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Question: 1

Which of the following is a risk factor for the development of peripheral arterial disease (PAD)?

- A. Regular exercise
- B. Low body mass index (BMI)
- C. Smoking
- D. Vegetarian diet

Answer: C

Explanation: Smoking is a significant risk factor for the development of peripheral arterial disease (PAD). Smoking damages the blood vessels, leading to narrowing and reduced blood flow to the extremities. Regular exercise is generally beneficial for cardiovascular health and can help prevent PAD. Low body mass index (BMI) and a vegetarian diet are not direct risk factors for PAD.

Question: 2

Which of the following sensory tests is commonly used to assess the protective sensation of the foot?

- A. Monofilament testing
- B. Doppler ultrasound
- C. Vibration testing
- D. Capillary refill test

Answer: A

Explanation: Monofilament testing is a sensory examination that assesses the protective sensation of the foot. A monofilament, a thin nylon thread, is applied

to specific areas of the foot to determine if the patient can perceive the pressure. This test is commonly used to detect loss of protective sensation, which can be indicative of peripheral neuropathy. Doppler ultrasound is used to evaluate blood flow, vibration testing assesses vibratory sensation, and the capillary refill test assesses peripheral perfusion.

Question: 3

Which of the following conditions is commonly associated with onychomycosis?

- A. Ingrown toenails
- B. Paronychia
- C. Fungal nail infections
- D. Cuticle infections

Answer: C

Explanation: Onychomycosis refers to a fungal infection of the nails, commonly known as fungal nail infections. It often causes discoloration, thickening, and brittleness of the nails. Ingrown toenails involve the nail growing into the surrounding skin, paronychia is an infection of the skin around the nail, and cuticle infections specifically affect the cuticle area. While these conditions can occur in various individuals, onychomycosis is specifically associated with fungal nail infections.

Question: 4

Which of the following foot deformities is commonly associated with peripheral neuropathy?

- A. Hallux valgus
- B. Hammer toes

- C. Pes planus
- D. Bunionette

Answer: B

Explanation: Peripheral neuropathy is a condition that affects the nerves in the extremities, including the feet. Hammer toes, characterized by an abnormal bending or curling of the toes, is a common foot deformity associated with peripheral neuropathy. Hallux valgus refers to the deviation of the big toe towards the other toes, while pes planus refers to flat feet. Bunionette is a deformity of the small toe joint. While these deformities can occur in various individuals, hammer toes are particularly prevalent in those with peripheral neuropathy.

Question: 5

Which of the following is NOT typically assessed when evaluating toenails and cuticles?

- A. Nail color
- B. Nail thickness
- C. Nail length
- D. Nail curvature

Answer: C

Explanation: When evaluating toenails and cuticles, various factors are typically assessed. These factors include nail color, nail thickness, nail curvature, and the presence of any abnormalities such as discoloration or ingrown nails. Nail length, although important for general nail care, is not typically assessed as part of the evaluation.

Question: 6

Which of the following techniques is used to assess foot circulation by palpation?

- A. Monofilament testing
- B. Capillary refill test
- C. Doppler ultrasound
- D. Pulses assessment

Answer: D

Explanation: Palpation is a technique used to assess foot circulation by feeling the pulses in specific areas of the foot. By evaluating the strength and regularity of the pulses, healthcare professionals can gain insights into the blood flow to the foot. Monofilament testing is used to assess sensory perception, not circulation. Capillary refill test measures the time it takes for capillaries to refill after being compressed, providing information about peripheral perfusion. Doppler ultrasound is a separate technique that uses sound waves to evaluate blood flow.

Question: 7

Which of the following health habits is associated with an increased risk of foot complications?

- A. Regular exercise
- B. Proper hygiene
- C. Smoking
- D. Balanced nutrition

Answer: C

Explanation: Smoking is a health habit that is associated with an increased risk of foot complications. Smoking has been shown to negatively impact circulation, impair wound healing, and increase the risk of peripheral vascular disease. These factors can contribute to the development of foot ulcers, infections, and other complications. Regular exercise, proper hygiene, and balanced nutrition are generally beneficial for foot health and overall well-being.

Question: 8

Which of the following is an appropriate method for assessing foot circulation?

- A. Palpation of pulses
- B. Monofilament testing
- C. Doppler ultrasound
- D. Vibration testing

Answer: A

Explanation: Palpation of pulses is an appropriate method for assessing foot circulation. By manually feeling the pulses in the foot, such as the dorsalis pedis and posterior tibial pulses, the healthcare provider can evaluate the blood flow and perfusion to the foot. Monofilament testing is used to assess sensation, while Doppler ultrasound is used to evaluate blood flow by detecting and measuring the Doppler shift. Vibration testing is also used to assess sensation. However, when specifically assessing foot circulation, palpation of pulses is the most appropriate method.

Question: 9

Which of the following is a common sign of compromised foot circulation?

- A. Blanching of the skin

- B. Excessive hair growth
- C. Warmth of the feet
- D. Callus formation

Answer: A

Explanation: Blanching of the skin refers to the temporary whitening or paleness of the skin when pressure is applied and then released. It is a common sign of compromised foot circulation, indicating decreased blood flow to the area. Excessive hair growth is not directly associated with compromised circulation. Warmth of the feet may indicate increased blood flow or inflammation. Callus formation is a result of excessive pressure or friction on the skin, not solely related to circulation.

