

01	☐ A	☒ B	☐ C	☐ D	☐ E
02	☐ A	☐ B	☐ C	☒ D	☐ E
03	☐ A	☐ B	☐ C	☐ D	☒ E
04	☒ A	☐ B	☐ C	☐ D	☐ E
05	☐ A	☒ B	☐ C	☐ D	☐ E
06	☐ A	☒ B	☐ C	☐ D	☐ E
07	☒ A	☐ B	☐ C	☐ D	☐ E
08	☐ A	☒ B	☐ C	☐ D	☐ E
09	☐ A	☐ B	☐ C	☒ D	☐ E
10	☐ A	☐ B	☐ C	☐ D	☒ E
11	☐ A	☐ B	☐ C	☒ D	☐ E
12	☐ A	☒ B	☐ C	☐ D	☐ E
13	☐ A	☐ B	☐ C	☒ D	☐ E

14	☐ A	☐ B	☒ C	☐ D	☐ E
15	☐ A	☐ B	☐ C	☐ D	☒ E
16	☐ A	☐ B	☐ C	☐ D	☒ E
17	☒ A	☐ B	☐ C	☐ D	☐ E
18	☐ A	☐ B	☐ C	☐ D	☒ E
19	☐ A	☐ B	☐ C	☒ D	☐ E
20	☐ A	☐ B	☐ C	☒ D	☐ E
21	☒ A	☐ B	☐ C	☐ D	☐ E
22	☐ A	☐ B	☒ C	☐ D	☐ E
23	☐ A	☒ B	☐ C	☐ D	☐ E
24	☐ A	☐ B	☐ C	☐ D	☒ E
25	☐ A	☐ B	☐ C	☐ D	☒ E
26	☐ A	☐ B	☐ C	☒ D	☐ E

27	☐ A	☐ B	☐ C	☒ D	☐ E
28	☐ A	☒ B	☐ C	☐ D	☐ E
29	☐ A	☐ B	☐ C	☐ D	☒ E
30	☐ A	☐ B	☐ C	☐ D	☒ E
31	☒ A	☐ B	☐ C	☐ D	☐ E
32	☐ A	☒ B	☐ C	☐ D	☐ E
33	☐ A	☐ B	☐ C	☒ D	☐ E
34	☐ A	☐ B	☒ C	☐ D	☐ E
35	☐ A	☐ B	☒ C	☐ D	☐ E
36	☐ A	☐ B	☐ C	☒ D	☐ E
37	☐ A	☐ B	☐ C	☐ D	☒ E
38	☒ A	☐ B	☐ C	☐ D	☐ E
39	☐ A	☒ B	☐ C	☐ D	☐ E

PRACTICE QUESTIONS

Certification Board of Infection Control & Epidemiology, Inc. (CBIC®)

LCARE

Long-Term Care Certification in Infection Prevention

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Certification Board of Infection Control & Epidemiology, Inc. (CBIC®) **LCARE**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **LCARE**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

An 82-year-old resident in a long-term care facility develops fever, productive cough, and lobar consolidation on chest X-ray. Which of the following is the most common route of transmission for *Streptococcus pneumoniae* in this setting?

- ☐ A Direct contact with contaminated respiratory secretions
- ☐ B Indirect contact via shared glucometers
- ☒ C Droplet transmission via respiratory secretions from coughing or sneezing
- ☐ D Airborne transmission over long distances through the ventilation system

ANSWER C

WHY *Streptococcus pneumoniae*, the most common bacterial pathogen causing community-acquired pneumonia, is transmitted via respiratory droplets produced when an infected person coughs or sneezes. Standard and droplet precautions (in addition to standard precautions) are recommended. It is not spread by airborne mechanisms over long distances, nor is direct or indirect contact the primary route.

QUESTION 2

SINGLE CHOICE

A long-term care facility's infection preventionist calculates the number of new cases of *Clostridioides difficile* infection (CDI) among residents during the month of October. Which epidemiologic measure is being calculated?

- ☒ A Incidence rate
- ☐ B Prevalence rate
- ☐ C Mortality rate
- ☐ D Case-fatality ratio

ANSWER A

WHY Incidence measures the occurrence of new cases of disease in a population over a specified period of time. Since the calculation is restricted to new cases during October, the appropriate measure is incidence rate. Prevalence would include both new and existing cases at a point or period in time. Mortality rate measures deaths, and case-fatality ratio measures deaths among those with the disease.

QUESTION 3

SINGLE CHOICE

Which of the following hand hygiene practices is most appropriate for reducing healthcare-associated transmission of *Clostridioides difficile* spores in a long-term care facility when there is visible soiling of the hands?

- ☐ A Use of an alcohol-based hand rub for 20 seconds
- ☐ B Washing hands with soap and water for at least 15 seconds
- ☒ C Washing hands with soap and water for at least 40 to 60 seconds
- ☐ D Use of an alcohol-based hand rub followed by a brief rinse with water

ANSWER C

WHY Alcohol-based hand rubs are not effective against *C. difficile* spores. Mechanical removal through handwashing with soap and water is required. CDC and WHO recommend a handwash duration of 40 to 60 seconds for visibly soiled hands or when *C. difficile* is suspected or confirmed. Fifteen seconds is insufficient, and the alcohol-based options are ineffective against spores.

