

# Disaster Nursing Practice Exam (Sample)

## Study Guide



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

**Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

## **Questions**

SAMPLE

- 1. How do the costs of biological weapons compare to other types of weapons?**
  - A. Biological agents cost much more but can impact a much larger area**
  - B. Biological agents cost about as much as chemical agents**
  - C. Biological agents are about half the cost of other types of weapons**
  - D. Biological agents are several hundred times less expensive than other weapons**
- 2. In a cluster approach for disaster response, which entity is primarily responsible for leading the Nutrition and WASH response?**
  - A. DOH (Department of Health)**
  - B. DSWD (Department of Social Welfare and Development)**
  - C. OCD (Office of Civil Defense)**
  - D. DepED (Department of Education)**
- 3. What term describes the restriction of activities for a healthy person exposed to a communicable disease?**
  - A. Isolation**
  - B. Quarantine**
  - C. Screening**
  - D. Vaccination**
- 4. What is a common psychological response to severe burns that nurses should anticipate?**
  - A. Denial or acceptance**
  - B. Fear and anxiety**
  - C. Increased optimism**
  - D. Complacency about recovery**
- 5. What is the purpose of a rapid assessment in the context of disaster response?**
  - A. Quality of life**
  - B. Rapid assessment**
  - C. Health assessment**
  - D. Health promotion**

- 6. What is the first level of the intervention pyramid for mental health and psychosocial support in emergencies?**
- A. Specialized services**
  - B. Basic services and security**
  - C. Community and family support**
  - D. Focused, non-specialized supports**
- 7. What is the Government of the Philippines' multi-hazard response plan called?**
- A. National Disaster Response Plan (NDRP)**
  - B. National Disaster Risk Reduction Management Council (NDRRMC)**
  - C. Philippine National Red Cross**
  - D. Philippine Disaster Plan (PDP)**
- 8. Which of the following best describes “emergency preparedness”?**
- A. Plans made before a disaster to minimize harm**
  - B. Response strategies implemented long after an event**
  - C. Support provided only after a disaster occurs**
  - D. All strategies used during a disaster event**
- 9. How do weather-related disasters typically differ from non-weather-related disasters?**
- A. They occur only during the summer months**
  - B. They often have unpredictable patterns**
  - C. They commonly feature predictable patterns and seasonality**
  - D. They are generally less severe**
- 10. What term refers to the study of what it means to live a moral life?**
- A. Law**
  - B. Morality**
  - C. Ethics**
  - D. Confidentiality**

## **Answers**

SAMPLE

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

**SAMPLE**

## **Explanations**

SAMPLE



**1. How do the costs of biological weapons compare to other types of weapons?**

- A. Biological agents cost much more but can impact a much larger area**
- B. Biological agents cost about as much as chemical agents**
- C. Biological agents are about half the cost of other types of weapons**
- D. Biological agents are several hundred times less expensive than other weapons**

Biological agents are known to be several hundred times less expensive than conventional weapons, which is a significant factor in their potential use as weapons of mass destruction. The low cost of production and development of biological agents makes them an attractive option for those seeking to inflict harm or cause disruption without the extensive financial burden typically associated with conventional arms. This affordability allows for widespread access, enabling even non-state actors to potentially acquire and deploy them. Moreover, the impact of biological agents can be extensive because they can cause disease that spreads through populations, leading to widespread effects that far exceed their initial monetary investment. This factor underscores the critical importance of understanding and mitigating the threat posed by biological weapons in disaster nursing and public health preparedness.

**2. In a cluster approach for disaster response, which entity is primarily responsible for leading the Nutrition and WASH response?**

- A. DOH (Department of Health)**
- B. DSWD (Department of Social Welfare and Development)**
- C. OCD (Office of Civil Defense)**
- D. DepED (Department of Education)**

In a cluster approach for disaster response, the primary responsibility for leading the Nutrition and Water, Sanitation, and Hygiene (WASH) response typically falls to the Department of Health (DOH). This is because the DOH is primarily focused on health-related issues, which encompasses both nutrition and sanitation. The health sector plays a crucial role in assessing the nutritional needs of affected populations and ensuring access to safe water and adequate sanitation facilities, all of which are essential for mitigating health risks in disaster situations. The DOH's involvement ensures that public health considerations are integrated into the response efforts, prioritizing the health and well-being of individuals in disaster-affected areas. It allows for coordinated action in addressing malnutrition and preventing waterborne diseases, which can be prevalent in emergency settings. In this context, DOH is equipped with the necessary expertise and resources to oversee the implementation of nutrition and WASH initiatives effectively, guiding other entities toward a comprehensive disaster response. The function of other entities like the Department of Social Welfare and Development, Office of Civil Defense, and Department of Education in disaster response is important, but they do not directly lead the nutrition and WASH sector within the cluster approach, which is why they are not seen as the primary entities in this specific context.

