilities rely on for infection control practices.

5. What percentage of nosocomial infections are believed to be caused by bacterial contamination on the hands of healthcare workers?

- A. 10%
- B. 15%**
- C. 20%
- D. 25%

The correct percentage of nosocomial infections attributed to bacterial contamination on the hands of healthcare workers is believed to be 15%. This statistic underscores the critical role that hand hygiene plays in infection control within healthcare settings. Effective hand hygiene protocols can significantly reduce the transmission of pathogens, thus preventing the occurrence of hospital-acquired infections. Hand hygiene is essential because healthcare workers frequently come into contact with patients, medical equipment, and surfaces that may harbor infectious agents. The act of handwashing or using alcohol-based hand sanitizers effectively disrupts the transmission of bacteria and viruses. While other percentages are also informative, the 15% figure specifically highlights the effectiveness of promoting stringent hand hygiene practices as a vital infection control measure in healthcare facilities.

6. What does successful accreditation from the Joint Commission signify to the public?

- A. A guarantee of the best healthcare outcomes
- B. Recognition of enhanced risk management practices
- C. Trust in the facility's operational integrity**
- D. A promise of lower healthcare costs

Successful accreditation from the Joint Commission signifies trust in the facility's operational integrity. This accreditation process involves a rigorous evaluation of a healthcare organization's performance against established national standards for health care quality and safety. It confirms that the facility consistently meets high standards of care and demonstrates its commitment to providing quality services to patients. When a healthcare provider is accredited, it reassures the public that the institution adheres to essential management practices, clinical standards, and patient safety protocols, thereby fostering confidence in the care they can expect to receive. This is vital for consumers who want assurance that they are choosing high-quality healthcare options, contributing to a heightened perception of the facility's accountability and reliability. Although enhanced risk management practices and healthcare outcomes are important aspects of healthcare quality, accreditation specifically emphasizes operational integrity and overall adherence to best practices. Additionally, lower healthcare costs are not directly assured by accreditation, since costs can be influenced by various other factors such as local economic conditions, pricing strategies, and the specific services provided.

7. How is incidence calculated?

- A. Number of cases at a given time divided by the population
- B. Number of new cases divided by the number of persons at risk**
- C. Number of all reported cases in one year
- D. Population size divided by the number of health events

Incidence is a measure used in epidemiology that reflects the frequency at which new cases of a disease occur in a population over a specific period of time. The correct calculation of incidence involves identifying the number of new cases that arise within the population at risk during a defined time frame, then dividing that number by the total population that is at risk during that same time period. This emphasis on new cases allows public health officials to understand the dynamics of disease spread and the effectiveness of interventions. This approach is critical because it focuses exclusively on new cases rather than all cases, which helps in understanding trends and developing strategies for prevention and control. It excludes individuals who already have the disease from the population at risk because they are not at risk of developing the condition anew. In summary, the calculation of incidence as the number of new cases divided by the number of persons at risk is vital for assessing public health outcomes and allocating resources effectively.

8. What is one of the key responsibilities of an infection preventionist in a healthcare facility?

- A. To administer vaccines to all patients
- B. To develop and monitor infection prevention and control policies**
- C. To perform surgical procedures
- D. To manage hospital finances

One of the fundamental responsibilities of an infection preventionist in a healthcare facility is to develop and monitor infection prevention and control policies. This role is crucial as infection preventionists ensure that the facility is following best practices to reduce the risk of infections among patients, staff, and visitors. Infection preventionists are responsible for conducting risk assessments, identifying potential infection sources, and implementing evidence-based strategies to mitigate those risks. They also stay updated on local, national, and international infection control guidelines, adapting policies to align with current best practices. Regularly monitoring adherence to these policies and making necessary adjustments based on outcomes is also a core component of their role. This ensures continuous improvement in infection prevention efforts, ultimately contributing to patient safety and quality of care in the healthcare setting. In contrast, administering vaccines, performing surgical procedures, or managing hospital finances fall outside the primary scope of responsibilities for infection preventionists. These tasks require different skill sets and professional training, emphasizing why developing and monitoring infection prevention policies is central to the infection preventionist's role.

9. What lab findings are typically seen in CSF during bacterial meningitis?

- A. Glucose; Protein; Neutrophils; Pressure
- B. Glucose; Protein; Neutrophils; Pressure**
- C. Normal Glucose; Protein; Neutrophils; Normal Pressure
- D. Glucose; Normal Protein; Neutrophils; Pressure

In cases of bacterial meningitis, the characteristic laboratory findings in cerebrospinal fluid (CSF) include decreased glucose levels, elevated protein levels, an increase in neutrophils, and increased pressure. The decrease in glucose occurs because bacteria metabolize glucose for energy, which leads to reduced levels in the CSF. This finding is a significant indicator, as viral infections typically leave glucose levels normal. The increase in protein indicates the presence of an inflammatory response and proteins associated with bacteria. Elevated neutrophil counts are a hallmark of bacterial infection, as neutrophils are the first responders to bacterial pathogens, unlike viral infections, which generally show a predominance of lymphocytes. Finally, increased pressure occurs due to the inflammation and increased volume in the central nervous system, which can be measured during a lumbar puncture. Thus, these specific findings underscore the body's response to bacterial infection and help differentiate bacterial meningitis from other types such as viral or fungal meningitis, which exhibit different CSF profiles.

10. How do Enterococci typically grow?

- A. In clusters
- B. In short chains**
- C. In pairs
- D. As single cells

Enterococci are known for their characteristic growth pattern, which typically involves forming short chains of cells. This unique arrangement occurs due to their ability to remain partially adhered to each other after division. Although they can also appear as pairs or single cells under certain conditions, their primary and most recognizable growth form is as short chains, which is a key distinguishing feature of this genus. This growth pattern can be significant when identifying Enterococci in laboratory settings. Understanding this morphological characteristic is essential for microbiologists and infection control professionals, as it aids in proper identification and understanding of their behavior and transmission in clinical environments.

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://cbic.examzify.com>

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

SAMPLE