

HCQM CASE MANAGEMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://hcqmcasemgmt.examzify.com>



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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 type of reimbursement is characterized by payments made for each episode of care?**
 - A. Fee for service
 - B. Value-based purchasing
 - C. Capitated payment
 - D. Shared savings
- 2. What is NOT a key function of a case manager?**
 - A. Conducting client assessments
 - B. Implementing care plan interventions
 - C. Making decisions without client input
 - D. Engaging in resource utilization
- 3. How do case managers utilize technology in their role?**
 - A. To gather data and track patient progress
 - B. To increase patient stress levels
 - C. To limit communication within the care team
 - D. To disconnect from healthcare information systems
- 4. What factors may contribute to patient readmission after discharge?**
 - A. Insufficient screening procedures
 - B. Lack of follow-up care
 - C. Excessive medication prescriptions
 - D. Overly extensive discharge planning
- 5. What type of case management reimbursement is based on coding for services rendered post-discharge?**
 - A. Face-to-face services only
 - B. All services during hospitalization
 - C. Non-face-to-face services consolidation
 - D. Inpatient care services

- 6. Which practice is essential for promoting continuity of care during care transitions?**
- A. Minimal patient interaction
 - B. Care coordination among providers
 - C. Temporary patient care plans
 - D. Ignoring patient needs
- 7. What principle supports the integration of behavioral change science within case management?**
- A. Client-centric approach
 - B. Promotion of safety
 - C. Linking with community resources
 - D. Promotion of integration of behavioral change science
- 8. What skills are essential for effective case management?**
- A. Strong communication and problem-solving skills
 - B. Physical strength and endurance
 - C. Creativity in art and design
 - D. Technical skills in programming
- 9. Which model of case management focuses on a collaborative approach among interdisciplinary teams?**
- A. Case management by individual practitioners
 - B. The team-based model of case management
 - C. Client-directed case management
 - D. Emergency case management model
- 10. Which is a primary goal of case management?**
- A. To minimize patient involvement in their care
 - B. To ensure efficient service delivery and outcomes
 - C. To increase the number of hospital visits
 - D. To focus exclusively on administrative efficiency

Answers

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

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Explanations

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1. What type of reimbursement is characterized by payments made for each episode of care?

- A. Fee for service
- B. Value-based purchasing
- C. Capitated payment**
- D. Shared savings

The concept of reimbursement characterized by payments made for each episode of care aligns most closely with a fee-for-service model. In this model, healthcare providers receive payment for each individual service rendered to a patient. This approach incentivizes providers to deliver more services, as their payment is directly tied to the volume of care provided. Capitated payment, on the other hand, involves a fixed amount of money paid to a provider to cover a defined set of services for a patient over a specified time frame, regardless of the number of services delivered. This model emphasizes managing care for a population rather than billing for each individual service. Understanding the distinction between fee-for-service and capitated payment is crucial in grasping how payment systems influence healthcare delivery and provider behavior. Fee-for-service models can lead to increased service utilization, while capitated payment emphasizes cost control and efficient resource use.

2. What is NOT a key function of a case manager?

- A. Conducting client assessments
- B. Implementing care plan interventions
- C. Making decisions without client input**
- D. Engaging in resource utilization

Making decisions without client input is not a key function of a case manager, as effective case management relies heavily on collaboration and partnership with clients. The role of a case manager is to empower clients to actively participate in their care processes. Involving clients in decision-making helps ensure that the care plan reflects their preferences, needs, and values, which is crucial for fostering a sense of ownership and facilitating better health outcomes. In contrast, conducting client assessments is essential for understanding a client's needs and developing a tailored care plan. Implementing care plan interventions involves taking actionable steps to deliver services and supports that assist the client in achieving their goals. Engaging in resource utilization means efficiently managing and coordinating resources to optimize client care, which requires ongoing communication and input from the client. Each of these functions emphasizes collaboration and client engagement, making the exclusion of client input a significant deviation from the core responsibilities of a case manager.