**3. What term describes the restriction of activities for a healthy person exposed to a communicable disease?**

- A. Isolation**
- B. Quarantine**
- C. Screening**
- D. Vaccination**

The term that describes the restriction of activities for a healthy person who has been exposed to a communicable disease is quarantine. Quarantine is utilized to prevent the spread of disease by isolating individuals who might have been in contact with a contagious disease, even if they are not showing any symptoms themselves. This measure is critical in controlling outbreaks and protecting the wider community from potential transmission. During quarantine, individuals are typically asked to stay at home or in a designated facility for a certain period, which is usually the incubation period of the disease in question. This allows health officials to monitor for any development of symptoms and take appropriate action if necessary. Quarantine is often used in situations involving diseases with significant public health implications, such as during outbreaks of influenza, tuberculosis, or more recently, COVID-19. Other terms mentioned, such as isolation, refer to the separation of individuals who are confirmed to be ill with a communicable disease, not those who are merely exposed. Screening involves testing or checking individuals for symptoms or the presence of a disease, while vaccination is a preventive measure against specific diseases but does not pertain to restrictions for those who have been exposed. Therefore, quarantine is the most accurate term for describing the restrictions imposed on healthy individuals after exposure to a communicable disease.

**4. What is a common psychological response to severe burns that nurses should anticipate?**

- A. Denial or acceptance**
- B. Fear and anxiety**
- C. Increased optimism**
- D. Complacency about recovery**

Fear and anxiety are common psychological responses that individuals may experience after suffering severe burns. The trauma associated with such injuries can lead to significant emotional distress as patients may face painful treatments, the potential for long-term physical disfigurement, and concerns about their future quality of life. Nurses should anticipate these feelings, as the intense fear of pain, uncertainty about recovery, and anxiety regarding social reintegration can significantly impact a patient's emotional well-being. Understanding this response is critical for nurses, as it allows them to provide appropriate support, such as psychological counseling or reassurance, and to create a therapeutic environment that fosters coping strategies. Recognizing and addressing fear and anxiety can help facilitate recovery and improve overall patient outcomes in the aftermath of traumatic injuries.

**5. What is the purpose of a rapid assessment in the context of disaster response?**

- A. Quality of life
- B. Rapid assessment**
- C. Health assessment
- D. Health promotion

The purpose of a rapid assessment in the context of disaster response is to quickly evaluate the immediate health needs of a population affected by a disaster. This approach is critical because it allows responders to identify urgent medical conditions, allocate resources effectively, and mobilize appropriate interventions to address life-threatening situations. Rapid assessments often include evaluating the health status of the affected individuals, identifying injuries, determining the availability of medical supplies, and uncovering any environmental hazards that may pose further risks. This immediate form of assessment helps ensure that the most pressing health concerns are addressed promptly, thereby minimizing morbidity and mortality during a crisis. By understanding what the population needs in real time, responders can prioritize actions and coordinate with different agencies to provide necessary support and care, ultimately improving outcomes for those impacted by the disaster.

**6. What is the first level of the intervention pyramid for mental health and psychosocial support in emergencies?**

- A. Specialized services
- B. Basic services and security**
- C. Community and family support
- D. Focused, non-specialized supports

The first level of the intervention pyramid for mental health and psychosocial support in emergencies is basic services and security. This foundational level emphasizes the importance of ensuring safety, access to basic necessities, and the provision of essential services to individuals affected by a crisis or disaster. Having these elements in place is crucial because they provide the necessary framework for emotional and psychological well-being. When individuals are in a secure environment with access to food, shelter, and healthcare, they are better able to cope with the stressors of the situation they are facing. This level lays the groundwork for further psychosocial support and interventions, reflecting the understanding that basic needs must be prioritized to foster recovery and resilience. The other levels, which include community and family support, focused non-specialized supports, and specialized services, build upon this foundation. These interventions come into play once basic services and security are established, addressing more specific mental health needs and promoting psychological well-being on a broader and more specialized scale.

