

DISASTER NURSING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. What is an essential aspect of the PFA approach?**
 - A. Providing expert therapy
 - B. Listening and understanding individuals' needs
 - C. Enforcing medication for all survivors
 - D. Dismissing individuals' concerns
- 2. What is an important component of disaster preparedness plans?**
 - A. Community engagement activities
 - B. Logistical support from government agencies
 - C. Funding for emergency supplies
 - D. Training and drills for responders and community members
- 3. Which assessment is not typically performed on a patient with a blast injury?**
 - A. Assess for vasovagal hypotension
 - B. Assess the client for confusion
 - C. Assess for hypervolemia
 - D. Assess for potential fractures
- 4. What is one way to ensure equitable healthcare access during disaster relief efforts?**
 - A. Providing care based on economic status
 - B. Implementing culturally competent care practices
 - C. Focusing on urban areas for resources
 - D. Prioritizing education in health management
- 5. Which of the following is an indicator of a tsunami?**
 - A. Thunderstorms
 - B. Water receding from a great distance from the coast
 - C. Excessive rain clouds
 - D. Peaceful waves in the shore

- 6. What is an example of a secondary health impact that can arise from disasters?**
- A. Broken bones from immediate trauma
 - B. Increased rates of anxiety and depression
 - C. Acute infections
 - D. Burns from flames
- 7. 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
- 8. In disaster nursing, what does the term "sheltering" refer to?**
- A. Providing long-term housing solutions
 - B. Providing temporary housing and basic needs
 - C. Evacuating individuals to safer areas
 - D. Offering counseling services
- 9. Which element emphasizes the need to plan for multiple types of hazards?**
- A. Multi-hazard approach
 - B. Unique hazard strategy
 - C. Single hazard framework
 - D. Standard operational procedure
- 10. What is the next action for a nurse when a client with burns in the mouth and wheezing shows no wheezing after several hours?**
- A. Documenting the findings
 - B. Loosening any dressings on the chest
 - C. Raising the head of the bed
 - D. Preparing for intubation

Answers

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

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Explanations

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1. What is an essential aspect of the PFA approach?

- A. Providing expert therapy
- B. Listening and understanding individuals' needs**
- C. Enforcing medication for all survivors
- D. Dismissing individuals' concerns

The PFA, or Psychological First Aid, emphasizes the importance of listening and understanding the needs of individuals who have experienced trauma. This approach prioritizes establishing a supportive environment where individuals can express their feelings and concerns. By actively listening and validating their experiences, caregivers foster a sense of safety and connection, which is essential for the healing process. This compassionate interaction helps individuals feel acknowledged and understood, making it a vital component of effective disaster response. In contrast, expert therapy is not a primary focus of PFA, as it is intended to be a supportive and initial response rather than in-depth psychological intervention. Medication enforcement is contrary to the principles of PFA, which advocates for a voluntary approach to support, promoting autonomy and respect for individual choices. Lastly, dismissing individuals' concerns would hinder the healing process, as it contradicts the foundational principles of empathy and support central to the PFA approach.

2. What is an important component of disaster preparedness plans?

- A. Community engagement activities
- B. Logistical support from government agencies
- C. Funding for emergency supplies
- D. Training and drills for responders and community members**

An important component of disaster preparedness plans is the training and drills for responders and community members. This aspect focuses on ensuring that individuals involved in emergency services and the general population understand their roles and responsibilities during a disaster. Training programs teach skills needed to respond effectively, such as first aid, triage, evacuation procedures, and how to operate emergency equipment. Additionally, conducting regular drills allows participants to practice these skills in a safe environment, helping to reinforce learning and build confidence. Training and drills establish a culture of preparedness within the community, enhance coordination among responders, and improve response times during actual emergencies. This preparedness ensures that when a disaster occurs, those involved can act quickly and efficiently, thereby saving lives and reducing the impact of the disaster on the community. By prioritizing this component in a disaster plan, communities are better equipped to handle various emergency situations.

3. Which assessment is not typically performed on a patient with a blast injury?

- A. Assess for vasovagal hypotension
- B. Assess the client for confusion
- C. Assess for hypervolemia**
- D. Assess for potential fractures

In the context of blast injuries, assessing for hypervolemia is not typically prioritized. Blast injuries primarily result from explosive forces that can cause significant damage to soft tissue, organs, and bones. The focus during the assessment of such injuries is primarily on identifying immediate life-threatening conditions and injuries related to the blast. Assessing for confusion is relevant because traumatic brain injuries can occur due to the concussive forces of a blast. Similarly, checking for potential fractures makes sense, as bone injuries are common due to the force of the explosion and potential debris. Vasovagal hypotension may also be assessed, as this condition can occur in response to pain, injury, or emotional distress from the trauma. Hypervolemia, or an excess of fluid volume in the body, is less relevant in the immediate assessment of patients with blast injuries. While it is an important consideration in other types of trauma or medical conditions (like heart failure or kidney problems), hypervolemia does not directly relate to the acute assessment needs of blast injury patients.

4. What is one way to ensure equitable healthcare access during disaster relief efforts?

- A. Providing care based on economic status
- B. Implementing culturally competent care practices**
- C. Focusing on urban areas for resources
- D. Prioritizing education in health management

Implementing culturally competent care practices is essential for ensuring equitable healthcare access during disaster relief efforts. This approach involves recognizing and respecting the diverse backgrounds of individuals affected by the disaster, including their language, culture, beliefs, and values. By tailoring healthcare delivery to meet the specific needs of various cultural groups, healthcare providers can improve communication, build trust, and ensure that interventions are both appropriate and effective. This personalized approach helps to overcome barriers that may hinder access to care, ensuring that all individuals, regardless of their cultural background, receive the support and resources they need during emergencies. In contrast, providing care based on economic status does not necessarily address the needs of all individuals and can perpetuate inequalities. Focusing only on urban areas limits resources to communities that may already have better access to healthcare, neglecting rural or underserved populations. Prioritizing education in health management, while important, might not directly address the immediate healthcare needs of individuals during a disaster, where timely and culturally sensitive care is crucial.

