

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 the primary goal of disaster nursing?**
 - A. To provide financial aid to affected individuals
 - B. To provide care to individuals affected by disasters
 - C. To conduct research on disaster effects
 - D. To assess infrastructure damage
- 2. What is a common misconception about nursing roles in disaster management?**
 - A. Nurses only provide first aid
 - B. Nurses do not engage in community education
 - C. Nurses can play a vital role in both response and recovery
 - D. Nursing roles are limited to hospitals
- 3. What does the triage system prioritize in a disaster situation?**
 - A. Patients who need immediate medical attention
 - B. Patients with minor injuries
 - C. Patients with chronic illnesses
 - D. Patients requiring psychological help
- 4. 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
- 5. What should you do during a winter storm if you're inside a vehicle?**
 - A. Drive slowly
 - B. Find a warm shelter
 - C. Keep the headlights on
 - D. All of the above

- 6. How is COVID-19 primarily transmitted?**
- A. Through droplets from sneezes and coughs
 - B. By drinking unclean water
 - C. In sexual fluids
 - D. From surfaces that have been contaminated
- 7. Why is inter-agency collaboration crucial during a disaster response?**
- A. It increases competition among agencies
 - B. It allows for resource hoarding
 - C. It ensures a coordinated and effective response to community needs
 - D. It limits the number of responders
- 8. Which phase of disaster management focuses on preparedness and planning?**
- A. The response phase
 - B. The recovery phase
 - C. The mitigation phase
 - D. The evaluation phase
- 9. What is a significant role of the disaster nurse in a mass casualty event?**
- A. To provide financial support to victims
 - B. To assess and prioritize care based on severity
 - C. To manage the logistics of healthcare facilities
 - D. To conduct patient follow-ups
- 10. During an outbreak, what symptoms should healthcare providers monitor among those exposed to nerve gas?**
- A. Persistent cough
 - B. Convulsions and loss of consciousness
 - C. Skin irritation
 - D. Headache and fatigue

Answers

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

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Explanations

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1. What is the primary goal of disaster nursing?

- A. To provide financial aid to affected individuals
- B. To provide care to individuals affected by disasters**
- C. To conduct research on disaster effects
- D. To assess infrastructure damage

The primary goal of disaster nursing is to provide care to individuals affected by disasters. This encompasses a wide range of responsibilities, including triaging patients, administering first aid, managing acute injuries and illnesses, and facilitating access to necessary medical resources and emotional support. Disaster nurses are trained to deliver care in challenging environments where traditional healthcare services may be disrupted or inaccessible. In a disaster scenario, prompt and effective nursing care is crucial for minimizing morbidity and mortality among affected populations. While financial aid, research, and infrastructure assessments are important aspects of disaster response, the foremost priority of nursing professionals in these situations is to ensure the health and well-being of those impacted by the disaster. This is vital for swift recovery and stabilization in the aftermath of traumatic events.

2. What is a common misconception about nursing roles in disaster management?

- A. Nurses only provide first aid
- B. Nurses do not engage in community education
- C. Nurses can play a vital role in both response and recovery**
- D. Nursing roles are limited to hospitals

The recognition of nursing roles in disaster management is often misunderstood, and one of the prevalent misconceptions is that nurses can only provide basic care such as first aid during emergencies. This misunderstanding overlooks the comprehensive scope of nursing responsibilities, which extends far beyond immediate medical assistance. Nurses play a crucial role throughout all phases of disaster management, including preparedness, response, recovery, and mitigation. In the response phase, nurses are involved in triaging and treating injured individuals, but their contributions do not stop there. They also participate in planning and implementing community education initiatives aimed at disaster preparedness and health promotion. Furthermore, during recovery, nurses are essential in addressing both the physical and mental health needs of affected populations, helping in rehabilitation and providing ongoing support. This broader view of nursing roles emphasizes their capability to impact disaster outcomes significantly, influencing both immediate care and long-term recovery efforts. It highlights the importance of comprehensive training and involvement in community education, rather than limiting the perception of nursing to just hospital care or basic first aid in crisis situations.

3. What does the triage system prioritize in a disaster situation?

A. Patients who need immediate medical attention

B. Patients with minor injuries

C. Patients with chronic illnesses

D. Patients requiring psychological help

In a disaster situation, the triage system prioritizes patients who need immediate medical attention. This approach is essential to ensure that those with life-threatening conditions receive care first, as they are the most at risk of deteriorating without prompt intervention. The triage process is designed to allocate limited medical resources effectively during emergencies, where the number of patients often exceeds the available care capacity. By focusing on patients who require immediate interventions, medical teams can stabilize those who have critical injuries or conditions such as severe bleeding, respiratory distress, or shock. This method helps to maximize survival rates and improve overall outcomes in chaotic disaster scenarios. In contrast, patients with minor injuries, chronic illnesses, or those requiring psychological help, while still important, may not be prioritized in the acute phases of triage. Minor injuries can often wait for treatment without significant risk, chronic illness management might be deferred, and psychological assistance can be provided later once immediate medical needs are addressed. The tiered approach of triage underscores the importance of addressing life-threatening conditions first, which is foundational in disaster nursing.

4. 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.

5. What should you do during a winter storm if you're inside a vehicle?

- A. Drive slowly
- B. Find a warm shelter
- C. Keep the headlights on
- D. All of the above**

During a winter storm, if you find yourself inside a vehicle, the most comprehensive approach to ensuring safety involves a combination of several actions. Keeping the headlights on is crucial as it increases visibility for both yourself and other drivers, helping to prevent accidents. Driving slowly is essential as it allows for greater control of the vehicle on potentially slippery surfaces, reducing the risk of skidding or losing traction. Additionally, finding a warm shelter when possible is important to protect yourself from the extreme cold and the potential hazards posed by prolonged exposure to cold temperatures. The combination of these actions collectively addresses the challenges posed by a winter storm. It promotes safety while navigating the conditions and prioritizes personal well-being by suggesting a refuge from the cold. Thus, a response that encompasses all these strategies—keeping headlights on, driving slowly, and finding warm shelter—constitutes the most effective and responsible action one can take during such adverse weather conditions.