3. How do case managers utilize technology in their role?

- A. To gather data and track patient progress**
- B. To increase patient stress levels
- C. To limit communication within the care team
- D. To disconnect from healthcare information systems

Case managers utilize technology primarily to gather data and track patient progress. This involves using various software systems, databases, and electronic health records (EHRs) that allow case managers to monitor patient outcomes, update care plans, and assess the effectiveness of interventions. By leveraging technology, case managers can streamline their workflow, ensure accurate and up-to-date information is available, and improve coordination among healthcare providers. This technology-driven approach enhances communication and collaboration, enabling case managers to effectively track changes in a patient's condition over time. It also allows for analyzing patient data trends, which can lead to more informed decision-making and tailored strategies for individual patient needs, ultimately contributing to better health outcomes.

4. What factors may contribute to patient readmission after discharge?

- A. Insufficient screening procedures
- B. Lack of follow-up care**
- C. Excessive medication prescriptions
- D. Overly extensive discharge planning

Lack of follow-up care is a significant factor that contributes to patient readmission after discharge because it addresses the crucial transition from inpatient to outpatient care. When patients leave a hospital, they often require ongoing management of their health conditions, including medication adjustments, therapy, and monitoring of symptoms. If patients do not have adequate follow-up appointments scheduled or if there is no systematic process in place to ensure they receive the necessary care after leaving the hospital, any ongoing health issues they may have can lead to complications. This gap in care can result in patients returning to the hospital for treatment that could have been managed with proper follow-up, ultimately increasing readmission rates. By prioritizing follow-up care, healthcare providers can closely monitor patients, reinforce discharge instructions, and ensure that interventions are in place to manage their conditions, significantly reducing the likelihood of readmission.

5. What type of case management reimbursement is based on coding for services rendered post-discharge?

- A. Face-to-face services only
- B. All services during hospitalization
- C. Non-face-to-face services consolidation**
- D. Inpatient care services

The correct option revolves around the concept of reimbursement that pertains to coding for services rendered after a patient has been discharged from an inpatient setting. Non-face-to-face services consolidation is key in this context as it deals with the comprehensive management of a patient's care once they leave the hospital. This type of reimbursement typically encompasses activities such as follow-up phone calls, care coordination, and medical management that do not require the patient to be physically present. The focus on non-face-to-face services is important because these activities, while not conducted in-person, are crucial for ensuring a patient's smooth transition from hospital to home and for preventing readmissions. The coding for these services allows healthcare providers to document and receive payment for the significant care management activities that occur after discharge. The other choices emphasize aspects of care that either occur exclusively in a face-to-face setting, during the hospital stay, or pertain specifically to inpatient care services. These do not encompass the broader scope of post-discharge services that are included in non-face-to-face service consolidation. Thus, the emphasis on coding for services provided after discharge directly aligns with non-face-to-face service consolidation, making it the most accurate answer.

6. Which practice is essential for promoting continuity of care during care transitions?

- A. Minimal patient interaction
- B. Care coordination among providers**
- C. Temporary patient care plans
- D. Ignoring patient needs

Care coordination among providers is essential for promoting continuity of care during care transitions because effective communication and collaboration between different healthcare professionals ensure that all aspects of a patient's care are managed cohesively. When patients move from one care setting to another—such as from a hospital to home care, or from one specialty to another—having a structured approach facilitates the sharing of critical information, such as medical history, treatment plans, and follow-up requirements. This coordination helps to minimize the risk of gaps in care, reduces the likelihood of medical errors, and supports better health outcomes. It allows providers to align their efforts in addressing the patient's needs, ensuring that they receive consistent information and care regardless of where they are being treated. In contrast, minimal patient interaction, temporary patient care plans, and ignoring patient needs would lead to a disjointed experience, placing the patient at increased risk for complications and dissatisfaction with their care. Thus, care coordination is crucial for smooth transitions that ultimately enhance the overall patient experience and health management.

