

DOH Community Health Nursing (CHN) Programs Practice Test (Sample)

Study Guide



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Questions

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- 1. What is the primary goal of Community Health Nursing (CHN)?**
 - A. To conduct clinical trials for new medications**
 - B. To promote and protect the health of populations**
 - C. To train other healthcare professionals**
 - D. To provide one-on-one patient care**
- 2. How do community health interventions typically contribute to disease prevention?**
 - A. By reducing medical professionals' workload**
 - B. By promoting health literacy and healthy behaviors**
 - C. By increasing the availability of medications**
 - D. By standardizing health services across all communities**
- 3. What are some common methods of community health education?**
 - A. One-on-one counseling only**
 - B. Workshops, seminars, and health campaigns**
 - C. Only online courses**
 - D. Yearly health fairs solely**
- 4. What role do community health nurses play in disaster preparedness?**
 - A. Conducting emergency medical procedures**
 - B. Providing education and response strategies**
 - C. Managing hospital emergency rooms**
 - D. Providing direct medical care only**
- 5. Which organization is essential for establishing community health standards?**
 - A. The World Health Organization (WHO)**
 - B. The Centers for Disease Control and Prevention (CDC)**
 - C. The Department of Health (DOH)**
 - D. The National Institutes of Health (NIH)**

- 6. What is the term for activities that promote healthy lifestyles and prevent disease risk?**
- A. Tertiary prevention**
 - B. Primordial prevention**
 - C. Secondary prevention**
 - D. Primary prevention**
- 7. Which aromatic herb is commonly used by older persons for relief from body pain and rheumatism?**
- A. Pangangnga**
 - B. Ylang-ylang**
 - C. Yerba buena**
 - D. Malunggay**
- 8. When is early initiation of breastfeeding recommended?**
- A. As soon as possible**
 - B. Within 90 minutes**
 - C. Within 90 seconds**
 - D. Anytime after delivery**
- 9. Which disorder is characterized by the inability to break down the amino acids leucine, isoleucine, and valine?**
- A. Congenital Hypothyroidism**
 - B. Maple syrup urine disease**
 - C. Galactosemia**
 - D. Pheylketonuria**
- 10. How many conditions does the Expanded Newborn Screening Test cover?**
- A. 24**
 - B. 28**
 - C. 12**
 - D. 6**

Answers

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

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Explanations

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1. What is the primary goal of Community Health Nursing (CHN)?

- A. To conduct clinical trials for new medications**
- B. To promote and protect the health of populations**
- C. To train other healthcare professionals**
- D. To provide one-on-one patient care**

The primary goal of Community Health Nursing (CHN) is to promote and protect the health of populations. This focus on population health is rooted in the understanding that health is influenced by a wide range of factors, including social, economic, and environmental conditions. Community health nurses work collaboratively with communities to identify health needs, develop interventions, and implement strategies that lead to improved health outcomes. By concentrating on the health of populations rather than individual patients, community health nurses aim to address public health issues, prevent diseases, and enhance the overall wellbeing of communities. This approach often includes health education, advocacy, and mobilization of resources to empower individuals and communities to achieve better health outcomes. While conducting clinical trials for new medications, training other healthcare professionals, and providing one-on-one patient care are all important aspects of healthcare, they are not the primary focus of community health nursing. Instead, these activities may serve as complementary functions within a broader framework of community health efforts aimed at enhancing population health.

2. How do community health interventions typically contribute to disease prevention?

- A. By reducing medical professionals' workload**
- B. By promoting health literacy and healthy behaviors**
- C. By increasing the availability of medications**
- D. By standardizing health services across all communities**

Community health interventions play a crucial role in disease prevention primarily by promoting health literacy and encouraging healthy behaviors. Health literacy refers to the capacity of individuals to obtain, process, and understand basic health information and services needed to make informed health decisions. When community health programs focus on education and awareness, they empower individuals with the knowledge they need to adopt healthier lifestyles. For example, through workshops, community outreach, and educational campaigns, individuals learn about the importance of nutrition, exercise, vaccinations, and screenings. This knowledge enables them to make better choices that can lead to improved health outcomes and reduced incidence of diseases. Furthermore, adopting healthy behaviors such as safe sexual practices, smoking cessation, and regular physical activity can significantly lower the risk of chronic diseases and promote overall community well-being. The other options do not address the core function of community health interventions as effectively as promoting health literacy and behaviors. Reducing the workload of medical professionals or increasing medication availability may indirectly support health outcomes, but they do not directly empower individuals in the same way that education does. Lastly, standardizing health services across communities may help ensure equity in healthcare access; however, it does not inherently prevent disease without a focus on health education and preventive practices.

