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Counseling and Social Work CRC

Certified Rehabilitation Counselor (CRC) Exam



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Question: 1

Requirements for participation in a pharmacy assistance program usually include:

- A. prescription insurance coverage or Medicare Part D.
- B. generic prescriptions only.
- C. US residency.
- D. income less than 200% of federal poverty level.

Answer: D

Explanation:

While pharmacy assistance plans may vary somewhat from one drug company to another, most set an income limit of less than 200% of the federal poverty level. Many drug companies preclude those with prescription insurance coverage or Medicare Part D, but some will consider these applicants. Programs usually cover trade name prescription drugs. In most cases, US residency alone is not sufficient; individuals must be citizens or legal immigrants. Pharmacy assistance programs offer free drugs or low-cost drugs if the drugs are medically necessary and individuals cannot afford to purchase them.

Question: 2

To access research articles about interventions for disability and rehabilitation in Europe or Asia, the best database is:

- A. REHABDATA.
- B. CIRRIE.
- C. NIDRR Project.
- D. NARIC Knowledgebase.

Answer: A

Explanation:

REHABDATA, a database provided by the National Rehabilitation Information Center (NARIC), would be the most appropriate database to search for international disability and rehabilitation data. Originally, this information was held in the CIRRIE (Center for International Rehabilitation Research Information and Exchange) database and published from 1990, but CIRRIE was merged into the REHABDATA database in 2016. NIDRR Project database contains information about projects funded by the National Institute on Disability and Rehabilitation Research (NIDRR) from 1993 to the present. The NARIC Knowledgebase provides lists of disability and rehabilitation resources, including websites, periodicals, agencies, and organizations.

Question: 3

The type of group therapy that aims to help members who share a common problem learn to cope is:

- A. education group.
- B. self-help group.
- C. psychotherapy group.
- D. support group.

Answer: D

Explanation:

Support groups help members who share a common problem, such as the stress of caregiving, learn to cope. Education groups provide information to group members about specific issues, such as managing medication or disease (for example, diabetes). Self-help groups are usually informal groups without professional leaders intended for members who share a common experience, such as Alcoholics Anonymous. Psychotherapy groups teach members about their behavior and methods to change by interacting with others.

Question: 4

For a person with a dual diagnosis, the initial treatment usually focuses on:

- A. detoxification.
- B. rehabilitation.
- C. mental health treatment.
- D. coping strategies.

Answer: A

Explanation:

Dual diagnosis is a combined substance abuse and mental health disorder. The initial treatment usually involves detoxification to stop the use of drugs so that the mental health condition can be more accurately evaluated. This is followed by rehabilitation, such as a drug recovery program, and mental health treatment, which can include medications (such as SSRIs or psychotropics) or therapy, including group and cognitive-behavioral therapy. In some cases, individuals abuse drugs to self-treat mental illnesses, but in other cases the mental illnesses result from drug abuse.

Question: 5

For a client recovering from a brain injury, the Glasgow Coma Score (GCS) that indicates potential for rehabilitation is:

- A. 3.

- B. 5.
- C. 8.
- D. 10.

Answer: D

Explanation:

A Glasgow Coma Score of 10 (more than 8) suggests the potential for rehabilitation. A score of 3 to 8 indicates coma while a score of 9 to 12 indicates severe head injury and 13 to 15 mild head injury. The Glasgow Coma Scale (GCS) measures the depth and duration of coma or impaired consciousness and is used for postoperative assessment. The GCS measures three parameters: best eye response, best verbal response, and best motor response, with a total possible score that ranges from 3 to 15.

Question: 6

Job accommodation for an office worker with fine motor impairment might include:

- A. providing a speech recognition program for computer access.
- B. modifying workstation to increase accessibility.
- C. providing stand/lean stools.
- D. providing rolling safety ladders.

Answer: A

Explanation:

Because fine motor impairment interferes with a person's ability to use the hands and fingers, 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 Susan, and carts to transport materials.

Question: 7

The client-centered model of care in which a primary care physician manages, facilitates, and coordinates all levels of client care, including care provided by specialists, is:

- A. chronic care model.
- B. medical home model
- C. planned care model.
- D. expanded care model.

Answer: B

Explanation:

The medical home model is a client-centered model of care in which a primary care physician manages, facilitates, and coordinates all levels of client care, including care provided by specialists. The leader (physician) usually receives some type of additional payment for providing the service. Clients may be assigned to a medical home or may, in some cases, choose one. The goal is to decrease the fragmented and uncoordinated care that many clients receive in order to improve client outcomes.

Question: 8

The type of insurance plan that offers the most flexibility is:

- A. health maintenance organizations.
- B. managed indemnity plans.
- C. indemnity plans.
- D. point of service plans.

Answer: C

Explanation:

Indemnity plans offer the most flexibility because they do not have provider lists or other restrictions commonly found in managed care. Clients are usually free to see any physician they want, although some plans require pre-hospital certification. Additionally, indemnity plans are often more expensive and may have varying deductibles (up to \$5,000), and plans usually only pay a percentage of costs (usually 80%), so out-of-pocket expenses to the client are often higher. Plans may have limits (duration or dollar amounts) on some types of care, such as drug treatment programs.

Question: 9

The primary focus of workers' compensation is to:

- A. prevent economic hardship.
- B. return people to work.
- C. contain costs.
- D. promote worker's safety.

Answer: B

Explanation:

The primary focus of Workers' Compensation, a type of insurance, is to return people to work as quickly and safely as possible. Workers' Compensation is intended for those who are injured on the job or whose health is impaired because of their jobs. Workers' Compensation provides 3 different types of benefits: cash to replace lost wages, reimbursement for medical costs associated with an injury, and death benefits to survivors. Workers' Compensation laws may vary somewhat from one state to another.

Question: 10

The level of independence of care in the home for an adult woman indicated by a discharge Functional Independence Measure (FIM) score of 63 with scores in all areas ranging from 3 to 4 is:

- A. complete independence in care.
- B. modified independence, including use of assistive devices and activity modification.
- C. supervision only (stand by without physically assisting).
- D. minimal to moderate contact assistance (physically assisting).

Answer: D

Explanation:

FIM scores range from 18 (total dependence) to 126 (total independence), and a score of 63 comprised of 3 or 4 in each of 18 categories suggests the need for minimal to moderate contact assistance. The client will require an aide to assist with ambulation and other activities. Lower FIM scores on admission correlate with longer need for inpatient rehabilitation. FIM scores are included as part of the Inpatient Rehabilitation Facility-Patient Assessment Instrument required by Medicare for reimbursement for care.

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