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**ABWM**

# ABWM-CWCA

Certified Wound Care Associate (CWCA)

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## Question: 1

Which of the following is a primary function of negative pressure wound therapy (NPWT)?

- A. Promoting angiogenesis
- B. Reducing bacterial colonization
- C. Enhancing cellular proliferation
- D. Absorbing wound exudate

Answer: D

Explanation: A primary function of negative pressure wound therapy (NPWT) is absorbing wound exudate. NPWT involves the application of subatmospheric pressure to the wound bed, creating a controlled environment that helps remove excess fluid from the wound. The negative pressure promotes the removal of wound exudate, reduces edema, and supports the formation of granulation tissue. While NPWT can indirectly contribute to promoting angiogenesis, reducing bacterial colonization, and enhancing cellular proliferation, its primary function is to manage wound exudate.

## Question: 2

Which of the following is a primary function of the lymphatic system in wound healing?

- A. Regulation of body temperature
- B. Removal of excess interstitial fluid
- C. Transport of nutrients to the wound bed
- D. Production of collagen fibers

Answer: B

**Explanation:** A primary function of the lymphatic system in wound healing is the removal of excess interstitial fluid from the wound bed. The lymphatic vessels collect the fluid that accumulates in the tissues and transport it back to the bloodstream, helping to reduce edema and maintain a balanced environment for healing. Regulation of body temperature is primarily performed by the integumentary system, transport of nutrients is facilitated by the circulatory system, and production of collagen fibers is a function of fibroblasts in the wound healing process.

**Question: 3**

Which of the following biophysical technologies employs the application of low-frequency electrical currents to promote wound healing?

- A. Negative pressure wound therapy
- B. Hyperbaric oxygen therapy
- C. Electrical stimulation
- D. Compression therapy

**Answer:** C

**Explanation:** Electrical stimulation is a biophysical technology that involves the application of low-frequency electrical currents to wounds. This therapy has been shown to stimulate cellular activity, improve blood flow, promote angiogenesis, and enhance wound healing. Negative pressure wound therapy involves the application of subatmospheric pressure to the wound bed, hyperbaric oxygen therapy delivers high levels of oxygen to the tissues, and compression therapy applies external pressure to manage edema and improve venous circulation.

**Question: 4**

The Ankle Brachial Index is a quick, non-invasive test used to evaluate

- A. arterial blood flow.
- B. venous insufficiency.
- C. protective sensation.
- D. lymphatic obstruction.

Answer: A

Explanation: The Ankle Brachial Index (ABI) is a quick, non-invasive test used to evaluate arterial blood flow in the lower extremities. It measures the ratio of the blood pressure at the ankle to the blood pressure at the arm. A lower ABI value indicates reduced blood flow and can be indicative of peripheral arterial disease (PAD) or other arterial disorders. The test helps in assessing the adequacy of arterial blood supply to the lower limbs and diagnosing conditions that may impair wound healing, such as arterial insufficiency ulcers. Lymphatic obstruction, venous insufficiency, and protective sensation are evaluated through other diagnostic methods and tests.

### Question: 5

Which of the following factors is considered a systemic factor that can complicate wound healing?

- A. Bariatrics
- B. Infection
- C. Pharmacological agents
- D. Biofilm management

Answer: A

Explanation: Bariatrics, referring to the management of patients who are obese

or have a high body mass index (BMI), is considered a systemic factor that can complicate wound healing. Obesity is associated with increased risk of wound complications, delayed healing, and impaired immune function. Other systemic factors that can complicate wound healing include infection, pharmacological agents (such as immunosuppressants), and biofilm management (managing biofilm presence in chronic wounds).

**Question: 6**

Which of the following dressing types is most suitable for a heavily exuding wound with significant slough?

- A. Hydrogel dressings
- B. Foam dressings
- C. Transparent film dressings
- D. Alginate dressings

Answer: D

Explanation: Alginate dressings are most suitable for heavily exuding wounds with significant slough. Alginate dressings are made from seaweed and have high absorptive capacity, which allows them to absorb large amounts of wound exudate while maintaining a moist wound environment. They also have the ability to form a gel-like consistency when in contact with wound exudate, facilitating the removal of slough and debris from the wound bed. Hydrogel dressings provide moisture to dry wounds, foam dressings are suitable for moderate exudate management, and transparent film dressings are used for low exudate wounds or as a secondary dressing.

