

# COMMISSION FOR CASE MANAGER CERTIFICATION (CCMC) 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 does the McGill Pain Questionnaire allow patients to do?**
  - A. Rate their emotional well-being
  - B. Select words describing the quality and intensity of their pain
  - C. Calculate their overall health score
  - D. Assess their mobility status
- 2. What type of care is provided when a patient does not meet criteria for inpatient but cannot return home?**
  - A. Subacute care
  - B. Palliative care
  - C. Custodial long-term care
  - D. Skilled nursing care
- 3. Which Erickson stage is associated with initiative versus guilt?**
  - A. 1-5 years
  - B. 3-5 years
  - C. 5-12 years
  - D. 18-40 years
- 4. What is the primary purpose of conducting a cost-benefit analysis in healthcare?**
  - A. To determine patient eligibility for services
  - B. To identify areas for retrospective review
  - C. To evaluate the financial implications of services versus outcomes
  - D. To plan for patient discharge
- 5. The scope of nursing practice is defined by which of the following?**
  - A. Only the number of patients seen
  - B. Only the hospital policies
  - C. Education, experience, role, and population
  - D. Only the specialty certifications

**6. Stop loss or reinsurance is primarily intended for what purpose?**

- A. To provide financial support for low-risk claims
- B. To cover expenses exceeding a certain threshold for high-risk claims
- C. To reduce insurance premiums for consumers
- D. To reimburse insured parties for medical expenses

**7. What is the primary goal of the Affordable Care Act Title 4?**

- A. To increase funding for hospitals
- B. To enhance data collection and care coordination
- C. To reduce taxes for small businesses
- D. To eliminate health insurance exchanges

**8. The Patient-Centered Outcomes Research Institute (PCORI) was established under which title of the Affordable Care Act?**

- A. Title 4
- B. Title 5
- C. Title 6
- D. Title 3

**9. What is the purpose of the 211 service?**

- A. To provide entertainment resources for families
- B. To offer disaster relief services only
- C. To facilitate support referrals and crisis management
- D. To manage healthcare facilities

**10. What is defamation of character defined as?**

- A. A public statement that is false and damaging
- B. A quasi intentional tort that includes slander
- C. An intentional act to harm another's reputation
- D. A legal term for property damage

## **Answers**

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

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## **Explanations**

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## 1. What does the McGill Pain Questionnaire allow patients to do?

- A. Rate their emotional well-being
- B. Select words describing the quality and intensity of their pain**
- C. Calculate their overall health score
- D. Assess their mobility status

*The McGill Pain Questionnaire is specifically designed to help patients articulate their pain experiences in a more nuanced way. It allows individuals to select from a range of adjectives and descriptors that best capture the quality and intensity of their pain. By using this tool, patients can convey complex feelings and sensory details (such as sharpness, throbbing, or aching) associated with their discomfort, which can provide healthcare providers with crucial information for diagnosis and treatment planning. This ability to select specific words enhances the patient's ability to communicate their unique pain experience, making it a valuable resource in pain assessment.*

## 2. What type of care is provided when a patient does not meet criteria for inpatient but cannot return home?

- A. Subacute care**
- B. Palliative care
- C. Custodial long-term care
- D. Skilled nursing care

*Subacute care is designed for patients who need more intensive services than what can be provided in a traditional outpatient setting but do not require the full resources of an inpatient hospital. This type of care typically addresses complex medical needs that require a structured environment, often serving as a transitional phase between hospitalization and home. In the context of the scenario described, patients who do not meet the criteria for inpatient hospitalization but cannot return home often benefit from subacute care. This setting allows for ongoing medical supervision and rehabilitation services tailored to patients who may be recovering from surgery, illness, or injury and need more support than they can receive at home. While palliative care focuses on providing relief from symptoms and stress of serious illness, and skilled nursing care emphasizes medical interventions for those needing rehabilitation or continuous care, subacute care specifically fills the gap for patients needing comprehensive rehabilitation or medical management without the need for full hospitalization. Custodial long-term care, on the other hand, primarily offers assistance with daily living activities and does not necessarily involve medical oversight. Therefore, subacute care is the most appropriate option in this context, as it provides the necessary support for patients who need more than a home environment but do not require the intensive resources of an acute care hospital.*

