

CMS Fundamentals 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. Which term denotes the care provided after death to maintain dignity?**
 - A. Supine Position**
 - B. Eye Closure**
 - C. Postmortem Care**
 - D. Dentures**

- 2. Which concept involves increased medication use raising the risk for adverse effects?**
 - A. Inspection**
 - B. Polypharmacy**
 - C. Auscultation**
 - D. Palpation**

- 3. What is the overarching goal of the priority framework described?**
 - A. Maintain patient safety by addressing the most urgent needs first**
 - B. Prioritize efficiency over patient safety**
 - C. Disregard unstable patients**
 - D. Address psychosocial concerns before physical needs**

- 4. For Unexpected Findings, the first action should be to**
 - A. Ignore findings**
 - B. Document findings**
 - C. Notify family**
 - D. Identify relevant assessment findings**

- 5. In Maslow's hierarchy, which need comes immediately after Safety Needs?**
 - A. Esteem Needs**
 - B. Self-Actualization Needs**
 - C. Love/Belonging Needs**
 - D. Physiological Needs**

- 6. Which is the federal law protecting health information privacy?**
- A. HIPAA**
 - B. Veracity**
 - C. Autonomy**
 - D. Fidelity**
- 7. Which organism is listed in the material?**
- A. Staphylococcus aureus**
 - B. Streptococcus pyogenes**
 - C. Escherichia coli**
 - D. Clostridium difficile**
- 8. Which term describes the transfer of microorganisms by inanimate objects?**
- A. Nosocomial Infection**
 - B. Clean Gloves**
 - C. Fomites**
 - D. Isolation Room Signage**
- 9. Which term describes following facility policy when removing devices?**
- A. Family Viewing**
 - B. Removal of Tubes**
 - C. Identification Tags**
 - D. Cultural Considerations**
- 10. Which concept focuses on protecting private health information?**
- A. HIPAA**
 - B. Confidentiality**
 - C. Autonomy**
 - D. Justice**

Answers

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

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Explanations

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1. Which term denotes the care provided after death to maintain dignity?

- A. Supine Position**
- B. Eye Closure**
- C. Postmortem Care**
- D. Dentures**

Postmortem care is the care provided after death to maintain dignity. It encompasses preparing the body for viewing or disposition, ensuring cleanliness and modesty, closing the eyes and mouth, placing dentures if present, removing tubes or lines, and positioning the body in a respectful way. This term is the best answer because it names the overall practice, not just a single action. Eye closure, dentures, or a specific position are part of postmortem care, but they're components of the broader care that honors the person and supports the family.

2. Which concept involves increased medication use raising the risk for adverse effects?

- A. Inspection**
- B. Polypharmacy**
- C. Auscultation**
- D. Palpation**

Polypharmacy is the practice of taking multiple medications. This increases the risk for adverse effects because each additional drug brings its own potential side effects and the possibility of drug-drug interactions. When several medicines are used together, they can affect how each one is absorbed, metabolized, or eliminated, which can raise drug levels or create unexpected reactions. The complexity of managing multiple prescriptions also raises the chance of dosing errors, duplication of therapy, or poor adherence, especially in older adults who often have multiple health conditions. Because of these risks, clinicians carefully review all medications—reconciling what is truly needed and considering deprescribing when possible. In contrast, inspection, auscultation, and palpation are physical examination techniques used to assess a patient's condition, not concepts about how using more medicines changes risk.

3. What is the overarching goal of the priority framework described?

- A. Maintain patient safety by addressing the most urgent needs first**
- B. Prioritize efficiency over patient safety**
- C. Disregard unstable patients**
- D. Address psychosocial concerns before physical needs**

The main idea behind the priority framework is to protect patient safety by tackling the most urgent, potentially life-threatening issues first. In clinical settings, problems are assessed by how quickly they could worsen and threaten a patient's well-being. By directing attention and resources to the highest-risk concerns first, care teams can prevent deterioration, stabilize the patient, and reduce the chance of harm. Once the most urgent needs are addressed, less critical issues can be managed. This emphasis on safety and urgency is why prioritizing immediate risk is correct. Prioritizing efficiency over safety would undermine patient safety, disregarding unstable patients misses urgent needs, and handling psychosocial concerns before physical needs would delay stabilization.

4. For Unexpected Findings, the first action should be to

- A. Ignore findings**
- B. Document findings**
- C. Notify family**
- D. Identify relevant assessment findings**

When unexpected findings occur, the first action is to identify relevant assessment findings: determine what is abnormal, how it fits with the patient's current condition, and what potential implications it has for safety and care. This step establishes a clear understanding of what changed and what it means, guiding all subsequent actions. After you've identified what's relevant, you document the findings to create an accurate record, and then notify the appropriate team or family as dictated by policy. Ignoring findings jeopardizes safety, and notifying the family is important but not the initial step once you've established what the finding is and its significance.

