

InterRAI Health Care Assessment Practice Test (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 statement correctly describes the impact of low activity on health in home care?**
 - A. Functional decline may be accelerated**
 - B. No effect on health**
 - C. Leads to improved endurance**
 - D. Increases appetite**

- 2. What does coding 1 mean for F2 Lonely?**
 - A. Yes**
 - B. No**
 - C. Sometimes**
 - D. Unknown**

- 3. Which item corresponds to unsteady gait?**
 - A. Clang association**
 - B. Unsteady gait**
 - C. Chest pain**
 - D. Dizziness**

- 4. Which statement describes a Return assessment?**
 - A. Conducted when the person returns from the hospital or re-enters home care after a planned absence**
 - B. Conducted at discharge after hospital stay**
 - C. Conducted only if there is a significant change in status**
 - D. Conducted at annual intervals**

- 5. In the 'Other Skin Conditions' item, which condition is defined as a transient eruption?**
 - A. Mottling**
 - B. Rash**
 - C. Eczema**
 - D. Bruise**

- 6. In the D4 Vision assessment, which statement best describes how close-vision is tested?**
- A. Ask the person to describe their ability to read, without any practical test.**
 - B. Only test distance vision with eye charts.**
 - C. Test the accuracy of the assessment by having the person read regular-size print in a book or newspaper using their customary close-vision aid.**
 - D. Evaluate color vision using a color plate test.**
- 7. Which code represents Severe fatigue?**
- A. None**
 - B. Minimal**
 - C. Severe**
 - D. Unable to commence any normal day-to-day activities**
- 8. G2a Bathing includes which of the following?**
- A. Dressing upper body**
 - B. Toilet use**
 - C. Bathing**
 - D. Transfers in and out of tub or shower and bathing body parts**
- 9. Major skin problems item includes which of the following?**
- A. Bruises**
 - B. Intertrigo**
 - C. Healing surgical wounds**
 - D. Second- or third-degree burns**
- 10. Which statement describes the recommended approach when asking about goals of care?**
- A. Rely on the provider's goals without involving the person**
 - B. Encourage the person to express personal goals in his or her own words**
 - C. Phrase questions about goals in a highly technical way**
 - D. Avoid discussing goals with the person**

Answers

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

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Explanations

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1. Which statement correctly describes the impact of low activity on health in home care?

- A. Functional decline may be accelerated**
- B. No effect on health**
- C. Leads to improved endurance**
- D. Increases appetite**

When activity is reduced, the body quickly loses function because regular movement keeps muscles, bones, and cardiovascular fitness strong. Inactivity leads to loss of muscle mass and strength (deconditioning), lower endurance, and poorer balance, which makes daily tasks harder and can speed up dependence on others. In home care, staying as active as safely possible helps preserve independence and overall health, so low activity indeed accelerates functional decline. The idea that there is no effect is incorrect; inactivity has clear negative consequences. The notion that low activity would improve endurance is opposite of what happens, and increasing appetite is not a typical outcome of reduced activity.

2. What does coding 1 mean for F2 Lonely?

- A. Yes**
- B. No**
- C. Sometimes**
- D. Unknown**

InterRAI uses a simple present/absent coding for many items. For the loneliness item, a value that indicates the attribute is present means the resident reports they feel lonely. So coding this way shows the resident is experiencing loneliness, which flags social isolation and points to actions in care planning (like increasing social engagement or screening for related issues). If the resident is not lonely, the attribute would be coded as not present. If you don't have enough information, you'd use the unknown/not assessed code. The option like "Sometimes" isn't used for this item because the standard coding differentiates presence from absence and unknown rather than a partial frequency.

3. Which item corresponds to unsteady gait?

- A. Clang association**
- B. Unsteady gait**
- C. Chest pain**
- D. Dizziness**

The main idea here is recognizing a physical sign that describes how a person walks. Unsteady gait directly describes a problem with walking—being unsteady, uncoordinated, or needing support—which points to balance or motor coordination issues such as ataxia, cerebellar dysfunction, or sensory/musculoskeletal problems. This makes it the best fit for identifying a gait disturbance. Clang association is a speech-language issue, not about how someone walks. Chest pain is a symptom related to the heart or chest structures, not gait. Dizziness refers to a sensation of spinning or lightheadedness, which can accompany gait problems but is not the observable gait pattern itself. So the item that specifically corresponds to unsteady gait is the one that describes the walking instability.

4. Which statement describes a Return assessment?

- A. Conducted when the person returns from the hospital or re-enters home care after a planned absence**
- B. Conducted at discharge after hospital stay**
- C. Conducted only if there is a significant change in status**
- D. Conducted at annual intervals**

A Return assessment is used when a person comes back into home care after a hospital stay or after a planned absence, to capture their current status and any changes since the last contact and to update the care plan accordingly. This timing is what distinguishes it from other assessments: a discharge assessment happens at the end of a hospital stay, assessments are not only for significant status changes, and annual reviews occur on a routine yearly schedule rather than specifically after returning from hospital or an absence. This approach ensures care teams immediately address new or changed needs as soon as the person resumes home care.