### 3. Which Erickson stage is associated with initiative versus guilt?

- A. 1-5 years
- B. 3-5 years**
- C. 5-12 years
- D. 18-40 years

*The stage of initiative versus guilt is associated with children aged 3 to 5 years. During this developmental period, children begin to assert themselves more frequently and engage in various forms of play that allow them to explore interests and interact with others. They initiate activities, make plans, and lead efforts, which are vital for developing a sense of initiative. If a child is encouraged and supported in their endeavors, they will feel a sense of initiative and confidence. However, if they are criticized, controlled, or discouraged from taking initiative, they may develop feelings of guilt over their needs and desires. This balance between taking initiative and the potential for guilt is crucial for healthy emotional development and aids in establishing a sense of self-esteem and autonomy as they grow. The other stages mentioned do not align with the initiative versus guilt theme. For instance, the stages associated with 1-5 years often encompass various foundational skills, while the 5-12 years stage is more about industry versus inferiority, and the 18-40 years stage relates to intimacy versus isolation, which are outside the scope of this particular initiative versus guilt stage.*

### 4. What is the primary purpose of conducting a cost-benefit analysis in healthcare?

- A. To determine patient eligibility for services
- B. To identify areas for retrospective review
- C. To evaluate the financial implications of services versus outcomes**
- D. To plan for patient discharge

*Conducting a cost-benefit analysis in healthcare is primarily aimed at evaluating the financial implications of services in relation to the expected outcomes. This analytical process helps healthcare organizations assess the value of various interventions, treatments, or programs by comparing the costs incurred to the benefits received, both financially and in terms of patient health and quality of life. By systematically evaluating the costs associated with providing a service against the potential health outcomes or benefits that service may generate, decision-makers can make informed choices about which services to offer or expand, as well as which ones may not be justified based on their financial impact relative to their effectiveness. This practice directly informs resource allocation, strategic planning, and overall policy decisions, with the goal of maximizing both economic efficiency and patient care quality. In contrast, determining patient eligibility for services focuses on eligibility criteria rather than financial implications. Identifying areas for retrospective review is about evaluating past performance and outcomes, not directly analyzing costs versus benefits. Planning for patient discharge relates to care transitions rather than the financial assessment of healthcare services. Therefore, the primary focus of a cost-benefit analysis distinctly aligns with evaluating financial implications relative to patient outcomes.*

**5. The scope of nursing practice is defined by which of the following?**

- A. Only the number of patients seen
- B. Only the hospital policies
- C. Education, experience, role, and population**
- D. Only the specialty certifications

*The scope of nursing practice is defined by factors such as education, experience, role, and the population served. These components collectively establish the boundaries of what a nurse is qualified to do, reflecting their knowledge, skills, and the specific needs of the groups they care for. Education provides the foundational knowledge and competencies required for nursing practice. Experience further enhances these skills through practical application in real-world settings, allowing nurses to gain insights and proficiency. The role encompasses the various functions and responsibilities nurses perform within different healthcare settings, and the population aspect highlights the importance of understanding diverse patient needs, ensuring care is tailored appropriately. This integrated definition supports nurses in navigating the complexities of their profession, allowing for safe and effective patient care while fostering professional growth and adaptability within the healthcare system.*

**6. Stop loss or reinsurance is primarily intended for what purpose?**

- A. To provide financial support for low-risk claims
- B. To cover expenses exceeding a certain threshold for high-risk claims**
- C. To reduce insurance premiums for consumers
- D. To reimburse insured parties for medical expenses

*Stop loss or reinsurance is specifically designed to cover expenses that exceed a specified threshold for high-risk claims. This financial tool acts as a safety net, protecting insurers from catastrophic losses that could occur when claims exceed what is typically manageable. By implementing stop loss provisions, insurers can limit their risk exposure and ensure that they remain solvent even in the event of unusually high claims. In the context of case management and healthcare services, this approach is crucial for managing costs effectively, particularly when facing unpredictable and substantial medical outlays. It provides a layer of financial protection that allows organizations to continue to offer coverage while minimizing their risk concerning high-cost claims. The other choices do not align with the primary purpose of stop loss or reinsurance. They either suggest aims that are not directly related to the mitigation of high-risk claims or involve aspects like reducing premiums and reimbursing medical expenses, which are not the central focus of stop loss agreements.*