5. In Maslow's hierarchy, which need comes immediately after Safety Needs?

- A. Esteem Needs**
- B. Self-Actualization Needs**
- C. Love/Belonging Needs**
- D. Physiological Needs**

After ensuring physical survival and safety, people seek connection and acceptance from others. This is why the next level is Love/Belonging needs, which include friendships, family, intimate relationships, and being part of social groups. Once those social bonds are satisfied, esteem needs (respect, recognition, self-esteem) come next, followed by self-actualization. The other options map to different levels: esteem centers on how others view you, self-actualization on realizing personal potential, and physiological needs are the basic bodily requirements that come before safety. So the need that comes immediately after Safety Needs is Love/Belonging.

6. Which is the federal law protecting health information privacy?

- A. HIPAA**
- B. Veracity**
- C. Autonomy**
- D. Fidelity**

The main concept is health information privacy protection under federal law. HIPAA, the Health Insurance Portability and Accountability Act, establishes national standards for how protected health information (PHI) can be used, disclosed, and safeguarded. It defines what counts as PHI, creates the privacy and security rules, and gives individuals rights to access and control their health records. It also requires administrative, physical, and technical safeguards and outlines penalties for violations, applying to covered entities like providers, health plans, and their business associates. This combination of protections and responsibilities is what makes HIPAA the federal law that protects health information privacy. The other terms refer to ethical or personal values, not a federal privacy statute: veracity is truth-telling, autonomy is patient self-determination, and fidelity is loyalty to commitments.

7. Which organism is listed in the material?

- A. Staphylococcus aureus**
- B. Streptococcus pyogenes**
- C. Escherichia coli**
- D. Clostridium difficile**

The question is about identifying which organism is explicitly listed in the material. The key is to match the names exactly to what's stated. In the material, Clostridium difficile is named, so it's the correct choice. This bacterium is known for connections to antibiotic-associated diarrhea and hospital settings, which helps you remember why it might be singled out in a list. The other organisms—Staphylococcus aureus, Streptococcus pyogenes, and Escherichia coli—are common pathogens, but they aren't indicated as being listed in the material, so they don't fit the prompt.

8. Which term describes the transfer of microorganisms by inanimate objects?

A. Nosocomial Infection

B. Clean Gloves

C. Fomites

D. Isolation Room Signage

Fomite transmission describes the spread of microorganisms via inanimate objects. Fomites are nonliving items that can harbor pathogens after contact with an infected person, and when someone else touches the same item, the microorganisms can be transferred. This is a classic route of indirect transmission and explains how surfaces like doorknobs, keyboards, or shared medical equipment can facilitate infection if not properly cleaned. A nosocomial infection, by contrast, refers to an infection acquired in a hospital setting, which may involve multiple transmission routes and does not specify transfer through objects. Clean gloves are a protective measure used to prevent direct contact with contaminated surfaces, but they describe a mitigation step rather than the transfer mechanism itself. Isolation room signage communicates precautions to prevent spread but does not define how transmission occurs. Thus, the term that best matches the transfer of microorganisms by inanimate objects is fomites.

9. Which term describes following facility policy when removing devices?

A. Family Viewing

B. Removal of Tubes

C. Identification Tags

D. Cultural Considerations

Adhering to facility policy when removing medical devices means carrying out the removal strictly according to established procedures to protect patient safety, ensure proper care, and document the action. The term that fits this scenario is the one describing the act of removing tubes. It specifically conveys the procedural, policy-driven aspect of discontinuing a device, which is what the question is asking about. The other terms relate to distinct ideas—family viewing concerns access or preferences, identification tags deal with verifying identity, and cultural considerations relate to respecting beliefs—none of which capture the formal, policy-based process of removing devices.

10. Which concept focuses on protecting private health information?

A. HIPAA

B. Confidentiality

C. Autonomy

D. Justice

Confidentiality is the practice of keeping a patient's health information private and sharing it only with authorized individuals. This protects privacy, maintains trust between patients and providers, and is a fundamental obligation in healthcare. HIPAA is the legal framework that enforces privacy and security standards for protected health information, helping to ensure confidentiality in real-world practice. Autonomy focuses on a patient's right to make their own care decisions, and justice concerns fairness in treatment. While important, neither addresses protecting private information as directly as confidentiality does.

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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://cmsfundamentals.examzify.com>

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

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