

Management of Care 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. When developing a teaching plan for a client with lower extremity arterial disease (LEAD), what important direction should be included?**
 - A. Use hot compresses on affected areas**
 - B. Go to the hospital for cuts**
 - C. Engage in high-impact exercises**
 - D. Include dietary restrictions only**

- 2. What is the term for factors that affect a patient's ability to access healthcare services?**
 - A. Healthcare needs**
 - B. Barriers to care**
 - C. Patient preferences**
 - D. Service availability**

- 3. What behavior is suitable for an executive position in nursing according to Garner's tasks?**
 - A. To supervise nurses directly during shifts**
 - B. To assist corporate leaders with planning and priority setting**
 - C. To focus exclusively on quality control measures**
 - D. To maintain patient care records**

- 4. Which organization helps establish policies related to Medicare and Medicaid payment for meaningful use of electronic health records?**
 - A. American Medical Association**
 - B. Center for Medicare and Medicaid Services**
 - C. Healthcare Information and Management Systems Society**
 - D. National Health Service**

- 5. Which element of care involves reliability and dependability?**
 - A. Authority**
 - B. Accountability**
 - C. Responsibility**
 - D. Delegation**

- 6. Which approach is least effective when a nursing team has established relationships?**
- A. Telling**
 - B. Participating**
 - C. Selling**
 - D. Delegating**
- 7. What is a common method for evaluating patient satisfaction in healthcare?**
- A. Referral networks**
 - B. Surveys and feedback forms**
 - C. Clinical outcomes**
 - D. Cost analysis**
- 8. What is a critical component of informed consent for nurses?**
- A. Providing all relevant information clearly**
 - B. Obtaining consent without any explanation**
 - C. Evaluating the patient's understanding after consent**
 - D. Only allowing written consent**
- 9. Which food should a nurse recommend to increase a client's potassium intake?**
- A. Bananas**
 - B. Carrots**
 - C. Orange**
 - D. Rice**
- 10. What legal issue might arise from using a restraint without proper authorization?**
- A. Negligence**
 - B. Malpractice**
 - C. False Imprisonment**
 - D. Assault**

Answers

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

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Explanations

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1. When developing a teaching plan for a client with lower extremity arterial disease (LEAD), what important direction should be included?

- A. Use hot compresses on affected areas
- B. Go to the hospital for cuts**
- C. Engage in high-impact exercises
- D. Include dietary restrictions only

The important direction to include in the teaching plan for a client with lower extremity arterial disease (LEAD) is to go to the hospital for cuts. This is crucial because individuals with LEAD often experience reduced blood flow to their lower extremities, which can impair healing and increase the risk of infections. Prompt medical attention for cuts or wounds is essential to prevent complications such as ulceration or gangrene, which can arise from poor circulation. In addition, clients should be educated about the importance of keeping their feet clean and monitored regularly for any injuries or changes. Ensuring that they seek appropriate medical care for cuts reinforces self-management and helps maintain their overall health. Other options, such as using hot compresses, engaging in high-impact exercises, and merely incorporating dietary restrictions, may not be suitable for individuals with LEAD. These could exacerbate their condition or fail to address the critical aspects of managing risk and promoting healing effectively.

2. What is the term for factors that affect a patient's ability to access healthcare services?

- A. Healthcare needs
- B. Barriers to care**
- C. Patient preferences
- D. Service availability

The correct term for factors that affect a patient's ability to access healthcare services is "barriers to care." This term encompasses a wide range of obstacles that individuals may encounter when trying to obtain medical services. These barriers can be financial, geographical, cultural, or related to personal circumstances, such as lack of transportation or inadequate health insurance. Understanding barriers to care is essential for healthcare providers and policymakers, as identifying and addressing these impediments can lead to improved access to necessary services and overall better health outcomes for patients. By recognizing the various factors that restrict access, healthcare systems can implement targeted interventions to mitigate these barriers, thereby promoting equity in healthcare access. In contrast, healthcare needs refer to the medical requirements of patients, patient preferences denote individual choices about treatment options or care strategies, and service availability points to the extent to which healthcare services are present in a community. While all these aspects are relevant to the healthcare experience, they do not specifically describe the obstacles that limit access.