**Question: 7**

Which of the following cellular and/or tissue products is derived from human placental tissue and contains growth factors, cytokines, and extracellular matrix

components?

- A. Collagen dressings
- B. Alginate dressings
- C. Amniotic membranes
- D. Hydrocolloid dressings

Answer: C

Explanation: Amniotic membranes are cellular and/or tissue products derived from human placental tissue. They are rich in growth factors, cytokines, and extracellular matrix components that promote wound healing and provide a scaffold for cellular migration and tissue regeneration. Collagen dressings, alginate dressings, and hydrocolloid dressings are other types of wound dressings with different compositions and mechanisms of action.

### **Question: 8**

Which of the following is a systemic factor that can complicate wound healing?

- A. Infection
- B. Proper wound bed preparation
- C. Moist wound environment
- D. Epithelialization

Answer: A

Explanation: Infection is a systemic factor that can complicate wound healing. Infections can delay the healing process, increase inflammation and tissue damage, and impede the formation of granulation tissue. They can also lead to systemic complications and spread of infection. Maintaining a moist wound

environment and proper wound bed preparation are essential for optimal healing, while epithelialization is a normal stage of wound healing.

**Question: 9**

Which of the following biophysical technologies utilizes high levels of oxygen to promote wound healing?

- A. Electrical stimulation
- B. Hyperbaric oxygen therapy
- C. Ultrasound therapy
- D. Compression therapy

Answer: B

Explanation: Hyperbaric oxygen therapy utilizes high levels of oxygen to promote wound healing. In this therapy, the patient is exposed to 100% oxygen in a pressurized chamber, resulting in increased oxygen delivery to the tissues. The high oxygen levels enhance the body's natural healing processes, promote angiogenesis, and help fight off infections. Electrical stimulation involves the application of low-frequency electrical currents, ultrasound therapy uses sound waves for various therapeutic effects, and compression therapy applies external pressure to manage edema.

**Question: 10**

Which of the following factors can impair wound healing and increase the risk of complications?

- A. Adequate nutrition
- B. Regular exercise
- C. Stress management

## D. Smoking

Answer: D

Explanation: Smoking can impair wound healing and increase the risk of complications. Smoking has been shown to negatively impact blood flow, oxygenation, and collagen synthesis, all of which are essential for proper wound healing. Nicotine and other components in tobacco smoke can constrict blood vessels, decrease tissue oxygenation, and impair the immune response, making smokers more susceptible to infections and delayed wound healing. Adequate nutrition, regular exercise, and stress management are factors that can positively influence wound healing.

### Question: 11

Which of the following nutrients is important for collagen synthesis and wound healing?

- A. Vitamin D
- B. Vitamin B12
- C. Vitamin K
- D. Vitamin C

Answer: D

Explanation: Vitamin C is important for collagen synthesis and wound healing. Collagen is a major component of the extracellular matrix and provides strength and structure to tissues. Vitamin C is necessary for the hydroxylation of proline and lysine residues in collagen synthesis. Deficiency in vitamin C can lead to impaired collagen production, resulting in weakened connective tissues and delayed wound healing. Vitamin D plays a role in bone health, vitamin K is important for blood clotting, and vitamin B12 is involved in red blood cell production.

**Question: 12**

Which of the following nutrients plays a crucial role in collagen synthesis and wound healing?

- A. Vitamin K
- B. Vitamin D
- C. Vitamin E
- D. Vitamin C

Answer: D

Explanation: Vitamin C plays a crucial role in collagen synthesis and wound healing. Collagen is a key component of the extracellular matrix and provides structural support to healing tissues. Vitamin C is essential for the synthesis of collagen fibers and promotes their proper formation. Deficiency in vitamin C can lead to impaired collagen synthesis, delayed wound healing, and increased susceptibility to infection. Vitamin D is important for bone health but does not have a direct role in collagen synthesis. Vitamin E is an antioxidant that contributes to tissue health, and vitamin K is involved in blood clotting.

**Question: 13**

Which of the following is an example of an autolytic debridement method?

- A. Surgical debridement
- B. Enzymatic debridement
- C. Mechanical debridement
- D. Biological debridement

Answer: B

Explanation: Autolytic debridement is a natural process where the body's own enzymes break down and remove necrotic tissue. It is a non-invasive and passive method of debridement. Enzymatic debridement, which involves the use of exogenous enzymes to assist in the breakdown of necrotic tissue, is an example of autolytic debridement. Surgical debridement is a manual removal of devitalized tissue, mechanical debridement involves the use of tools or dressings to physically remove debris, and biological debridement utilizes maggots or larvae to consume necrotic tissue.