5. Which of the following is an indicator of a tsunami?

- A. Thunderstorms
- B. Water receding from a great distance from the coast**
- C. Excessive rain clouds
- D. Peaceful waves in the shore

The phenomenon where water recedes significantly from the coastline is a classic indicator of an impending tsunami. This occurs as the tsunami approaches the shore; the ocean pulls back to allow for the massive wave that is about to surge in. This receding effect can happen suddenly and dramatically, exposing large areas of the sea floor, which is unusual compared to normal tidal fluctuations. It is often accompanied by other indications, such as a noticeable draw of water back from the beach. Observing such a change in water level should prompt immediate action to evacuate to higher ground, as it serves as a critical warning sign of the potential danger that follows. The other choices do not serve as indicators of an impending tsunami. Thunderstorms and excessive rain clouds are common weather phenomena that do not directly relate to tsunami activity. Likewise, peaceful waves at the shore do not signal the arrival of a tsunami; rather, they indicate typical ocean behavior. Understanding these indicators is vital for disaster preparedness and response.

6. What is an example of a secondary health impact that can arise from disasters?

- A. Broken bones from immediate trauma
- B. Increased rates of anxiety and depression**
- C. Acute infections
- D. Burns from flames

A secondary health impact refers to health issues that emerge as a consequence of a disaster, rather than from the immediate effects of the disaster itself, which typically involve physical injuries and acute conditions. Increased rates of anxiety and depression are clear examples of such secondary impacts, as they relate to the prolonged psychological effects and stress experienced by individuals after a disaster has occurred. These mental health conditions can emerge in response to the trauma, loss, displacement, and uncertainty that often follow catastrophic events. In contrast, broken bones, acute infections, and burns are examples of primary health impacts. These are direct results of physical harm sustained during the disaster itself or due to immediate environmental factors. They focus on the initial, tangible injuries that occur as a result of the disaster, highlighting the differing nature of primary versus secondary health impacts. Understanding these distinctions is crucial in disaster nursing practice, as it helps in planning for comprehensive care that addresses both immediate physical health needs and ongoing mental health support.

7. 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.

8. In disaster nursing, what does the term "sheltering" refer to?

- A. Providing long-term housing solutions
- B. Providing temporary housing and basic needs**
- C. Evacuating individuals to safer areas
- D. Offering counseling services

Sheltering in the context of disaster nursing specifically refers to providing temporary housing and essential needs to individuals who have been affected by a disaster. This concept is crucial as disasters can displace people from their homes, leaving them in urgent need of a safe and secure place to stay, even if just for a short period. Temporary sheltering ensures that individuals have access to basic necessities such as food, water, and sanitation, which are critical for their health and well-being during an emergency. In addition to providing shelter, this concept encompasses the organization of resources and support systems to help those affected regain a sense of security and stability. This makes it a foundational aspect of disaster response, addressing immediate needs before a more permanent solution, like long-term housing, can be established. While other answers might relate to various aspects of disaster management—such as evacuating individuals or offering counseling—the essence of "sheltering" is rooted in the immediate and practical support provided during a disaster scenario.

9. Which element emphasizes the need to plan for multiple types of hazards?

- A. Multi-hazard approach**
- B. Unique hazard strategy
- C. Single hazard framework
- D. Standard operational procedure

The multi-hazard approach is essential because it recognizes that various types of hazards can occur simultaneously or sequentially, affecting communities in complex ways. This approach emphasizes the importance of comprehensive planning that considers a wide range of potential risks, including natural disasters like earthquakes, floods, and hurricanes, as well as human-made incidents such as chemical spills or terrorist attacks. By adopting a multi-hazard approach, emergency planners and responders can develop strategies that integrate resources, coordinate responses, and tailor training to prepare for diverse scenarios. This prepares communities not only for immediate response but also for recovery and mitigation efforts across different hazards, ultimately enhancing resilience. In contrast, a unique hazard strategy would focus solely on one particular threat, which may neglect the interconnectedness of risk factors. A single hazard framework could lead to inadequate preparation for other possible threats. Standard operational procedures, while important for consistency in response, do not inherently account for multiple hazards unless specifically designed to do so.

10. What is the next action for a nurse when a client with burns in the mouth and wheezing shows no wheezing after several hours?

- A. Documenting the findings
- B. Loosening any dressings on the chest
- C. Raising the head of the bed
- D. Preparing for intubation**

For a client with burns in the mouth and wheezing, the initial concern is the potential for airway compromise due to thermal injury and inhalation of heated or toxic fumes. Wheezing can indicate bronchospasm, which may improve with time or treatment, but the absence of wheezing after several hours doesn't necessarily mean that the airway is secure. Preparing for intubation is a critical step because several factors in burn cases can lead to rapid deterioration of airway status. Even if the wheezing has decreased, the risk of airway edema developing or other complications remains high. Intubation is a precautionary measure, especially in cases with facial burns or inhalation injuries, where an emergency can arise unexpectedly. Taking steps such as ensuring that the patient is in a high-fowler's position, documenting findings, or any other intervention may not address the immediate risk of airway obstruction effectively. In a life-threatening scenario like this one, prioritizing airway management through preparation for intubation is crucial to ensure that the patient is protected against any sudden changes that could lead to respiratory distress.

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.

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

<https://disasternursing.examzify.com>

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

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