3. What behavior is suitable for an executive position in nursing according to Garner's tasks?

- A. To supervise nurses directly during shifts**
- B. To assist corporate leaders with planning and priority setting**
- C. To focus exclusively on quality control measures**
- D. To maintain patient care records**

Assisting corporate leaders with planning and priority setting is a key behavior suitable for an executive position in nursing according to Garner's tasks. In this role, nursing executives are expected to take on a strategic and leadership-oriented approach, which involves understanding the broader organizational goals and helping guide the direction of initiatives that impact the nursing staff and patient care standards. This behavior showcases the ability to align nursing practices with the organization's mission and objectives and facilitate teamwork across different departments. In contrast, supervising nurses directly during shifts tends to be more aligned with managerial roles rather than executive ones, as it focuses on immediate operational tasks rather than strategic leadership. Focusing exclusively on quality control measures, while important, does not encompass the broader scope of responsibilities that an executive must handle, such as creating policies and fostering relationships with other stakeholders. Maintaining patient care records is a crucial operational detail but is more in line with clinical or administrative duties, rather than the strategic vision and influence expected from someone in an executive role in nursing.

4. Which organization helps establish policies related to Medicare and Medicaid payment for meaningful use of electronic health records?

- A. American Medical Association**
- B. Center for Medicare and Medicaid Services**
- C. Healthcare Information and Management Systems Society**
- D. National Health Service**

The Center for Medicare and Medicaid Services (CMS) plays a vital role in establishing policies and regulations concerning Medicare and Medicaid, particularly regarding the meaningful use of electronic health records (EHRs). This organization is responsible for overseeing and implementing policies that support the adoption and effective use of EHR systems among healthcare providers. Meaningful use refers to utilizing EHR technology in ways that improve patient care, reduce healthcare costs, and enhance the efficiency and quality of care delivered to patients. By developing criteria and requirements for meaningful use, CMS ensures that incentive programs are in place to encourage healthcare providers to adopt EHRs while demonstrating their effective use in clinical practices. While other organizations contribute to the discussion and advocacy surrounding EHR use and healthcare informatics, their roles do not encompass the regulatory and policy-setting authority that CMS has. The American Medical Association primarily focuses on representing physicians and advocating for their interests rather than setting payment policies. The Healthcare Information and Management Systems Society offers resources and education related to health information technology but does not set policy. The National Health Service operates within the UK and is not involved in U.S. Medicare and Medicaid policies. Thus, CMS stands out as the organization directly responsible for these significant aspects of healthcare policy in the context of EHR

5. Which element of care involves reliability and dependability?

- A. Authority**
- B. Accountability**
- C. Responsibility**
- D. Delegation**

The element of care that involves reliability and dependability is responsibility. When someone is responsible, they are expected to perform their duties with a sense of obligation and commitment, demonstrating that they can be counted on to complete tasks accurately and consistently. This reliability is crucial in healthcare settings, where patients' well-being hinges on the competence and dependability of the caregivers. In the context of care management, responsibility encompasses not only the execution of assigned duties but also the assurance that these tasks will be completed to the best of one's ability. A responsible caregiver understands the importance of their role and is attentive to their obligations, which fosters trust within the care team and with patients. While authority relates to the right to make decisions and lead, accountability refers to being answerable for actions or decisions made. Delegation is about assigning tasks to others, which can involve elements of responsibility but does not intrinsically convey the reliability aspect. Thus, the most fitting answer to the question is responsibility, as it encapsulates the qualities of dependability and reliability in care management.

6. Which approach is least effective when a nursing team has established relationships?

- A. Telling**
- B. Participating**
- C. Selling**
- D. Delegating**

The least effective approach when a nursing team has established relationships is the telling approach. This method involves one-way communication where a leader gives direct instructions without soliciting input or collaboration from the team members. In a scenario where relationships are already established, team members likely possess their own insights and expertise that can significantly contribute to decision-making and problem-solving. Utilizing the telling approach ignores the value of these relationships and the collaborative dynamic that has likely developed, which can lead to disengagement among team members. Conversely, approaches such as participating, selling, and delegating capitalize on these established relationships. Participating encourages team involvement in decision-making, fostering a sense of ownership and collaboration. Selling involves persuading team members of the benefits of a particular approach, thus building consensus and motivating individuals based on their experiences and input. Delegating allows team members to take responsibility for tasks and decisions, reinforcing trust and autonomy in the established relationships. In this context, these approaches are far more effective for leveraging the strengths of a cohesive and collaborative team.