**Question: 14**

Which of the following is a characteristic of chronic wounds?

- A. Rapid healing progression
- B. Presence of granulation tissue
- C. Timely response to interventions
- D. Prolonged inflammation

Answer: D

Explanation: Prolonged inflammation is a characteristic of chronic wounds. Chronic wounds are wounds that fail to progress through the normal stages of healing in a timely manner. They often exhibit persistent inflammation, which can delay the healing process. Chronic wounds are typically associated with underlying systemic conditions, impaired cellular function, or persistent factors that hinder the healing process. Rapid healing progression, presence of granulation tissue, and timely response to interventions are more commonly observed in acute wounds.

**Question: 15**

Which of the following cellular and/or tissue products is derived from human

amniotic membrane and is used for wound healing?

- A. Collagen dressings
- B. Allografts
- C. Xenografts
- D. Amniotic membranes

Answer: D

Explanation: Amniotic membranes are cellular and/or tissue products derived from human amniotic membrane. They are used for wound healing due to their rich source of growth factors, cytokines, and extracellular matrix components. Amniotic membranes can provide a scaffold for tissue regeneration, promote wound healing, and have anti-inflammatory properties. Collagen dressings are made from collagen fibers, allografts are derived from human donors, and xenografts are derived from animal sources.

### Question: 16

Which of the following dressings is most appropriate for a dry, necrotic wound?

- A. Hydrocolloid dressings
- B. Alginate dressings
- C. Foam dressings
- D. Hydrogel dressings

Answer: D

Explanation: Hydrogel dressings are most appropriate for dry, necrotic wounds. Hydrogel dressings provide moisture to the wound bed, helping to hydrate dry wounds and promote autolytic debridement. They create a moist environment that can facilitate the breakdown of necrotic tissue and promote wound healing.

Hydrocolloid dressings are suitable for wounds with light to moderate exudate, alginate dressings are appropriate for heavily exuding wounds, and foam dressings are used for wounds with moderate to heavy exudate.

**Question: 17**

When applying an enzymatic debriding ointment to a wound presenting with 50% red tissue and 50% yellow/brown tissue, the ointment should be applied to the

- A. yellow/brown tissue only.
- B. dressings and then placed over the wound.
- C. entire wound surface only.
- D. entire wound surface with slight margin overlap.

Answer: C

Explanation: Enzymatic debriding ointments are used to remove devitalized tissue from wounds. When a wound presents with both red tissue (granulation tissue) and yellow/brown tissue (slough or necrotic tissue), the ointment should be applied to the entire wound surface. This allows the enzymatic action to work on both types of tissue and promote their removal. Applying the ointment only to the yellow/brown tissue or using dressings to cover the wound without direct application of the ointment may not effectively address all the areas requiring debridement. Therefore, the correct approach is to apply the ointment to the entire wound surface.

**Question: 18**

Which of the following modalities is commonly used for pressure redistribution and offloading in individuals with pressure ulcers?

- A. Negative pressure wound therapy
- B. Electrical stimulation
- C. Compression therapy
- D. Wound VAC therapy

Answer: C

Explanation: Compression therapy is commonly used for pressure redistribution and offloading in individuals with pressure ulcers. Compression garments or bandages exert pressure on the surrounding tissues, aiding in venous return and reducing edema. This helps to redistribute pressure away from the ulcer site and promote healing. Negative pressure wound therapy (commonly known as Wound VAC therapy) is primarily used for the management of complex wounds. Electrical stimulation is utilized for promoting wound healing through the application of low-frequency electrical currents.

### Question: 19

In wound healing, which phase is characterized by the formation of new blood vessels (angiogenesis) and the deposition of granulation tissue?

- A. Inflammatory phase
- B. Proliferative phase
- C. Maturation phase
- D. Epithelialization phase

Answer: B

Explanation: The proliferative phase is the phase of wound healing

characterized by the formation of new blood vessels (angiogenesis) and the deposition of granulation tissue. During this phase, fibroblasts synthesize and deposit collagen, angiogenesis occurs to supply oxygen and nutrients to the healing tissue, and the wound gradually fills with new tissue. The inflammatory phase is the initial phase of wound healing characterized by hemostasis and inflammation, the maturation phase involves remodeling and strengthening of the scar tissue, and epithelialization is the process of new epithelial cell migration and growth to resurface the wound.



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