

# DOH Community Health Nursing (CHN) Programs 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. Which level of prevention is focused on preventing the onset of disease?**
  - A. Secondary prevention**
  - B. Tertiary prevention**
  - C. Primary prevention**
  - D. Quaternary prevention**
  
- 2. What does the term "community engagement" mean in Community Health Nursing?**
  - A. Implementing health initiatives without community input**
  - B. Involving community members in planning and implementation**
  - C. Only surveying the community about their health needs**
  - D. Providing resources to community members passively**
  
- 3. What is the purpose of a Community Health Needs Assessment?**
  - A. To assess the skills of healthcare workers**
  - B. To identify resources in private households**
  - C. To identify health needs and gaps within a community**
  - D. To evaluate the effectiveness of healthcare technology**
  
- 4. What additional vaccines does Republic Act 10152 mandate for basic immunization?**
  - A. Hepatitis B, Mumps, Rubella**
  - B. Hepatitis B, Haemophilus Influenza B, Mumps, Rubella**
  - C. Hepatitis B and Varicella**
  - D. Haemophilus Influenza B and Rubella**
  
- 5. Which population is most targeted for maternal and child health programs in Community Health Nursing?**
  - A. Teenagers**
  - B. Men aged 20-30**
  - C. Pregnant women and children under five years**
  - D. Adults over 65**

- 6. How does accessibility influence community health outcomes?**
- A. It has no effect on health outcomes**
  - B. Limited accessibility leads to better health outcomes**
  - C. Limited access leads to poorer health outcomes**
  - D. Accessibility is only important for urban areas**
- 7. What is the purpose of epidemiology in community health nursing?**
- A. To treat patients with chronic diseases**
  - B. To study health-related events in populations**
  - C. To develop new medical treatments**
  - D. To provide bedside nursing care**
- 8. Which of the following best defines "vulnerable populations" in community health nursing?**
- A. Groups with higher healthcare coverage.**
  - B. Individuals who are affluent and healthy.**
  - C. People who experience social, economic, or health disparities.**
  - D. Those who choose not to seek healthcare.**
- 9. Which term relates to health status and resources associated with health-related problems?**
- A. Nature of the Condition**
  - B. Modifiability of the Problem**
  - C. Magnitude of the Problem**
  - D. Social Concerns**
- 10. Which approach is essential for effective community engagement by nurses?**
- A. Top-down decision-making**
  - B. Individualistic health approaches**
  - C. Collaborative and inclusive strategies**
  - D. Exclusive focus on technology**

## Answers

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

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## **Explanations**

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**1. Which level of prevention is focused on preventing the onset of disease?**

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

The level of prevention that is focused on preventing the onset of disease is primary prevention. This stage occurs before any signs or symptoms of disease are present, and it emphasizes proactive measures to reduce risk factors and avoid the emergence of disease altogether. Examples of primary prevention include vaccination programs, health education on healthy lifestyle choices, and initiatives aimed at reducing risk factors like smoking or poor nutrition. By addressing potential health issues before they develop, primary prevention plays a crucial role in public health and community health nursing. It helps in building a healthier population and reducing the overall burden of disease. This approach is fundamental to effective health promotion strategies and is intended to keep individuals healthy rather than just managing disease after it has occurred.

**2. What does the term "community engagement" mean in Community Health Nursing?**

- A. Implementing health initiatives without community input**
- B. Involving community members in planning and implementation**
- C. Only surveying the community about their health needs**
- D. Providing resources to community members passively**

The term "community engagement" in Community Health Nursing emphasizes the importance of actively involving community members in both the planning and implementation of health initiatives. This approach is essential for effective health interventions, as it ensures that the initiatives are culturally relevant, meet actual community needs, and enhance the likelihood of sustained community involvement and ownership. By engaging community members, health professionals can leverage local knowledge and insights, leading to more effective solutions that are aligned with the community's values and priorities. This participatory approach fosters trust and collaboration, allowing community members to feel a sense of belonging and responsibility in the health initiatives. Engaging the community not only improves the outcomes of health programs but also empowers individuals, encouraging them to take an active role in their own health and the health of their community. This is essential in fostering long-term benefits and adapting strategies that resonate with the community. In contrast, the other choices either suggest a lack of community input or emphasize a more passive approach, which would not support the principles of effective community health practice.