Question: 10

Which of the following foot conditions is characterized by the presence of fissures, ulcers, corns, calluses, and dermatitis?

- A. Athlete's foot
- B. Plantar fasciitis
- C. Ingrown toenail
- D. Foot eczema

Answer: D

Explanation: Foot eczema is a foot condition characterized by the presence of fissures, ulcers, corns, calluses, and dermatitis. It refers to inflammation of the skin on the feet, often caused by allergic reactions or irritants. Athlete's foot, also known as tinea pedis, is a fungal infection characterized by itching, redness, and scaling of the skin. Plantar fasciitis is a condition involving inflammation of the plantar fascia, resulting in heel pain. Ingrown toenail is a condition in which the edge of the toenail grows into the surrounding skin,

causing pain and inflammation.

Question: 11

Which of the following foot deformities is characterized by an abnormal inward curvature of the foot arch?

- A. Hallux valgus
- B. Pes cavus
- C. Hammer toes
- D. Metatarsalgia

Answer: B

Explanation: Pes cavus, also known as high arches, is a foot deformity characterized by an abnormally high arch that may cause the foot to curve inward. Hallux valgus refers to the deviation of the big toe towards the other toes. Hammer toes involve abnormal bending or curling of the toes. Metatarsalgia is a condition characterized by pain and inflammation in the ball of the foot. While these deformities can occur in various individuals, pes cavus specifically involves an inward curvature of the foot arch.

Question: 12

Which of the following factors is NOT typically assessed when evaluating a patient for functional disabilities related to gait?

- A. Mobility
- B. Balance
- C. Visual acuity
- D. Cognitive function

Answer: C

Explanation: When evaluating a patient for functional disabilities related to gait, various factors are assessed. These factors include mobility, balance, visual acuity, and cognitive function. Visual acuity, which refers to the sharpness and clarity of vision, is not directly related to gait. While visual impairment can impact overall mobility and balance, it is not specifically assessed as part of gait evaluation. Therefore, option C, visual acuity, is the factor that is NOT typically assessed when evaluating a patient for functional disabilities related to gait.

Question: 13

Which of the following is NOT typically assessed when evaluating hair growth on the legs and feet?

- A. Hair density
- B. Hair color
- C. Hair length
- D. Hair texture

Answer: B

Explanation: When evaluating hair growth on the legs and feet, various factors are typically assessed. These factors include hair density, hair length, hair texture, and the presence of any abnormalities such as reduced hair growth. Hair color is not typically assessed as part of the evaluation. While changes in hair color may occur due to various factors, they are not directly relevant to assessing hair growth on the legs and feet.

Question: 14

Which of the following foot conditions is commonly associated with peripheral arterial disease (PAD)?

- A. Fissures
- B. Ulcers
- C. Corns
- D. Dermatitis

Answer: B

Explanation: Peripheral arterial disease (PAD) refers to the narrowing or blockage of arteries that supply blood to the extremities, including the feet. This condition can lead to inadequate blood flow, resulting in the development of ulcers on the feet. Fissures are deep cracks in the skin, corns are thickened areas of skin, and dermatitis refers to skin inflammation. While these conditions can occur in various individuals, foot ulcers are particularly associated with PAD.

Question: 15

Which of the following tests is commonly used for assessing sensation in the foot?

- A. Monofilament testing
- B. Doppler ultrasound
- C. Palpation of pulses
- D. Vibration testing

Answer: A

Explanation: Monofilament testing is commonly used for assessing sensation in the foot. It involves applying a nylon monofilament to specific areas of the foot to determine if the patient can feel the pressure. This test is particularly useful for detecting loss of protective sensation, which is a risk factor for foot ulcers and other complications in individuals with diabetes. Doppler ultrasound is

used to evaluate blood flow, palpation of pulses assesses circulation, and vibration testing evaluates sensory perception. However, when specifically assessing sensation in the foot, monofilament testing is the most commonly used test.

Question: 16

When assessing the physical/musculoskeletal function of the foot, which of the following would NOT be typically evaluated?

- A. Range of motion
- B. Deformities
- C. Strength
- D. Skin integrity

Answer: D

Explanation: When assessing the physical/musculoskeletal function of the foot, various factors are typically evaluated. These include range of motion, deformities, and strength. Skin integrity, although important, is not specifically assessed when evaluating the physical/musculoskeletal function of the foot. Skin integrity is typically assessed separately as part of the foot skin integrity examination.

Question: 17

When assessing the legs and feet for temperature, which of the following findings would be considered abnormal?

- A. Warmth and even temperature distribution
- B. Mild coolness in the toes
- C. Symmetrical temperature between legs
- D. Mild warmth in the ankle area

Answer: B

Explanation: When assessing the legs and feet for temperature, warmth and even temperature distribution are considered normal findings. However, mild coolness in the toes would be considered abnormal. It may indicate compromised circulation or peripheral vascular disease, which can impair blood flow to the extremities. Symmetrical temperature between the legs and mild warmth in the ankle area are also normal findings.



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