

# **The Comprehensive Wound Care Review Course**



**Philadelphia, PA  
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# Examination Skills & Testmanship

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The Comprehensive Wound Care Review Course

Endorsed :



# Objectives - Participants will:

- Assess test preparation strategies
- Identify resources for test preparation
- Discuss strategies for multiple choice and true false questions.

# Test Preparation

## Be Mentally Prepared



- ✓ Attend a Review Course in person or online
- ✓ Know content percentage and test format
- ✓ Get all your resources together
- ✓ Establish a REGULAR study time and place
- ✓ Develop your individual study plan
- ✓ Practice sample test questions
- ✓ Know important concepts in wound care
  - ✓ Mnemonics .study aids, take notes
  - ✓ Highlight key information as you read/study
- ✓ Don't worry about things you can't get to

# Resources:

## **Chronic Wound Care - Krasner DL, Rodeheaver GT, Sibbald RG. 4<sup>th</sup> Edition**

- Hardcover 760 pages
- Publisher: HMP Communications 4th Edition (April 2007)
- ISBN-10: 0970651481
- ISBN-13: 978-0970651488

## **Clinical Care of the Diabetic Foot - Armstrong D, Lavery L.**

- Hardcover 124 pages
- Publisher: American Diabetes Association (2005)
- ISBN-10: 1580402232
- ISBN-13: 978-1580402231

## **Clinical Guide: Skin and Wound Care - Hess C.**

- Spiral-bound: 544 pages
- Publisher: Lippincott Williams & Wilkins; 5th edition (August, 2004)
- ISBN-10: 1582552940
- ISBN-13: 978-1582552941

# Resources (con't)

## **The Diabetic Foot - Veves A.**

- Hardcover: 576 pages
- Publisher: Humana Press; 2 edition (June 1, 2006)
- ISBN-10: 1588296105
- ISBN-13: 978-1588296108

## **Handbook of Lower Extremity Infections - Joseph, W.**

- Paperback: 384 pages
- Publisher: Churchill Livingstone; 2 edition (October, 2002)
- ISBN-10: 0443066086
- ISBN-13: 978-0443066085

## **Hyperbaric Medicine Procedures - Kindwall EP, Niezgoda JA.**

- Paperback: 324 pages
- Publisher: Aurora Health Care (2006)
- Source: American College of Hyperbaric Medicine [www.ACHM.org](http://www.ACHM.org)

# Resources (con't)

## **Management of Diabetic Foot Problems Campbell DR, Kozak GP, Frykberg RG**

- Hardcover: 290 pages
- Publisher: W.B. Saunders Company; 2nd edition (January 1995)
- ISBN-10: 072163284X
- ISBN-13: 978-0721632841

## **Wound Care Essentials Practice Principles - Baranoski S, Ayello EA**

- Paperback: 597 pages
- Publisher: Lippincott Williams & Wilkins (2012 3rd edition)
- ISBN-10: 1-4511-1304-8
- ISBN-13: 978-1-4511-1304-4

## **Wound Care Practice - Sheffield P, Fife C, Smith A.**

- Hardcover: 814 pages
- Publisher: Best Publishing Company (2008)
- ISBN-10: 193053616X
- ISBN-13: 978-1930536166

# Resources (con't)

## Wound Care: A Collaborative Practice Manual for Health Care Professionals- Sussman D, Bates-Jensen, B 4<sup>th</sup> edition

- Hardcover: • Publisher: Lippincott, Williams & Wilkins (October, 2011)
- ISBN-10: 1608317153
- ISBN-13: 978-1608317158

## Wound Healing - Falabella A, Kirsner R

- Hardcover: 760 pages
- Publisher: Informa Healthcare (August, 2005)
- ISBN-10: 0824754581
- ISBN-13: 978-0824754587

## Clinical Dermatology- Habif

## Harrison's Principles and Practice of Internal Medicine

### Websites

- MD Consult
- American Diabetes Association, professional site <http://professional.diabetes.org>
- Center for Disease Control
- Merck Medicus



# Test Preparation

## Be Physically Prepared



- ✓ Don't cram the night before
- ✓ Get a good night's sleep before the test.
- ✓ Be alert- Eat a healthy breakfast  
What about caffeine?
- ✓ Brings pencils/pen and a watch
- ✓ Exercise or mediate for clear thinking and relaxation
- ✓ Go to the bathroom before test
- ✓ **ARRIVE early, before start TIME!**



# Day of the Test

- Read the test directions BEFORE you start
- Write your name on the answer sheet
- Find out if you can write on the test booklet
- Check how many questions you need to answer
- Know how much time you have to take the test

# Pace Yourself

- Don't spend too much time on any one question.
- Answer easiest questions first, go back to those questions you skipped.
- Do not change your answers, unless you are very uncertain about your first answer choice.
- If you don't know the answer, eliminate possibilities and make intelligent guess

# A true answer is statistically more often the correct answer

- a. True
- b. False



# Strategies for True False questions

- If you don't know, Go with your gut
- Don't look for answer patterns
  - TTFTTF
- Notice absolutes such as:
  - all, none, always, never, no
- Notice qualifiers such as:
  - most, some usually, sometimes, great, much, little more, less

# Strategies for Multiple Choice questions

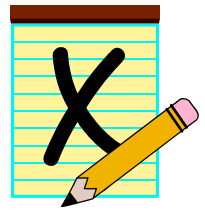
- Read the stem carefully, paraphrase it. What is this question asking you to answer?
- Look for verbal associations in the stem. A response repeats key words that are in the stem is more likely to be correct.
- Sometimes another question in the test can help you answer a question

# One method of assessing for the sensory component of diabetic neuropathy is to:

- a. Look for dry skin
- b. Check if the patient can flex the big toe
- c. Do a Semmes-Weinstein monofilament test
- d. Evaluate the skin temperature using a specialized thermometer

# Strategies for Multiple Choice questions

- Cover the answers
- Have a predicted answer in your head
- Look to see if your suspected answer is one of the choices
- Use true/false strategy to eliminate wrong answers
- **Be careful when asked which is *not true* or *all of the following apply except*. These are asking you to pick an incorrect answer!**





**If you had a question that you did not know the answer and could take any guess, which choice would you pick?**

- a. A
- b. B
- c. C
- d. D



# Clues that may indicate a correct answer:

- The longest answer is often correct
- The most complete and inclusive answer is often correct
- An answer in the middle, especially one with the most words, is often correct
- If two answers have the opposite meaning, one is probably correct
- Answers with qualifiers such as *generally*, *probably*, *most*, *often*, *some*, *sometimes*, and *usually* are frequently correct.

**Thank you and good luck!**