7. What is a common method for evaluating patient satisfaction in healthcare?

- A. Referral networks**
- B. Surveys and feedback forms**
- C. Clinical outcomes**
- D. Cost analysis**

Surveys and feedback forms are widely recognized as a common and effective method for evaluating patient satisfaction in healthcare. These tools allow healthcare providers to gather direct feedback from patients regarding their experiences and perceptions of the services they received. Using surveys and feedback forms enables patients to express their views on various aspects of their care, including communication with staff, the quality of services, wait times, and overall satisfaction with their experience. The structured nature of these tools helps to quantify patient feedback, making it easier to analyze trends over time and identify areas needing improvement. The use of surveys and feedback forms also fosters a culture of responsiveness in healthcare organizations, as they actively seek and value patient input to enhance the quality of care. This form of evaluation directly captures patient perspectives, ensuring that care is tailored to their needs and preferences.

8. What is a critical component of informed consent for nurses?

- A. Providing all relevant information clearly**
- B. Obtaining consent without any explanation**
- C. Evaluating the patient's understanding after consent**
- D. Only allowing written consent**

Providing all relevant information clearly is a critical component of informed consent for nurses because it ensures that patients are fully aware of and understand the nature of the proposed intervention, its risks and benefits, and any alternatives. Clear communication allows patients to make informed decisions about their care, aligning with ethical principles of autonomy and respect for the person. This process empowers patients by giving them the necessary information to weigh their options and make choices that align with their values and preferences. It is essential for fostering trust and collaboration between healthcare providers and patients. The other options do not fulfill the requirements of informed consent adequately. Obtaining consent without any explanation fails to inform the patient, undermining their ability to make an informed decision. Evaluating the patient's understanding after consent is important, but it does not constitute a critical component of the consent process itself; instead, it is part of ensuring that the patient truly comprehended the information provided. Lastly, only allowing written consent may limit patient autonomy and does not account for situations where verbal consent is appropriate and adequate, provided that the information has been clearly communicated and understood.

9. Which food should a nurse recommend to increase a client's potassium intake?

- A. Bananas**
- B. Carrots**
- C. Orange**
- D. Rice**

The recommendation to increase a client's potassium intake is best addressed by choosing foods that are known to be high in potassium. While oranges do contain potassium, bananas are widely recognized as one of the richest natural sources of this important mineral. Bananas have approximately 422 mg of potassium in a medium-sized banana, which is significant compared to the amounts found in the other options. Carrots and rice are not considered high-potassium foods, making them less suitable choices for this specific dietary need. While oranges do contain potassium, they do not match the concentration found in bananas. Therefore, in the context of recommendations for potassium intake, bananas are often the food of choice due to their high potassium content and accessibility.

10. What legal issue might arise from using a restraint without proper authorization?

- A. Negligence**
- B. Malpractice**
- C. False Imprisonment**
- D. Assault**

Using a restraint without proper authorization can lead to the legal issue of false imprisonment. False imprisonment occurs when an individual's freedom to move is restrained without legal justification or consent. In healthcare settings, this can happen if a patient is physically restricted without a physician's order or the patient's informed consent, which violates their legal rights. The use of restraints is tightly regulated due to the potential for abuse and the need to protect patient autonomy. If a caregiver applies a restraint without appropriate authorization, it may not only infringe upon the patient's rights but can also expose the facility and the caregiver to legal liability under false imprisonment laws. This is particularly relevant if the patient did not pose an immediate threat to themselves or others, making the use of restraints unjustifiable. While negligence and malpractice could arise from improper use of restraints, they typically involve failure to meet a standard of care that results in harm to the patient, rather than the specific legal violation associated with unlawfully detaining someone. Assault could be relevant in situations involving the threat of harm or actual physical harm, but it does not encompass the broader issue of wrongful confinement present in false imprisonment.

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://mgmtofcare.examzify.com>

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

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