

# AMSN Community Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. During which phase of community response do people often come together to help others and share experiences?**
  - A. Honeymoon phase.**
  - B. Heroic phase.**
  - C. Disillusionment phase.**
  - D. Reconstruction phase.**
  
- 2. What is a short-term effect of methamphetamine?**
  - A. Increased heart rate**
  - B. Decreased heart rate**
  - C. Weight gain**
  - D. Improved sleep**
  
- 3. Inhalants may result in death from which of the following?**
  - A. Liver failure**
  - B. Kidney failure**
  - C. Heart failure or suffocation**
  - D. Stroke**
  
- 4. Which sequence correctly lists the four phases of disaster management in order?**
  - A. Prevention, Preparedness, Recovery, Response**
  - B. Prevention, Preparedness, Response, Recovery**
  - C. Preparedness, Prevention, Response, Recovery**
  - D. Recovery, Prevention, Preparedness, Response**
  
- 5. Which factor contributes to the general unpreparedness of many Americans for disasters?**
  - A. High prior planning and funding**
  - B. Excessive reliance on technology**
  - C. Lack of awareness of local hazards and the costs of preparedness**
  - D. Overwhelming public health messaging**

- 6. Which description most accurately reflects the Red Cross's disaster activities?**
- A. A nongovernmental agency chartered by Congress to provide disaster relief, education, preparedness, and response**
  - B. A private security contractor**
  - C. A local community group with no national scope**
  - D. A government program run by local authorities**
- 7. The International Council of Nurses represents approximately how many nurses worldwide?**
- A. 16 million**
  - B. 1 million**
  - C. 100 thousand**
  - D. 60 million**
- 8. Which of the following is a negative consequence of methamphetamine use?**
- A. Anxiety, convulsions, paranoia, and brain damage**
  - B. Improved cardiovascular health**
  - C. Increased appetite**
  - D. Enhanced memory**
- 9. Which of the following is a type of disaster?**
- A. Solar flares**
  - B. Natural disasters**
  - C. Economic recessions**
  - D. Personal injury incidents**
- 10. Which statement best describes a Doctor of Nursing Practice (DNP) in the context of international health care delivery?**
- A. They replace physicians**
  - B. They have no policy involvement**
  - C. They address access, cost, efficiency, and effectiveness in care**
  - D. They focus only on theory**

## **Answers**

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1. B
2. A
3. C
4. B
5. C
6. A
7. A
8. A
9. B
10. C

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## **Explanations**

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**1. During which phase of community response do people often come together to help others and share experiences?**

- A. Honeymoon phase.
- B. Heroic phase.**
- C. Disillusionment phase.
- D. Reconstruction phase.

In this context, the focus is on how a community responds with immediate action and shared communication after a disruption. The period described as the Heroic phase is when energy and altruism are at their peak: people rush in to help, volunteers and responders mobilize, and there's a strong drive to rescue, assist, and stabilize those affected. As efforts unfold, individuals recount what happened, share experiences, and coordinate actions, which reinforces solidarity and speeds collective problem-solving. Other phases describe different emotions and dynamics: the Honeymoon phase emphasizes initial optimism and bonding, disillusionment comes as realities set in and resources strain, and reconstruction marks long-term rebuilding. But the hallmark of actively coming together to help others and exchanging experiences in the immediate response period aligns best with the Heroic phase.

**2. What is a short-term effect of methamphetamine?**

- A. Increased heart rate**
- B. Decreased heart rate
- C. Weight gain
- D. Improved sleep

Methamphetamine acts as a potent stimulant that increases norepinephrine and dopamine in the brain and periphery, triggering sympathetic nervous system activation. In the short term this leads to tachycardia—an increased heart rate—which is a common, immediate effect of meth use. Other typical stimulant effects include heightened alertness, energy, insomnia, and reduced appetite. By contrast, a slower heart rate would indicate opposing parasympathetic activity; rapid weight gain is not a hallmark of immediate effects, and sleep is typically disrupted, not improved, with stimulant use.

**3. Inhalants may result in death from which of the following?**

- A. Liver failure
- B. Kidney failure
- C. Heart failure or suffocation**
- D. Stroke

Inhalants kill mainly by depriving the body of oxygen and by causing dangerous heart rhythms. When these substances are inhaled, they displace oxygen in the lungs and bloodstream, leading to hypoxia. The brain and heart are highly sensitive to oxygen loss, so this can quickly lead to loss of consciousness, respiratory failure, or cardiac arrest. Some inhalants also make the heart more prone to arrhythmias, which can cause sudden death. While chronic use can damage organs like the liver and kidneys, and stroke can occur in various contexts, the immediate fatal risks from acute inhalant use are heart problems and suffocation due to oxygen deprivation.

**4. Which sequence correctly lists the four phases of disaster management in order?**

- A. Prevention, Preparedness, Recovery, Response**
- B. Prevention, Preparedness, Response, Recovery**
- C. Preparedness, Prevention, Response, Recovery**
- D. Recovery, Prevention, Preparedness, Response**

Disaster management unfolds as a sequence that builds from reducing risk to planning, then acting, and finally rebuilding. The first phase focuses on Prevention (mitigation) to lessen the chance of a disaster occurring or to minimize potential damage. Next comes Preparedness, which is about getting ready—training people, coordinating resources, and creating plans so responses can be fast and organized. When a disaster strikes, the Response phase kicks in to save lives, protect people and property, and stabilize the situation. After the immediate danger, Recovery aims to restore services, rebuild infrastructure, and learn from the event to improve future resilience. This order matters because you're reducing risk and preparing before anything happens, so you can respond effectively and then recover efficiently. The other sequences place phases out of logical order (for example, starting with Recovery, or moving Preparedness after Prevention in a way that undermines proactive risk reduction, or reversing Prevention and Preparedness), which would weaken the overall effectiveness of disaster management.