7. What principle supports the integration of behavioral change science within case management?

- A. Client-centric approach
- B. Promotion of safety
- C. Linking with community resources
- D. Promotion of integration of behavioral change science**

The principle that supports the integration of behavioral change science within case management is focused on enhancing the effectiveness of interventions by applying strategies that influence behavior. Behavioral change science encompasses various theories and techniques designed to understand and modify individual behaviors, which is a critical aspect of successful case management. Integrating behavioral change science within case management allows for a more comprehensive approach that considers the psychological, social, and environmental factors that influence a client's choices and actions. This integration helps case managers develop personalized strategies that not only address the immediate needs of their clients but also promote long-term positive changes in behavior and health outcomes. This principle fosters a deeper understanding of how clients can be engaged in their own care through motivation and self-efficacy, thereby improving adherence to care plans and promoting sustained behavioral change. Utilizing evidence-based behavioral change strategies also aligns with best practices in case management, leading to better coordination of services and superior client outcomes.

8. What skills are essential for effective case management?

A. Strong communication and problem-solving skills

B. Physical strength and endurance

C. Creativity in art and design

D. Technical skills in programming

Strong communication and problem-solving skills are fundamental to effective case management. These skills enable case managers to effectively interact with clients, healthcare providers, and other stakeholders, ensuring that they can gather necessary information, coordinate services, and advocate for the needs of their clients. Communication skills help case managers clearly explain processes, listen to client concerns, and convey important information to various parties involved in a client's care. Problem-solving skills are vital as case managers often encounter complex situations that require analyzing various factors affecting a client's health and well-being. Being able to identify obstacles, develop strategic plans, and implement solutions contributes significantly to achieving positive outcomes for clients. In contrast, physical strength and endurance, creativity in art and design, and technical skills in programming, while valuable in their own contexts, do not directly pertain to the core functions of case management. Therefore, the emphasis on strong communication and problem-solving skills highlights their necessity for successfully navigating the multifaceted challenges that arise in this field.

9. Which model of case management focuses on a collaborative approach among interdisciplinary teams?

A. Case management by individual practitioners

B. The team-based model of case management

C. Client-directed case management

D. Emergency case management model

The team-based model of case management is centered on a collaborative approach that brings together interdisciplinary teams to provide comprehensive care. This model emphasizes the importance of collaboration among various professionals, such as nurses, social workers, physicians, and other specialists, to address the complex needs of clients. By leveraging the diverse expertise of team members, this model allows for a more holistic assessment and treatment plan, facilitating better interactions and outcomes for clients. In this context, the team can pool their knowledge and resources, ensuring that all aspects of a client's health and wellbeing are considered. This not only enhances communication among caregivers but also fosters a shared responsibility in managing the client's case. Such collaborative efforts are essential in addressing the multifaceted challenges that individuals may face, particularly in complex healthcare environments. In contrast, the other models do not prioritize this level of teamwork and collaboration. For example, case management by individual practitioners may rely solely on one professional's judgment and approach, lacking the comprehensive perspective that a team can provide. Client-directed case management emphasizes the client's autonomy in directing their care, which may limit the collaborative input from a variety of professionals. Lastly, emergency case management focuses on acute situations and immediate interventions, which may not always allow for the collaborative and proactive approaches seen in the team-based

10. Which is a primary goal of case management?

- A. To minimize patient involvement in their care
- B. To ensure efficient service delivery and outcomes**
- C. To increase the number of hospital visits
- D. To focus exclusively on administrative efficiency

A primary goal of case management is to ensure efficient service delivery and outcomes. This encompasses coordinating care for patients, facilitating access to necessary services, and optimizing the overall healthcare experience. By focusing on efficient service delivery, case management strives to streamline processes, avoid unnecessary duplications of services, and enhance the quality of care received by patients. This approach ultimately aims to improve health outcomes and patient satisfaction. The emphasis on outcomes also reflects the importance of aligning care with patients' needs, preferences, and goals, promoting active participation in their health management. When case managers effectively coordinate care and resources, they help to bridge gaps in services, ensuring that patients receive the right care at the right time. Other options, such as minimizing patient involvement, increasing hospital visits, or concentrating solely on administrative efficiency, do not align with the core principles of case management, which focus on patient-centered care and optimizing health outcomes through collaboration and resource management.

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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://hcqmcasemgmt.examzify.com>

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

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