3. What are some common methods of community health education?

- A. One-on-one counseling only**
- B. Workshops, seminars, and health campaigns**
- C. Only online courses**
- D. Yearly health fairs solely**

Workshops, seminars, and health campaigns are widely recognized methods of community health education due to their interactive and engaging nature, which allows for effective dissemination of information to diverse groups. These approaches facilitate direct interaction between health educators and community members, enabling participants to ask questions, share experiences, and receive tailored information that resonates with their specific health concerns. Workshops and seminars provide structured learning environments where individuals can gain in-depth knowledge about various health topics, while health campaigns can reach wider audiences through community outreach, utilizing various media to promote healthy practices and behaviors. Such multifaceted approaches encourage participation, enhance awareness, and foster a sense of community involvement in health initiatives, making them ideal for effective health education. In contrast, methods such as one-on-one counseling, while beneficial, limit the reach to individuals or small groups and may not have the same impact as group learning settings. Exclusively online courses might exclude those without internet access or digital literacy, and yearly health fairs, although beneficial, do not provide the continuous educational engagement necessary for lasting behavior change. Together, workshops, seminars, and health campaigns create a comprehensive framework for community health education that can adapt to the needs of the population.

4. What role do community health nurses play in disaster preparedness?

- A. Conducting emergency medical procedures**
- B. Providing education and response strategies**
- C. Managing hospital emergency rooms**
- D. Providing direct medical care only**

Community health nurses play a crucial role in disaster preparedness primarily by providing education and response strategies. They work within the community to assess risks, plan for potential disasters, and inform residents about how to prepare effectively. This educational role empowers individuals and families to take proactive steps in their own disaster preparedness, such as creating emergency plans, assembling disaster kits, and understanding the community's resources and response systems. By focusing on education and response strategies, community health nurses ensure that the population is aware of what actions to take before, during, and after a disaster. They also collaborate with other professionals and agencies in the community to implement training programs and drills, ensuring that everyone knows their role in the event of a disaster. This comprehensive approach is vital in minimizing the impact of disasters on health and safety.

5. Which organization is essential for establishing community health standards?

- A. The World Health Organization (WHO)**
- B. The Centers for Disease Control and Prevention (CDC)**
- C. The Department of Health (DOH)**
- D. The National Institutes of Health (NIH)**

The Department of Health (DOH) plays a vital role in establishing community health standards, as it operates at the national and local levels to promote public health policies and programs. The DOH is responsible for assessing health needs, implementing health regulations, and guiding practices that directly impact community health. Through various initiatives, it sets standards that address public health concerns, ensures compliance with health regulations, and fosters environments conducive to health. By focusing on local community needs and tailoring programs accordingly, the DOH effectively addresses specific health challenges and promotes overall community well-being. Other organizations, while integral to public health, focus on different aspects. For example, the World Health Organization (WHO) establishes global health guidelines and standards but does not enforce local practices. The Centers for Disease Control and Prevention (CDC) provides crucial data and guidance on disease control and prevention but operates mainly on a national level without the direct regulatory power that the DOH has. The National Institutes of Health (NIH) primarily focuses on biomedical research and does not engage directly in setting health standards for communities. Therefore, the role of the DOH is distinct and essential for local standard-setting in community health.

6. What is the term for activities that promote healthy lifestyles and prevent disease risk?

- A. Tertiary prevention**
- B. Primordial prevention**
- C. Secondary prevention**
- D. Primary prevention**

The correct answer is the term that refers to activities aimed at promoting healthy lifestyles and preventing disease risk, which is known as primordial prevention. This concept emphasizes the importance of addressing risk factors at a societal or community level before they can affect individual health, thereby reducing the likelihood of diseases from developing in the first place. Primordial prevention focuses on creating environments that promote health and mitigate risks through policy, education, and community engagement. Primary prevention, while also related to preventing diseases, typically involves interventions such as immunizations or lifestyle modifications targeting individuals or populations already at risk. It is aimed at reducing the incidence of disease, rather than addressing broader societal factors that can lead to those risks. Secondary prevention involves early detection and intervention for diseases that have already developed, focusing on minimizing their impact or progression. Tertiary prevention, on the other hand, deals with managing established disease to reduce complications and improve quality of life after the disease has occurred. In summary, primordial prevention is focused on the upstream factors that contribute to health, while the other terms address different stages of disease management and prevention.