### 3. What is the purpose of a Community Health Needs Assessment?

- A. To assess the skills of healthcare workers
- B. To identify resources in private households
- C. To identify health needs and gaps within a community**
- D. To evaluate the effectiveness of healthcare technology

The purpose of a Community Health Needs Assessment is to identify health needs and gaps within a community. This process involves collecting and analyzing data related to the community's health status, resources, and the barriers to accessing care. The assessment helps to identify specific health problems, outbreaks, and risk factors prevalent in the community, as well as evaluates the availability and quality of existing healthcare services. By understanding these needs, community health organizations can prioritize resources, develop targeted health interventions, and work towards improving health outcomes. Effectively addressing the identified gaps ensures that community health programs are responsive to the most pressing health issues faced by the population. This strategic approach fosters proactive solutions and better allocation of resources to elevate overall community health.

### 4. What additional vaccines does Republic Act 10152 mandate for basic immunization?

- A. Hepatitis B, Mumps, Rubella
- B. Hepatitis B, Haemophilus Influenza B, Mumps, Rubella**
- C. Hepatitis B and Varicella
- D. Haemophilus Influenza B and Rubella

Republic Act 10152 mandates a comprehensive list of immunizations necessary for the basic immunization schedule in the Philippines. The inclusion of Hepatitis B and Haemophilus influenzae type B (Hib), along with Mumps and Rubella, aligns with global health recommendations aimed at controlling and preventing these infections, which can have serious health implications in children. Hepatitis B vaccine is crucial in preventing liver disease caused by the Hepatitis B virus, while Hib vaccination is effective in preventing meningitis and other serious infections in young children. Mumps and Rubella vaccines are part of the measles, mumps, and rubella (MMR) vaccination strategy, which is essential in controlling outbreaks of these contagious diseases. The combination of these vaccines in the mandated immunization schedule reflects a holistic approach to early childhood vaccination, aiming to reduce morbidity and mortality associated with these preventable diseases. This comprehensive inclusion is vital for public health initiatives aimed at increasing immunization rates and safeguarding community health.

**5. Which population is most targeted for maternal and child health programs in Community Health Nursing?**

- A. Teenagers**
- B. Men aged 20-30**
- C. Pregnant women and children under five years**
- D. Adults over 65**

Maternal and child health programs in Community Health Nursing primarily focus on pregnant women and children under five years old due to the critical developmental stages and healthcare needs associated with these groups. During pregnancy and early childhood, individuals are particularly vulnerable to health complications and developmental issues. Maternal health is essential for ensuring the health of the mother and the safe birth of the child, while early childhood health is pivotal for promoting growth, development, and preventing diseases. This population benefits from targeted interventions such as prenatal care, immunizations, nutritional support, and education regarding maternal and child health practices, all of which are aimed at reducing morbidity and mortality rates in these vulnerable groups. Other population groups, such as teenagers, men aged 20-30, and adults over 65, may have their own health concerns but do not represent the primary focus of maternal and child health initiatives, which specifically aim to address the unique challenges faced by mothers and their young children.

**6. How does accessibility influence community health outcomes?**

- A. It has no effect on health outcomes**
- B. Limited accessibility leads to better health outcomes**
- C. Limited access leads to poorer health outcomes**
- D. Accessibility is only important for urban areas**

Accessibility plays a crucial role in determining health outcomes within a community. When access to healthcare services, healthy food options, safe environments, and health education is limited, individuals may face significant barriers in receiving the care and resources they need. This lack of access can result in delays in treatment, increased prevalence of chronic diseases, and poorer overall health, as individuals may not receive preventive care or manage existing health conditions effectively. Communities with limited accessibility often experience higher rates of illness and mortality. This is particularly true in areas where healthcare services are scarce or difficult to obtain, further exacerbating health disparities among different populations. Thus, the statement that limited access leads to poorer health outcomes accurately reflects the negative impact that barriers to healthcare can have on a community's overall health status, highlighting the vital importance of ensuring accessible healthcare for all. In contrast to this understanding, options suggesting that accessibility has no effect on health outcomes or that limited accessibility leads to better health outcomes do not align with established public health research and evidence. Furthermore, stating that accessibility is only important for urban areas overlooks the importance of accessibility in rural and underserved regions, where health services may be equally challenging to access.

