

# Practice Exam Questions



## COHN-S

Certified Occupational Health Nurse-Specialist



### EXAMAIDES

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**1. The primary role of the occupational health nurse is to:**

- a. protect and promote workers' health.
- b. reduce costs.
- c. prevent workplace accidents.
- d. meet regulatory requirements.

**2. What is the best method for assessing a worker with work restrictions or limitations?**

- a. Direct observation.
- b. Review of supervisor's assessment.
- c. Review of worker self-assessment.
- d. Review of worker productivity reports.

**3. In cost analysis, which of the following represents conformance costs?**

- a. Costs related to errors, failures, or defects, including duplications of service and malpractice.
- b. All costs (processes, services, equipment, time, material, staff) necessary to provide products or processes without error.
- c. Costs related to preventing errors, such as monitoring and evaluation.
- d. Costs that are shared, such as infrastructure costs.

**4. Which of the following is a tool that provides a client's self-assessment of functional health and quality-of-life issues?**

- a. Health Status Survey (SF-36).
- b. Patient Health Questionnaire (PHQ).
- c. Post-Deployment Clinical Assessment Tool (PDCAT).
- d. Barthel Index.

**5. What type of screening is used to identify hearing threshold levels?**

- a. Tympanometry.
- b. Evoked response audiometry.
- c. Pure tone audiometry.
- d. Otoscopy.

**6. Which of the following is the first step in crisis intervention?**

- a. Devising a plan.
- b. Assessing problem and triggering event.
- c. Teaching coping mechanisms.
- d. Evaluating resources.

**7. Which pulmonary function test measures the total volume of air expelled in a specific period of time during repetitive maximal effort?**

- a. Forced vital capacity (FVC).
- b. Forced expiratory volume, 1 second (FEV<sub>1</sub>).
- c. Forced expiratory flow, 200-1200 (FEF<sub>200-1200</sub>).
- d. Maximal voluntary ventilation (MVV).

**8. Which of the following terms is the legal element of negligence that refers to a failure to carry out duties in accordance with accepted and usual standards of practice?**

- a. Duty.
- b. Breach.
- c. Causation.
- d. Harm.

**9. Which of the following may be included in job accommodation for an office worker with fine motor impairment?**

- a. Providing speech recognition program for computer access.
- b. Modifying workstation to increase accessibility.
- c. Providing stand/lean stools.
- d. Providing rolling safety ladders.

**10. Using real tasks or simulated work-related tasks and progressive exercises to strengthen and condition a person to return to work is an example of which of the following?**

- a. Job coaching.
- b. Work adjustment.
- c. Transitional employment.
- d. Work hardening.

**11. What is the correct elbow angle for an office worker when sitting in a chair and using a computer keyboard?**

- a. 45 degrees.
- b. 60 degrees.
- c. 90 degrees.
- d. 120 degrees.

**12. When determining the burden of proof for acts of negligence, how would risk management classify willfully providing inadequate care while disregarding the safety and security?**

- a. Negligent conduct.
- b. Gross negligence.
- c. Contributory negligence.
- d. Comparative negligence.

**13. Which of the following methods is used to determine monetary savings resulting from planned interventions?**

- a. Cost-benefit analysis.
- b. Cost-effective analysis.
- c. Efficacy study.
- d. Cost-utility analysis.

**14. When implementing a plan for risk management, what should be the primary concern in the statement of purpose?**

- a. Reduction in financial risk.
- b. Worker safety.
- c. Decreased liability.
- d. Scope of program.



## Answer Key and Explanations

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**1. A:** While all of these are important, the primary role of the occupational health nurse is to protect and promote workers' health. The OHN must consider the effect that work has on health as well as the effect that poor health has on productivity with a focus on preventing ill health by ensuring safe working conditions and reducing the risk of toxic exposures, stress, and accidents; treating illness or injuries occurring in the workplace; and promoting good health practices, such as proper diet, exercise, and smoking cessation.

**2. D:** While all of these are important, productivity reports provide the most useful information regarding a worker's ability to carry out work functions because they provide objective information that is quantifiable. Extended direct observation can provide helpful information, but the OHN usually has limited time for observation, and short-term observation may not be adequate. The supervisor's assessment and the worker's self-assessment may provide biased information, depending on the supervisor's attitude toward the worker and the worker's attitude toward the job.

**3. C:** Conformance costs include those related to preventing errors, such as monitoring and evaluation. Nonconformance costs are those related to errors, failures, and defects. These may include adverse events (such as infections), poor access due to staff shortages or cancellations, lost time, duplications of service, and malpractice. Error-free costs are all those costs in terms of processes, services, equipment, time, materials, and staffing that are necessary to providing a product or process that is without error from the onset. Indirect costs are shared costs, such as infrastructure costs and the cost of custodial services.

