

Comprehensive Geriatric Assessment and Care Strategies Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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	15

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 option correctly identifies an Instrumental Activity of Daily Living (IADL)?**
 - A. Activities of Daily Living**
 - B. Basic self-care tasks**
 - C. Mobility tasks only**
 - D. Managing finances and transportation**

- 2. Hyperbaric oxygen therapy is considered for which cases?**
 - A. Not recommended for any ulcers.**
 - B. Refractory pressure ulcer cases.**
 - C. First-line therapy for all ulcers.**
 - D. Only used for cosmetic reasons.**

- 3. Which statement best describes the role of family involvement in care?**
 - A. Excludes family from decisions.**
 - B. Only doctors involved.**
 - C. Includes family members in care and counseling.**
 - D. Family makes all decisions.**

- 4. Which walker is less safe and can collapse; not recommended?**
 - A. Three-Wheeled Walker**
 - B. Hemi-Walker**
 - C. Quad Cane**
 - D. Crutches**

- 5. What is the effect of advanced static mattresses on pressure injury risk?**
 - A. Advanced mattresses can help reduce pressure injury risk.**
 - B. They cure ulcers instantly.**
 - C. They have no effect.**
 - D. They increase risk.**

- 6. The Size and Shape of wounds refers to which aspect of ulcer assessment?**
- A. Size and Shape**
 - B. Wound Bed**
 - C. Exudate**
 - D. Pain**
- 7. What is the recommended perioperative management for aspirin?**
- A. Continue through surgery.**
 - B. Should be held before surgery.**
 - C. Dose increased before surgery.**
 - D. Discontinued long-term after surgery.**
- 8. LTAC for a patient requiring chronic ventilator support.**
- A. Deconditioned Elderly Case**
 - B. Diabetes and Blindness Case**
 - C. Pneumonia Case**
 - D. Written Discharge Communication**
- 9. Which of the following is true about restraints in elderly care?**
- A. They can lead to distress, immobility, and death.**
 - B. They are always the safest option.**
 - C. They can cause distress and immobility.**
 - D. They have no impact on safety.**
- 10. Which case would most likely involve chronic ventilator support in a facility?**
- A. Pneumonia Case**
 - B. Deconditioned Elderly Case**
 - C. Pelvic Fracture Case**
 - D. Written Discharge Communication**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which option correctly identifies an Instrumental Activity of Daily Living (IADL)?

- A. Activities of Daily Living**
- B. Basic self-care tasks**
- C. Mobility tasks only**
- D. Managing finances and transportation**

Instrumental activities of daily living are the tasks that enable independent living beyond basic self-care, involving planning, organization, and use of services. Managing finances and transportation fits this category because it requires cognitive skills, problem-solving, and interacting with systems (banks, travel networks) to live independently. In contrast, basic self-care tasks like bathing, dressing, and feeding are ADLs, not IADLs. Mobility tasks—moving around, transferring, walking—are also considered ADLs. So, the example that represents an IADL is managing finances and transportation.

2. Hyperbaric oxygen therapy is considered for which cases?

- A. Not recommended for any ulcers.**
- B. Refractory pressure ulcer cases.**
- C. First-line therapy for all ulcers.**
- D. Only used for cosmetic reasons.**

Hyperbaric oxygen therapy increases tissue oxygenation under high pressure, which supports wound healing by boosting processes like angiogenesis, collagen synthesis, and immune function while helping to reduce edema. Because of these effects, it's best used as an adjunct for wounds that do not respond to standard care, particularly chronic pressure ulcers that fail to heal despite optimal wound care, infection control, proper offloading, and good nutrition. It is not a universal first-line treatment for all ulcers, and it isn't used for cosmetic purposes. In practice, HBOT is considered for refractory pressure ulcers—cases where healing remains elusive after conventional management.

3. Which statement best describes the role of family involvement in care?

- A. Excludes family from decisions.**
- B. Only doctors involved.**
- C. Includes family members in care and counseling.**
- D. Family makes all decisions.**

Collaborative involvement of family members in care and counseling recognizes that older adults' health often relies on a team approach, where patient values, daily routines, and caregiver insights shape decisions. Including family helps gather essential history, understand patient goals, discuss prognosis and treatment options, and plan ahead for future choices. This approach aligns the care plan with what matters to the patient, improves communication across settings, supports adherence, and strengthens the caregiver network who often play a key role in daily management. Importantly, family participation should complement professional guidance while preserving the patient's autonomy and ensuring the clinical plan reflects both medical expertise and what the patient values. Excluding family undermines the support system and can lead to gaps in understanding and care, while having family make all decisions overlooks patient rights and professional judgment.

4. Which walker is less safe and can collapse; not recommended?

A. Three-Wheeled Walker

B. Hemi-Walker

C. Quad Cane

D. Crutches

Stability comes from how many points of contact the device has with the ground and how well it distributes the user's weight. A walker that uses three wheels offers fewer contact points and less base area than a four-wheeled or standard walker, making it easier to tip, wobble, or collapse when turning, stopping suddenly, or if weight shifts to one side. Because of this, it's generally not recommended for older adults who have balance problems, weakness, or a high fall risk. In contrast, a hemi-walker is designed for one-sided weakness and tends to provide a more stable, easier-to-control base; a quad cane offers four points of contact with the ground, improving balance compared with a regular cane; and crutches require upper body strength and proper fitting, which may be safer for some individuals when used correctly. But among these options, the three-wheeled walker poses the greatest stability risk and is the least safe choice for someone prone to collapsing.