**7. What is the purpose of epidemiology in community health nursing?**

- A. To treat patients with chronic diseases**
- B. To study health-related events in populations**
- C. To develop new medical treatments**
- D. To provide bedside nursing care**

The purpose of epidemiology in community health nursing is to study health-related events in populations. This discipline focuses on understanding how diseases spread, their causes, and the factors influencing health and illness in communities. By analyzing data and trends regarding health events, community health nurses can identify at-risk populations, monitor health outcomes, and implement evidence-based interventions to improve public health. Epidemiology provides valuable insights that are essential for developing effective public health policies and programs, designing community interventions, and evaluating health services. This knowledge helps community health nurses forecast potential health crises and design targeted responses to improve the health of entire populations rather than just individuals. In contrast, treating patients with chronic diseases, developing new medical treatments, and providing bedside nursing care are more focused on individual patient care rather than the broader, population-based approach central to epidemiology in community health nursing. By understanding the epidemiological aspects of health, community health nursing becomes proactive, addressing the root causes of health issues at the population level instead of just responding to individual cases.

**8. Which of the following best defines "vulnerable populations" in community health nursing?**

- A. Groups with higher healthcare coverage.**
- B. Individuals who are affluent and healthy.**
- C. People who experience social, economic, or health disparities.**
- D. Those who choose not to seek healthcare.**

The term "vulnerable populations" in community health nursing specifically refers to groups of people who face significant barriers to accessing healthcare due to social, economic, or health disparities. These individuals often have poorer health outcomes and reduced access to necessary healthcare services, which can result from factors such as low income, lack of education, discrimination, geographic isolation, or existing health conditions. Understanding this definition is crucial for community health nurses as they develop and implement programs aimed at improving health equity and addressing the unique needs of these populations. In contrast, the other options do not accurately capture the essence of vulnerability in health contexts. Groups with higher healthcare coverage typically have better access to necessary services, while affluent and healthy individuals do not experience the challenges faced by vulnerable populations. Lastly, those who choose not to seek healthcare may do so for various reasons, but this does not inherently correlate to the systemic disparities that define vulnerability in a community health framework. Focusing on the needs of those experiencing social and economic challenges allows nursing professionals to better target their efforts toward improving overall public health.

**9. Which term relates to health status and resources associated with health-related problems?**

- A. Nature of the Condition**
- B. Modifiability of the Problem**
- C. Magnitude of the Problem**
- D. Social Concerns**

The term that relates to health status and resources associated with health-related problems is "Modifiability of the Problem." This concept focuses on the extent to which a health-related issue can be changed or influenced by available resources, interventions, and strategies. In public health and community health nursing, understanding modifiability is crucial for designing effective interventions and prioritizing health issues based on the capability to improve health outcomes. Modifiability entails assessing whether health problems are addressable through changes in individual behavior, community resources, or policy adjustments. A high degree of modifiability indicates that intervention strategies could effectively alter the course of a health issue, thereby improving overall community health. This aspect is often considered by health professionals when determining resource allocation and planning health programs, aiming to address the most actionable health challenges. Understanding the modifiability of different health problems helps identify which issues can be prioritized in community health initiatives, thus optimizing the use of resources to achieve the best health outcomes.

**10. Which approach is essential for effective community engagement by nurses?**

- A. Top-down decision-making**
- B. Individualistic health approaches**
- C. Collaborative and inclusive strategies**
- D. Exclusive focus on technology**

Collaborative and inclusive strategies are essential for effective community engagement by nurses because they encourage participation, buy-in, and ownership from community members. This approach seeks to involve individuals, families, and groups within the community in identifying their health needs, priorities, and solutions. By fostering dialogue and cooperation among all stakeholders, nurses can develop tailored health interventions that resonate with the community's unique context and culture, leading to more successful health outcomes. This method not only enhances trust between nurses and the community but also empowers residents to take an active role in their health care. It allows for leveraging community strengths and resources, leading to more sustainable and impactful health initiatives. Through collaboration, nurses can better understand the diverse perspectives and needs present within the community, creating a more holistic and effective public health framework.

## 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://dohchnprograms.examzify.com>**

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

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