**7. What is the primary goal of the Affordable Care Act Title 4?**

- A. To increase funding for hospitals
- B. To enhance data collection and care coordination**
- C. To reduce taxes for small businesses
- D. To eliminate health insurance exchanges

*The primary goal of the Affordable Care Act Title 4 is to enhance data collection and care coordination. This title emphasizes the importance of improving the quality of healthcare services by ensuring that comprehensive data is collected and effectively used to coordinate care among various providers. The focus is on creating a more integrated healthcare system where patient information can be shared efficiently, leading to better health outcomes and reduced duplication of services. The initiatives under this title aim to promote evidence-based practices and improve health system performance by leveraging data in care delivery and management. In this context, while increasing funding for hospitals, reducing taxes for small businesses, or eliminating health insurance exchanges are important aspects of healthcare reform, they do not align with the primary focus of Title 4, which prioritizes the enhancement of data and care coordination to ultimately improve patient care and health system efficiency.*

**8. The Patient-Centered Outcomes Research Institute (PCORI) was established under which title of the Affordable Care Act?**

- A. Title 4
- B. Title 5
- C. Title 6**
- D. Title 3

*The Patient-Centered Outcomes Research Institute (PCORI) was established under Title 6 of the Affordable Care Act. This title outlines the creation and funding of PCORI, which was designed to help patients, caregivers, and healthcare providers make informed decisions by providing them with evidence-based information about healthcare options. PCORI's focus is on supporting research into the effectiveness of various treatment options, emphasizing outcomes that matter to patients. This initiative aims to bridge the gap between clinical research and the practical needs of individuals receiving care, thereby enhancing the quality of healthcare decision-making. Research projects funded by PCORI typically prioritize patient engagement, address a wide range of health conditions, and involve diverse populations, reflecting a commitment to making healthcare more responsive to patient needs. The establishment of PCORI under Title 6 highlights the recognition of the importance of patient-centered care in improving health outcomes.*

**9. What is the purpose of the 211 service?**

- A. To provide entertainment resources for families
- B. To offer disaster relief services only
- C. To facilitate support referrals and crisis management**
- D. To manage healthcare facilities

*The purpose of the 211 service is to facilitate support referrals and crisis management. This service acts as a critical resource for individuals seeking various types of assistance, including social services, mental health support, and crisis intervention. By calling 211, individuals are connected to trained professionals who can guide them toward the resources they need, whether it be housing assistance, food services, or help with substance abuse issues. 211 serves as an essential communication channel during times of crisis, allowing users to quickly access information and support, which can significantly impact individuals' well-being and recovery. It is widely recognized as a vital part of community support systems, especially in managing social challenges and offering immediate help during emergencies.*

## 10. What is defamation of character defined as?

- A. A public statement that is false and damaging
- B. A quasi intentional tort that includes slander**
- C. An intentional act to harm another's reputation
- D. A legal term for property damage

*Defamation of character refers specifically to damaging someone's reputation through false statements. The most comprehensive way to understand this concept is that it encompasses both slander, which is verbal defamation, and libel, which pertains to written statements. While defining defamation broadly as a quasi-intentional tort integrates the aspect of intent, the essential elements focus on the false nature of the statement and its damaging impact on the individual's reputation. Therefore, this choice captures the primary legal understanding of defamation, as it emphasizes the complexity of intentional acts that aim to harm another's reputation while recognizing the nuances in types of defamation like slander. In contrast, stating that defamation is merely a public statement that is false and damaging provides an incomplete picture, as it doesn't encapsulate the legal nuances or specify the relationship to slander and libel. Similarly, defining it solely as an intentional act to harm someone's reputation omits the terminology and classification aspects. Lastly, characterizing it as a legal term for property damage is inaccurate, as defamation exclusively pertains to the reputation rather than physical property.*

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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](mailto:hello@examzify.com).

Or visit your dedicated course page for more study tools and resources:

<https://cmcc.examzify.com>

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

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