5. What is the effect of advanced static mattresses on pressure injury risk?

A. Advanced mattresses can help reduce pressure injury risk.

B. They cure ulcers instantly.

C. They have no effect.

D. They increase risk.

Advanced static mattresses reduce pressure injury risk by redistributing body weight and lowering peak pressures on vulnerable areas, especially over bony prominences like the sacrum and heels. The cushioning conforms to the body, spreading pressure more evenly and reducing shear and friction at the skin, which helps maintain skin integrity in immobile older adults. They are not a cure for ulcers and do not have no effect or increase risk; they simply lessen risk as part of a broader prevention strategy that also includes regular turning, good nutrition, and skin care.

6. The Size and Shape of wounds refers to which aspect of ulcer assessment?

A. Size and Shape

B. Wound Bed

C. Exudate

D. Pain

Focusing on the wound's dimensions and outline is what tracking size and shape is all about. This aspect involves measuring the wound's length, width, and depth and describing its contour (round, oval, irregular). Recording these measurements gives you a concrete way to quantify how large the wound is and how its size or shape changes over time, which is essential for monitoring healing or deterioration. It's distinct from the wound bed (the tissue present at the base), exudate (drainage amount and type), and pain (the patient's comfort or discomfort). So the best choice is the one that directly addresses documenting the wound's physical dimensions and outline.

7. What is the recommended perioperative management for aspirin?

- A. Continue through surgery.**
- B. Should be held before surgery.**
- C. Dose increased before surgery.**
- D. Discontinued long-term after surgery.**

Holding aspirin before elective surgery is usually the best approach because of how aspirin affects bleeding risk. Aspirin irreversibly inhibits platelet function, and new platelets are needed to restore normal clotting. Since platelets live about 7 to 10 days, stopping aspirin several days before the procedure (typically about 5-7 days) allows platelet function to return, reducing intraoperative and postoperative bleeding. In contrast, continuing through surgery would raise bleeding risk, increasing complications. Increasing the dose isn't warranted and could worsen bleeding. Stopping long-term after surgery isn't appropriate as a routine strategy; instead, aspirin is usually resumed once hemostasis is secured and the patient is safe to continue antiplatelet therapy.

8. LTAC for a patient requiring chronic ventilator support.

- A. Deconditioned Elderly Case**
- B. Diabetes and Blindness Case**
- C. Pneumonia Case**
- D. Written Discharge Communication**

Long-term acute care hospitals are for patients who survive the initial crisis but still need extended, specialized medical attention, including chronic ventilator support and complex weaning, before returning to a lower level of care. In this scenario, a pneumonia case can progress to respiratory failure that requires ongoing ventilatory assistance and multidisciplinary management over a prolonged period, which is exactly what LTACs are equipped to provide—ventilator management, weaning protocols, infection control, nutrition, rehabilitation, and care coordination. The other options describe situations that don't inherently involve prolonged ventilation or the need for LTAC-level resources: a deconditioned elderly patient may need rehabilitation in a different setting, diabetes with blindness centers on metabolic and sensory issues rather than respiratory failure needing a ventilator; and a written discharge communication isn't a patient case requiring ongoing acute-care services.

9. Which of the following is true about restraints in elderly care?

- A. They can lead to distress, immobility, and death.**
- B. They are always the safest option.**
- C. They can cause distress and immobility.**
- D. They have no impact on safety.**

Restraints in elderly care often cause more harm than good. Physically restricting a person's movement leads to immobility, which can trigger rapid functional decline, muscle wasting, and complications like pressure ulcers, pneumonia, constipation, and a higher risk of delirium. Psychologically, being restrained can provoke fear, anxiety, agitation, and a loss of dignity, contributing to distress. Because these harms are common and well-documented, the statement that restraints can cause distress and immobility is the most accurate and clinically important takeaway. Restraints are not always the safest option, and they do impact safety, so the other choices don't fit as well.

10. Which case would most likely involve chronic ventilator support in a facility?

- A. Pneumonia Case**
- B. Deconditioned Elderly Case**
- C. Pelvic Fracture Case**
- D. Written Discharge Communication**

Chronic ventilator support is needed when a patient has lasting, severe respiratory failure that cannot be weaned from the ventilator. Among these scenarios, a pneumonia case carries the greatest potential to involve ongoing respiratory compromise, especially in frail older adults with comorbidities, where recovery may be prolonged and ventilation becomes a long-term requirement. The deconditioned elderly might improve with rehabilitation and could avoid prolonged ventilation, a pelvic fracture focuses on injury and mobility rather than breathing support, and a written discharge communication is administrative, not a patient health condition. So pneumonia is the scenario most likely to involve chronic ventilator support in a facility.

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://compgeriatricassmtcarestrat.examzify.com>

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

SAMPLE