

DOH COMMUNITY HEALTH NURSING (CHN) PROGRAMS PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://dohchnprograms.examzify.com>



Copyright © 2026 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 accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. How can couples with four children be categorized according to the Philippine Family Planning Program?**
 - A. Target for promotion of contraceptive methods
 - B. Encouraged to have more children
 - C. Excluded from family planning services
 - D. Considered for prenatal care
- 2. What role does advocacy play in Community Health Nursing?**
 - A. Ensures all hospitals are privatized.
 - B. Influences health policies to address disparities.
 - C. Focuses on individual client treatment only.
 - D. Promotes corporate health interests.
- 3. What is the main goal of Basic Emergency Obstetric and Newborn Care?**
 - A. To provide prenatal care
 - B. To handle normal labor and deliveries
 - C. To assist in high-risk pregnancies
 - D. To train new healthcare providers
- 4. What essential skill is crucial for community health assessments?**
 - A. Patient communication
 - B. Data collection and analysis
 - C. Medication administration
 - D. Physical examination
- 5. What are the core competencies of community health nursing?**
 - A. Assessment, policy development, communication, and community mobilization
 - B. Planning, evaluation, documentation, and education
 - C. Networking, advocacy, training, and fundraising
 - D. Prevention, intervention, collaboration, and leadership

- 6. Why are disasters considered a public health concern?**
- A. A large number of deaths and injuries are encountered
 - B. Disease outbreaks emerge
 - C. Weakened health systems
 - D. All of the above
- 7. What does the term "newborn screening" primarily refer to?**
- A. Vaccination procedure for infants
 - B. Screening for inherited metabolic disorders
 - C. Management of labor and delivery
 - D. Assessment of maternal health
- 8. Which of the following is a key ethical consideration in Community Health Nursing?**
- A. Maintaining confidentiality of research subjects
 - B. Informed consent for services and interventions
 - C. Ensuring free healthcare for all individuals
 - D. Limiting patient access to health information
- 9. Which legislation guarantees full respect for human rights, especially for women and children?**
- A. Act on Cheaper Medicine
 - B. Save the Children
 - C. Violence Against Women
 - D. Disaster Risk Reduction Management
- 10. What is the purpose of implementing a public health surveillance system?**
- A. To control healthcare costs in communities
 - B. To collect and analyze data on health phenomena
 - C. To conduct health education workshops
 - D. To promote individual health insurance

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. How can couples with four children be categorized according to the Philippine Family Planning Program?

A. Target for promotion of contraceptive methods

- B. Encouraged to have more children
- C. Excluded from family planning services
- D. Considered for prenatal care

Couples with four children can be categorized as a target for the promotion of contraceptive methods under the Philippine Family Planning Program because they are at a stage where they may benefit from family planning services. This program aims to provide information and access to contraceptive methods to help manage reproductive health and family size, especially for families that may already have a substantial number of children. The rationale behind promoting contraceptive methods to these couples is to support them in making informed decisions about their family size and enhance their ability to provide for their children. In many cases, families may wish to space births or limit the number of children they have for economic or personal reasons, making access to contraceptive options crucial. In contrast, the other options either suggest an approach that is not aligned with the goals of family planning or imply a lack of support for the needs of these families. For instance, encouraging couples to have more children does not take into consideration their individual circumstances or preferences. Exclusion from family planning services would disregard the importance of access to reproductive health resources. Similarly, while prenatal care is vital, it specifically pertains to the health care during pregnancy and does not address the broader aspect of family planning for couples with multiple children.

2. What role does advocacy play in Community Health Nursing?

- A. Ensures all hospitals are privatized.
- B. Influences health policies to address disparities.**
- C. Focuses on individual client treatment only.
- D. Promotes corporate health interests.

Advocacy in Community Health Nursing is crucial in influencing health policies that address disparities within communities. This role involves actively working to identify and tackle the social determinants of health that lead to inequities among different populations. By advocating for policy changes, community health nurses can help secure resources, improve access to care, and promote programs that benefit underserved or vulnerable groups. This proactive approach aims to ensure that everyone's rights to health and well-being are acknowledged and supported, thus fostering a healthier community overall. The other options do not align with the primary focus of Community Health Nursing. Privatizing hospitals does not inherently serve the greater good or address health disparities. A focus on individual client treatment alone neglects the wider community context, where systemic changes are often necessary. Additionally, promoting corporate health interests can conflict with the nurse's role as a patient advocate, which prioritizes the needs and rights of individuals and communities over profit-driven motives.