5. In the 'Other Skin Conditions' item, which condition is defined as a transient eruption?

- A. Mottling**
- B. Rash**
- C. Eczema**
- D. Bruise**

A transient eruption means a temporary outbreak on the skin that appears and then resolves. Among these terms, a rash fits that definition best because it describes a temporary eruption of skin changes such as redness, spots, or bumps. Mottling is patchy skin from circulation issues and aging, not an eruption. A bruise is a discoloration from bleeding under the skin, not an eruptive change. Eczema is a chronic, long-lasting inflammatory condition. So, the term that aligns with the idea of a short-lived skin eruption is rash.

6. In the D4 Vision assessment, which statement best describes how close-vision is tested?

- A. Ask the person to describe their ability to read, without any practical test.**
- B. Only test distance vision with eye charts.**
- C. Test the accuracy of the assessment by having the person read regular-size print in a book or newspaper using their customary close-vision aid.**
- D. Evaluate color vision using a color plate test.**

Close-vision testing is about how well a person can actually perform near tasks using their usual near-vision aid. The best approach is to have them read regular-size print in a book or newspaper with the glasses or other aid they normally use, so the assessment reflects real-world reading ability. This practical test shows how accurately they can read under typical daily conditions, not just whether they think they can or cannot. Describing reading ability without a practical test doesn't reveal how well they perform, testing only distance vision misses near tasks, and color-vision tests aren't related to reading print near the eyes.

7. Which code represents Severe fatigue?

- A. None
- B. Minimal
- C. Severe**
- D. Unable to commence any normal day-to-day activities

Focus on how fatigue is coded by levels of impact. In this scheme, fatigue is categorized from none to increasing impairment, with a distinct level for severe fatigue and a separate, more extreme category for when someone cannot begin any normal day-to-day activities. Severe fatigue represents a high level of tiredness that significantly affects functioning but does not imply a total inability to start daily tasks. That's why the correct choice is the label corresponding to severe fatigue: it signals substantial fatigue that interferes with usual activities, without crossing into the state where one cannot begin any normal activities at all. The other options don't fit because none indicates no fatigue, minimal indicates only mild fatigue, and the final option describes a level of incapacity that is more extreme than severe fatigue and is treated as a separate, higher-impairment category.

8. G2a Bathing includes which of the following?

- A. Dressing upper body
- B. Toilet use
- C. Bathing
- D. Transfers in and out of tub or shower and bathing body parts**

Bathing in this assessment captures both the physical ability to get in and out of the tub or shower and the actual washing of the body. That means the best description includes transferring in and out and washing body parts, not just one part of the task. If you focus only on washing without considering whether the person can safely transfer to and from the tub or shower, you'd miss a crucial part of what determines independence in bathing. The other options describe different activities—dressing upper body or toilet use—or only refer to bathing without addressing the transfer component. In practical terms, this item measures overall ability to perform bath-related tasks independently, including mobility for entering/exiting the tub or shower and cleaning all relevant body areas.

9. Major skin problems item includes which of the following?

- A. Bruises
- B. Intertrigo
- C. Healing surgical wounds
- D. Second- or third-degree burns**

The idea behind identifying major skin problems is to flag conditions that are urgent or involve significant tissue injury and require careful medical attention. Second- or third-degree burns fit this because they penetrate deeper layers of skin, disrupt the protective barrier, and carry risks such as infection, fluid loss, and systemic complications. They demand prompt assessment and specialized wound care. In contrast, bruises are typically minor injuries that heal with simple care, intertrigo is usually a mild to moderate irritation from moisture in skin folds, and healing surgical wounds are part of the recovery process rather than an active major skin problem. So deep burns are the one that best fits the criteria for a major skin problem.

10. Which statement describes the recommended approach when asking about goals of care?

- A. Rely on the provider's goals without involving the person**
- B. Encourage the person to express personal goals in his or her own words**
- C. Phrase questions about goals in a highly technical way**
- D. Avoid discussing goals with the person**

Open, person-centered dialogue about goals of care means inviting the person to express their goals in their own words. This approach respects autonomy and ensures care plans reflect what truly matters to the individual. When you ask in the person's own terms, you gain clearer insight into their values, priorities, and acceptable trade-offs, which guides decisions that align with their preferences and improves understanding for everyone involved. Relying on the provider's goals without involving the person undermines autonomy and can lead to care that doesn't match the individual's wishes. Phrasing questions in a highly technical way creates barriers to understanding and can confuse or overwhelm the person. Avoiding discussion about goals entirely leaves important values unaddressed and can result in care that doesn't reflect the person's preferences.

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://interraihcasmt.examzify.com>

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

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