7. Which aromatic herb is commonly used by older persons for relief from body pain and rheumatism?

- A. Pangangnga**
- B. Ylang-ylang**
- C. Yerba buena**
- D. Malunggay**

Yerba buena is an aromatic herb known for its medicinal properties, particularly in providing relief from body pain and rheumatism, which is highly relevant for older individuals experiencing these conditions. This herb contains compounds that have analgesic and anti-inflammatory effects, making it effective for easing muscle pain and discomfort associated with rheumatism. Its use in traditional medicine practices has been well-documented, and older adults often turn to natural remedies like yerba buena for pain management. Pangangnga, ylang-ylang, and malunggay may have their own health benefits and uses, but they are not primarily recognized for the specific purpose of alleviating body pain and rheumatism, which reinforces why yerba buena is the most appropriate choice in this context.

8. When is early initiation of breastfeeding recommended?

- A. As soon as possible**
- B. Within 90 minutes**
- C. Within 90 seconds**
- D. Anytime after delivery**

Early initiation of breastfeeding is recommended within 90 minutes after birth. This specific time frame is crucial for several reasons. First, initiating breastfeeding soon after delivery helps to ensure that the baby receives colostrum, the first form of milk that is rich in nutrients and antibodies essential for the newborn's health. Additionally, breastfeeding shortly after birth helps to stimulate the mother's milk production and enhances the bonding between mother and baby through skin-to-skin contact. The first hour after delivery, often referred to as the "golden hour," is particularly important as it is during this time that many newborns exhibit natural feeding cues. Encouraging breastfeeding within this window maximizes the chances of establishing successful breastfeeding practices and can lead to a more sustained breastfeeding experience overall. While immediate initiation is beneficial, the focus on the 90-minute mark allows for certain medical assessments and maternal recovery without sacrificing the critical benefits of early breastfeeding. Hence, the recommendation aligns well with guidelines that promote both infant and maternal health right after birth.

9. Which disorder is characterized by the inability to break down the amino acids leucine, isoleucine, and valine?

- A. Congenital Hypothyroidism**
- B. Maple syrup urine disease**
- C. Galactosemia**
- D. Pheylketonuria**

The disorder characterized by the inability to break down the amino acids leucine, isoleucine, and valine is Maple syrup urine disease. This metabolic condition is a result of a deficiency in the branched-chain alpha-keto acid dehydrogenase complex, which is critical for processing these specific amino acids. When individuals with this condition consume proteins containing these amino acids, they cannot metabolize them properly, leading to a buildup of toxic substances in the body, which can result in neurological damage if not managed appropriately. The distinct characteristic of maple syrup urine disease is that urine may have a sweet, maple syrup-like odor due to the accumulation of the amino acids and their byproducts. Without early screening and dietary management, symptoms can become severe, typically presenting in the neonatal period or early childhood. Other conditions mentioned do not involve amino acid metabolism in the same way. For instance, congenital hypothyroidism involves an underactive thyroid gland, leading to issues with metabolism and growth, but does not directly relate to the metabolism of these branched-chain amino acids. Galactosemia is a disorder affecting the metabolism of galactose, a sugar found in milk and dairy products, while phenylketonuria is a metabolic disorder concerning the amino acid phen

10. How many conditions does the Expanded Newborn Screening Test cover?

- A. 24**
- B. 28**
- C. 12**
- D. 6**

The Expanded Newborn Screening Test covers 28 conditions, making this the correct answer. This comprehensive screening program is designed to identify potentially serious metabolic and genetic disorders in newborns before symptoms appear, enabling early intervention and treatment that can prevent severe health complications or improve health outcomes. The inclusion of a larger number of conditions, compared to smaller figures such as 12 or 6, reflects advancements in medical technology and a better understanding of hereditary disorders. This broader screening capability helps ensure that infants who may be at risk for various health issues receive timely diagnosis and care, which is critical in the early stages of life when certain conditions can be most effectively managed. The figure of 24 also falls short of the current standards, as the program has evolved to include more disorders as science and technology advance. Thus, the 28 conditions covered not only represent a commitment to comprehensive newborn care but also highlight the importance of pediatric health initiatives aimed at reducing morbidity and mortality associated with genetic and metabolic disorders.