**7. What is the Government of the Philippines' multi-hazard response plan called?**

- A. National Disaster Response Plan (NDRP)**
- B. National Disaster Risk Reduction Management Council (NDRRMC)**
- C. Philippine National Red Cross**
- D. Philippine Disaster Plan (PDP)**

The multi-hazard response plan of the Government of the Philippines is known as the National Disaster Response Plan (NDRP). This plan outlines strategies for managing disaster responses effectively and is part of a broader approach to disaster risk reduction and management in the country. The NDRP is designed to ensure that the government can respond systematically and efficiently to various disasters, taking into account the diverse hazards that may affect different regions. Understanding the context of the NDRP illustrates its importance in the overarching framework of disaster management in the Philippines, which is prone to a range of hazards including typhoons, earthquakes, and volcanic eruptions. The plan is intended to provide clear guidelines for coordination among various government agencies, local government units, and other stakeholders during disaster response efforts, thereby minimizing chaos and maximizing the effectiveness of the response. Other options, while related to disaster management in the Philippines, serve different roles. The National Disaster Risk Reduction Management Council (NDRRMC) oversees the implementation of disaster risk reduction policies and programs rather than being a specific response plan. The Philippine National Red Cross is a humanitarian organization providing disaster assistance, but it is not a government-led multi-hazard response plan. Lastly, the Philippine Disaster Plan (PDP), while it may exist

**8. Which of the following best describes “emergency preparedness”?**

- A. Plans made before a disaster to minimize harm**
- B. Response strategies implemented long after an event**
- C. Support provided only after a disaster occurs**
- D. All strategies used during a disaster event**

Emergency preparedness fundamentally involves the proactive planning and organization designed to reduce the impact of disasters before they occur. This includes assessing potential risks, developing clear action plans, training personnel, conducting drills, and securing necessary resources. The emphasis is on minimizing harm to individuals and communities by ensuring that responses are prompt, efficient, and well-coordinated when a disaster strikes. In contrast, other options describe approaches that focus on responses after the event or during the disaster itself. Incorporating elements such as response strategies implemented long after an event or providing support only after a disaster would not fall under the umbrella of preparedness, as these actions lack the proactive planning component that characterizes effective emergency preparedness. Similarly, while strategies used during a disaster are crucial for effective management, they do not encompass the planning phase that is central to preparedness. Therefore, the best definition emphasizing foresight and planning is the one that highlights plans made before a disaster to minimize harm.

**9. How do weather-related disasters typically differ from non-weather-related disasters?**

- A. They occur only during the summer months**
- B. They often have unpredictable patterns**
- C. They commonly feature predictable patterns and seasonality**
- D. They are generally less severe**

Weather-related disasters, such as hurricanes, tornadoes, floods, and wildfires, are characterized by predictable patterns and seasonality, which is a key distinguishing factor when comparing them to non-weather-related disasters. These weather events often follow established seasonal trends; for instance, hurricane seasons occur at specific times of the year, and areas prone to tornadoes typically experience heightened activity during certain months. The predictability of these patterns allows for better planning and preparation, enabling communities and emergency services to implement measures to mitigate the impacts of these disasters. Forecasting tools and historical data provide insights that enhance awareness and preparedness for imminent weather threats. In contrast, non-weather-related disasters—such as earthquakes or industrial accidents—do not follow a seasonal pattern and often occur without warning, which can complicate response efforts and preparedness initiatives. By understanding the seasonality and predictable nature of weather-related disasters, responders can better allocate resources and develop effective disaster response plans, thereby improving overall community resilience to such events.

**10. What term refers to the study of what it means to live a moral life?**

- A. Law**
- B. Morality**
- C. Ethics**
- D. Confidentiality**

The term that refers to the study of what it means to live a moral life is ethics. Ethics involves the systematic examination and analysis of principles that govern what is considered right and wrong behavior. It looks at moral values, standards, and the justifications for them, providing a framework to evaluate actions and decisions. In the context of various professional fields, including nursing, ethics plays a crucial role in guiding practitioners through complex moral dilemmas they may face in practice. While law reflects a formal system of rules and regulations that societies implement to maintain order and justice, it does not encompass the broader philosophical study of moral life. Morality itself refers to the principles concerning the distinction between right and wrong or good and bad behavior, but does not signify the systematic study or analysis of these principles. Confidentiality, on the other hand, refers specifically to the ethical duty to protect private information about individuals and is one aspect of ethical practice, rather than the comprehensive study of morality.