**5. Which factor contributes to the general unpreparedness of many Americans for disasters?**

- A. High prior planning and funding**
- B. Excessive reliance on technology**
- C. Lack of awareness of local hazards and the costs of preparedness**
- D. Overwhelming public health messaging**

The key idea here is that people act on what they perceive about their environment and what they believe it will cost to prepare. When Americans don't know what hazards are most likely in their local area or don't understand the real costs—in time, money, and effort—of getting ready, they don't take concrete steps to prepare. This lack of awareness makes the risk feel abstract and distant, so families may skip essential actions like building a disaster kit, making an evacuation plan, or securing their homes. Knowing the local dangers makes the threat concrete and personal, while understanding costs helps people plan realistically rather than assuming preparation is unnecessary or too burdensome. High prior planning and funding, if present, would actually reduce unpreparedness by making it easier to act. Excessive reliance on technology can also leave gaps if systems fail, but it's not the central reason many people are unprepared. Overwhelming public health messaging can influence behavior, but the fundamental hurdle is not knowing the specific local risks and what it takes to prepare.

6. Which description most accurately reflects the Red Cross's disaster activities?

- A. A nongovernmental agency chartered by Congress to provide disaster relief, education, preparedness, and response**
- B. A private security contractor
- C. A local community group with no national scope
- D. A government program run by local authorities

The description fits because the Red Cross is a private, nonprofit organization that holds a congressional charter to operate in disaster relief, education, preparedness, and response. It isn't a government agency or a private security contractor, and it has national reach rather than being limited to a local group. While it works with government partners, it remains independently run and funded mainly by donations and volunteers, fulfilling humanitarian needs across the country.

7. The International Council of Nurses represents approximately how many nurses worldwide?

- A. 16 million**
- B. 1 million
- C. 100 thousand
- D. 60 million

The question tests understanding of how large the global nursing workforce is and how an international body describes its reach. The International Council of Nurses represents about 16 million nurses worldwide, a figure commonly cited in global health workforce statistics. This reflects ICN's broad membership of national nursing associations and the nurses they represent. The other options are inconsistent with this widely cited scale: they would undercount the global nursing workforce (1 million or 100 thousand) or vastly overstate it for practicing nurses (60 million). Keep in mind that counts can vary based on how one defines who counts as a nurse and which roles are included, but the figure associated with ICN is roughly 16 million.

8. Which of the following is a negative consequence of methamphetamine use?

- A. Anxiety, convulsions, paranoia, and brain damage**
- B. Improved cardiovascular health
- C. Increased appetite
- D. Enhanced memory

Methamphetamine disrupts brain chemistry and can trigger a range of serious psychiatric and neurological problems. By flooding the brain with dopamine and other stress-related chemicals, it can cause intense anxiety, agitation, and paranoia, and with heavier or prolonged use it can produce neurotoxic effects that damage brain cells and impair memory and thinking. Seizures are also a known risk when the nervous system is highly overstimulated. Taken together, these symptoms reflect harmful, lasting consequences of meth use. The other statements describe effects that aren't associated with meth this way—improved cardiovascular health, increased appetite, or enhanced memory—so they don't fit the typical negative outcomes of methamphetamine use.

**9. Which of the following is a type of disaster?**

- A. Solar flares
- B. Natural disasters**
- C. Economic recessions
- D. Personal injury incidents

Disasters are major disruptions that overwhelm a community's ability to cope and often require outside help. Natural disasters fit this idea because they are extreme events caused by natural processes—like earthquakes, floods, or hurricanes—that can strike large areas, cause injuries and fatalities, damage infrastructure, and disrupt daily life, typically needing emergency response and aid. The other options don't fit as a type of disaster in common usage. Solar flares are space weather events that can disrupt technology, but they're usually described as hazards or space weather phenomena rather than a disaster category on their own. Economic recessions are economic downturns, not physical or societal catastrophes. Personal injury incidents are individual accidents, not large-scale disruptions that overwhelm a community.

**10. Which statement best describes a Doctor of Nursing Practice (DNP) in the context of international health care delivery?**

- A. They replace physicians
- B. They have no policy involvement
- C. They address access, cost, efficiency, and effectiveness in care**
- D. They focus only on theory

DNPs in international health care delivery focus on turning knowledge into real-world improvements that affect whole systems, not just individual patients. They work to make care more accessible, more affordable, more efficient, and more effective by leading evidence-based practice, quality improvement, and policy-influenced changes across health-care settings and populations. This hands-on, systems-level leadership means they collaborate with physicians and other professionals to implement and evaluate interventions that raise value and outcomes globally. They don't replace physicians, and their role isn't limited to theory—they actively apply research to improve care delivery. That combination—improving access, controlling costs, boosting efficiency, and ensuring effectiveness—best describes their impact in international health care.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://amsncommunity.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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