**4. A:** Health Status Survey (SF-36 or SF-12) is a tool that provides a client's self-assessment of functional health and quality-of-life issues. Patient Health Questionnaire (PHQ) is used to screen patients and monitor conditions related to mental health disorders, such as depression, anxiety, and substance abuse. Post-Deployment Clinical Assessment Tool (PDCAT) is used to screen returning military for mental health and substance abuse problems related to deployment, including PTSD, depression, anxiety, and alcoholism. The Barthel Index assesses the functional ability of older adults in relation to activities of daily living.

**5. C:** Pure tone audiometry (PTA): Identifies hearing threshold levels by subjective response to pure tones to note the softest perceptible sound. Evoked response audiometry (ERA): Uses data from scalp electrodes to determine the electrical activity generated by exposure to sound.

Tympanometry: Uses an instrument to check transmission of sound through the middle ear and is usually done in conjunction with PTA. Otoscopy: Uses an instrument to evaluate the outer ear for abnormalities.

**6. B:** The first step in crisis intervention is a thorough evaluation and assessment of the problem and the triggering event as well as assessment of risks, such as suicide. A plan should be devised in collaboration with the individual, taking resources into consideration. Steps in intervention include helping the individual to gain understanding about the cause of the crisis, encouraging the individual to freely express thoughts and feelings, teaching the individual different coping mechanisms and adaptive behaviors, and encouraging social interaction.

**7. D:** Maximal voluntary ventilation (MVV) is the total volume of air exhaled in a specified period of time (such as 12 seconds) during repetitive maximal effort. Forced vital capacity (FVC) measures the amount of air expelled in forced maximal expiration. Forced expiratory volume (FEV<sub>1</sub>) is the amount of air expelled in a specified time, usually the first second of expiration (time in seconds

indicate by subscript number). Forced expiratory flow (FEF<sub>200-1200</sub>) is the mean FEF between 200-1200 mL of FVC.

**8. B:** Breach is the legal element of negligence that refers to a failure to carry out duties in accordance with accepted and usual standards of practice. Duty is a legal responsibility or obligation that relates to a relationship (such as parent to protect his/her child) or statute (such as the requirement for a CCM to report child abuse). Causation is the direct proof that a breach of duty resulted in harm. Harm is the injury that results from a breach of duty.

**9. A:** Because fine motor impairment interferes with a person's ability to use their hands, a job accommodation might include a speech recognition program for computer access as well as alternative methods to answer the phone and adaptive writing materials, ergonomic tools, page turners, grip devices, book holders, arm supports, and modified keyboards. Those with gross motor impairment may require modification in the workstation, stand/lean stools, rolling safety ladders, desktop lazy Susans, and carts to transport materials.

**10. D:** Work hardening is using real tasks or simulated work-related tasks and progressive exercises to strengthen and condition a person to return to the workplace. Work adjustment is assessing work behavior to determine behaviors that are appropriate and inappropriate and then providing support to increase appropriate behaviors and improve job skills. Transitional employment is the non-competitive employment placement utilized with job coaching. Job coaching is placing a person in a position and using a job specialist to train the employee to do specific job-related tasks and to learn the necessary interpersonal skills needed for the job.

**11. C:** When a person is sitting and working on a computer, the elbows should be bent at a 90-degree angle and wrists held straight. The seat of the chair should be adjusted so that the person's feet are flat on the floor (or on a foot stool if the person is short) and the knees also bent at a 90-degree angle. The chair should provide support in the lower back and the angle of the back of the chair to the seat should be 90 degrees.

**12. B:** Gross negligence. Negligence indicates that *proper care* has not been provided, based on established standards. *Reasonable care* uses rationale for decision-making in relation to providing care. Negligent conduct indicates that an individual failed to provide reasonable care or to protect/assist another, based on standards and expertise. Gross negligence is willfully providing inadequate care while disregarding the safety and security of another. Contributory negligence involves the injured party contributing to his/her own harm. Comparative negligence attempts to determine what percentage amount of negligence is attributed to each individual involved.

**13. A:** A cost-benefit analysis uses average cost of an event and the cost of intervention to demonstrate savings. A cost-effective analysis measures the effectiveness of an intervention rather than the monetary savings. Efficacy studies may compare a series of cost-benefit analyses to determine the intervention with the best cost-benefit. They may also be used for process or product evaluation. Cost-utility analysis (CUA) is essentially a subtype of cost-effective analysis, but it is more complex and the results are more difficult to quantify and use to justify expense because cost-utility analysis measures benefit to society in general, such as decreasing teen pregnancy.