6. How is COVID-19 primarily transmitted?

- A. Through droplets from sneezes and coughs**
- B. By drinking unclean water
- C. In sexual fluids
- D. From surfaces that have been contaminated

COVID-19 is primarily transmitted through respiratory droplets that are expelled when an infected person sneezes, coughs, talks, or breathes. These droplets can enter the mouths or noses of individuals nearby, leading to new infections. This form of transmission is especially concerning in crowded or poorly ventilated areas, where droplets can accumulate, increasing the likelihood of spread. While other routes of transmission exist for various pathogens, they are not the primary mode for COVID-19. For instance, transmission through contaminated surfaces can occur, but it is less significant compared to direct respiratory droplet spread. Similarly, sexual transmission is not a recognized primary route for the virus, and drinking unclean water relates to different illnesses altogether. Thus, recognizing the primary mode of transmission is crucial for implementing effective public health strategies to reduce the spread, such as wearing masks and maintaining physical distance.

7. Why is inter-agency collaboration crucial during a disaster response?

- A. It increases competition among agencies
- B. It allows for resource hoarding
- C. It ensures a coordinated and effective response to community needs**
- D. It limits the number of responders

Inter-agency collaboration is crucial during a disaster response because it fosters a coordinated and effective approach to addressing the needs of the affected community. When multiple organizations and agencies work together, they can pool their resources, expertise, and manpower to create a unified response strategy. This comprehensive coordination ensures that various aspects of the response—such as medical care, shelter, food distribution, and logistics—are managed efficiently and without overlap or confusion. Each agency typically brings unique capabilities to the table, and through collaboration, they can address a wide range of challenges that arise during a disaster. By sharing information and resources, agencies can respond more quickly and effectively to evolving situations, ultimately leading to a reduction in suffering and an improvement in the overall impact of the disaster response. In contrast, competition among agencies, resource hoarding, and limiting responders can hinder the response efforts significantly. These detrimental behaviors can create gaps in service delivery, increase confusion, and lead to unmet needs within the community. Therefore, the importance of collaboration cannot be overstated, as it not only enhances the efficiency of disaster responses but also supports the overall resilience of the community during crisis situations.

8. Which phase of disaster management focuses on preparedness and planning?

- A. The response phase
- B. The recovery phase
- C. The mitigation phase**
- D. The evaluation phase

The mitigation phase of disaster management is all about taking proactive steps to reduce the impact of disasters before they occur. This phase is critical because it includes activities focused on risk assessment, emergency planning, and the development of contingency strategies to prepare communities for potential disasters. During this phase, various strategies are implemented, such as conducting drills, creating emergency plans, and educating the community about disaster risks and preparedness measures. The goal of these activities is to ensure that individuals and organizations are ready to respond effectively, thereby minimizing harm and facilitating a quicker recovery when a disaster strikes. In contrast, while the response phase is concerned with immediate actions during a disaster, the recovery phase deals with restoring the community after a disaster has occurred. The evaluation phase focuses on assessing the effectiveness of disaster response and planning for future improvements. These phases do not directly involve planning and preparedness, which makes the mitigation phase the correct choice for this question.

9. What is a significant role of the disaster nurse in a mass casualty event?

- A. To provide financial support to victims
- B. To assess and prioritize care based on severity**
- C. To manage the logistics of healthcare facilities
- D. To conduct patient follow-ups

In a mass casualty event, one of the most critical roles of a disaster nurse is to assess and prioritize care based on severity. This process is known as triage. Given the overwhelming number of patients and limited resources, it is essential for nurses to quickly evaluate the conditions of multiple individuals and determine who needs immediate medical attention versus those who can wait for care. This triage process ensures that those with the most urgent medical needs receive treatment first, thus maximizing the chances of survival and optimal outcomes in chaotic and time-sensitive situations. The disaster nurse must be capable of making rapid decisions and is often trained to use established triage systems, such as the START (Simple Triage and Rapid Treatment) method, to efficiently categorize patients. Other roles, while important in the broader context of healthcare delivery, do not directly pertain to the immediate hands-on care required in a mass casualty situation. For instance, conducting patient follow-ups is essential in ongoing patient care but is not a priority during a mass casualty incident where immediate lifesaving interventions are critical.

10. During an outbreak, what symptoms should healthcare providers monitor among those exposed to nerve gas?

- A. Persistent cough
- B. Convulsions and loss of consciousness**
- C. Skin irritation
- D. Headache and fatigue

Monitoring for convulsions and loss of consciousness among individuals exposed to nerve gas is essential due to the physiological effects of nerve agents on the nervous system. Nerve gases inhibit the enzyme acetylcholinesterase, leading to an accumulation of acetylcholine in the synapses. This overstimulation of the nervous system can result in severe manifestations, including muscle twitching, convulsions, and potentially life-threatening respiratory failure. Loss of consciousness can result from the central nervous system's overwhelming response to the toxin, signaling a critical need for immediate medical intervention. In contrast, while symptoms like persistent cough, skin irritation, and headache with fatigue might indicate exposure to various other environmental or chemical agents, they are not the hallmark symptoms directly associated with nerve agent exposure. Instead, the more dramatic and severe symptoms highlight the life-threatening nature of nerve gas and the urgency required for treatment and stabilization of affected individuals.

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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