QUESTION 4

SINGLE CHOICE

A resident is diagnosed with active pulmonary tuberculosis. Which combination of transmission-based precautions should the long-term care facility initiate upon admission?

- ☐ A Standard precautions only
- ☐ B Standard and contact precautions
- ☐ C Standard and droplet precautions
- ☒ D Standard and airborne precautions in an airborne infection isolation room

ANSWER D

WHY *Mycobacterium tuberculosis* is transmitted via airborne nuclei (droplet nuclei) that remain suspended in air. CDC guidelines require standard plus airborne precautions, including placement in an airborne infection isolation room (AIIR) with negative pressure and use of fit-tested N95 respirators by healthcare personnel. Contact and droplet precautions are inadequate for tuberculosis.

QUESTION 5

SINGLE CHOICE

During a suspected outbreak of norovirus in a long-term care facility, what is the most important initial step for the infection preventionist to perform?

- ☐ A Implement environmental disinfection with quaternary ammonium compounds only
- ☒ B Establish a case definition and begin active case finding among residents and staff
- ☐ C Immediately administer prophylactic antivirals to all residents
- ☐ D Close the facility and notify the state department of health before further action

ANSWER B

WHY The cornerstone of outbreak investigation is the establishment of a clear case definition followed by active case finding to identify the scope of the outbreak (person, place, time). Outbreak interventions are then guided by epidemiologic findings. Environmental disinfection with EPA-registered products effective against norovirus (typically bleach-based) is important but should be guided by the investigation. Prophylactic antivirals do not apply to norovirus. Facility closure and reporting follow once the investigation has established there is, in fact, an outbreak.

QUESTION 6

SINGLE CHOICE

Which of the following is the most common cause of catheter-associated urinary tract infection (CAUTI) among long-term care residents with indwelling urinary catheters?

- ☐ A Staphylococcus aureus
- ☐ B Candida albicans
- ☒ C Escherichia coli
- ☐ D Pseudomonas aeruginosa

ANSWER C

WHY Escherichia coli remains the most common organism associated with urinary tract infections, including CAUTI, in long-term care settings. While other gram-negative bacilli such as Proteus, Klebsiella, and Pseudomonas, as well as Enterococcus and Candida species, are frequent pathogens, E. coli is consistently the leading cause.

QUESTION 7

SINGLE CHOICE

An infection preventionist in a long-term care facility is educating nursing staff on the appropriate use of personal protective equipment (PPE) when caring for a resident on contact precautions for a multidrug-resistant organism. Which sequence represents the correct order for donning PPE?

- ☐ A Gown, mask, goggles/face shield, gloves
- ☐ B Goggles/face shield, mask, gown, gloves
- ☒ C Mask, gown, goggles/face shield, gloves
- ☐ D Gloves, gown, goggles/face shield, mask

ANSWER C

WHY According to CDC guidance, the recommended sequence for donning PPE is: (1) gown, (2) mask or respirator, (3) goggles or face shield, and (4) gloves. Gloves are donned last so that they cover the cuffs of the gown. Doffing occurs in the reverse order (gloves first, gown, goggles, mask/respirator last) to minimize contamination.

QUESTION 8

SINGLE CHOICE

Which of the following best describes the application of standard precautions in the long-term care setting?

- ☐ A Use of transmission-based precautions for all residents with known infections
- ☐ B Use of gloves, gowns, masks, and eye protection only when contact with blood or body fluids is anticipated
- ☒ C **Routine hand hygiene, use of PPE based on anticipated exposure, and safe injection practices for all residents regardless of diagnosis**
- ☐ D Isolation of all residents with multidrug-resistant organisms in private rooms

ANSWER C

WHY Standard precautions are the foundation of infection prevention and apply to ALL residents regardless of suspected or confirmed infection status. They include hand hygiene, use of PPE based on the anticipated exposure to blood, body fluids, mucous membranes, or non-intact skin, safe injection practices, respiratory hygiene/cough etiquette, and safe handling of contaminated equipment. Transmission-based precautions are added when a specific pathogen is identified or suspected.

QUESTION 9

MULTIPLE CHOICE

Which of the following interventions are recommended by CDC and SHEA guidelines to prevent catheter-associated urinary tract infections (CAUTI) in long-term care residents? (Choose two.)

- ☒ **A** Maintain a closed drainage system with the collection bag below the level of the bladder
- ☐ **B** Routinely perform catheter changes at fixed intervals to reduce infection risk
- ☒ **C** Use indwelling catheters only when there is an appropriate clinical indication and remove them as soon as no longer needed
- ☐ **D** Obtain routine surveillance urine cultures from all catheterized residents weekly

ANSWER **A - C**

WHY Evidence-based CAUTI prevention strategies include maintaining a closed drainage system with the bag below bladder level to prevent reflux (A), and restricting use of indwelling catheters to appropriate indications with daily assessment and prompt removal when no longer needed (C). Routine scheduled catheter changes and routine surveillance cultures in asymptomatic catheterized residents are NOT recommended, as they increase risk of infection without benefit and lead to inappropriate antimicrobial use.