3. What is the main goal of Basic Emergency Obstetric and Newborn Care?

- A. To provide prenatal care
- B. To handle normal labor and deliveries**
- C. To assist in high-risk pregnancies
- D. To train new healthcare providers

The main goal of Basic Emergency Obstetric and Newborn Care is to handle normal labor and deliveries. This approach aims to ensure that women experience safe childbirth and that newborns receive appropriate care immediately after birth. The focus is on providing the essential interventions that can prevent maternal and neonatal morbidity and mortality during the intrapartum and immediate postpartum periods. This includes monitoring labor progress, assisting with uncomplicated deliveries, and managing immediate postpartum care for both mother and child. While prenatal care is vital for overall maternal health, it is not the primary focus of Basic Emergency Obstetric and Newborn Care, which is specifically designed for care during labor and delivery. High-risk pregnancies require a different level of care and intervention, often involving specialized services beyond basic care. Similarly, while training new healthcare providers is important for strengthening healthcare systems, it does not encapsulate the primary goal of ensuring safe, effective handling of standard deliveries and their immediate aftermath under the Basic Emergency Obstetric and Newborn Care framework.

4. What essential skill is crucial for community health assessments?

- A. Patient communication
- B. Data collection and analysis**
- C. Medication administration
- D. Physical examination

Data collection and analysis is a fundamental skill in community health assessments because these assessments aim to gather comprehensive information about the health status, needs, and resources of a community. This skill encompasses various methodologies, including surveys, interviews, and observational studies, allowing health professionals to identify health trends, risk factors, and prevalent health issues within the population. An effective community health assessment relies on accurately collecting both qualitative and quantitative data to inform health interventions and policies. Analyzing this data helps in generating valuable insights into the community's health challenges, existing health resources, and potential areas for health promotion and disease prevention. Thus, mastering data collection and analysis facilitates evidence-based decision-making, ultimately leading to improved health outcomes for the community.

5. What are the core competencies of community health nursing?

- A. Assessment, policy development, communication, and community mobilization**
- B. Planning, evaluation, documentation, and education
- C. Networking, advocacy, training, and fundraising
- D. Prevention, intervention, collaboration, and leadership

The core competencies of community health nursing encompass essential skills that are vital for effectively meeting the health needs of communities. The correct choice highlights key areas that community health nurses focus on to promote health, prevent disease, and ensure access to care. Assessment refers to the systematic collection and analysis of data regarding the health status of the community. It provides the foundation for understanding health issues and identifying needs within the population. Policy development involves creating strategies and policies that address these health needs, ensuring that resources are appropriately allocated to promote public health. Communication is a critical skill in community health nursing because it fosters collaboration between healthcare providers and community members, ensuring that information is disseminated effectively. Community mobilization encourages active participation from residents, empowering them to engage in health initiatives and advocate for necessary changes in their environment. The other choices focus on important aspects of community health practice but do not encapsulate the comprehensive set of competencies that guide community health nursing as clearly as the correct answer does. For instance, while planning, evaluation, documentation, and education are also crucial, they do not cover the broader context of engagement and advocacy embedded in the core competencies of community health nursing.

6. Why are disasters considered a public health concern?

- A. A large number of deaths and injuries are encountered
- B. Disease outbreaks emerge
- C. Weakened health systems
- D. All of the above**

Disasters are considered a significant public health concern for several interconnected reasons, all of which contribute to the collective impact on community health. One major factor is the potential for a large number of deaths and injuries. Disasters often result in immediate harms, such as those seen in natural disasters like earthquakes, floods, or hurricanes, where casualties can be substantial. This loss of life and physical trauma requires urgent medical and public health responses. Additionally, disasters can lead to the emergence of disease outbreaks. After such events, sanitary conditions may deteriorate, increasing the risk of infectious diseases. Factors like overcrowding in shelters, disrupted water supply, and a lack of access to medical services can foster environments where diseases spread rapidly. Furthermore, disasters can weaken health systems. They frequently overburden existing healthcare infrastructures, which may already be strained by previous issues. Resources become stretched thin, which can hinder the ability to provide care, manage public health needs, and respond effectively to ongoing and emerging health issues. Each of these concerns reinforces the others, indicating that comprehensive strategies addressing all aspects—mortality and morbidity, disease prevention, and health system resilience—are vital for disaster preparedness and response. This holistic view underscores why disasters are a public health concern and solidifies the rationale

7. What does the term "newborn screening" primarily refer to?

- A. Vaccination procedure for infants
- B. Screening for inherited metabolic disorders**
- C. Management of labor and delivery
- D. Assessment of maternal health

The term "newborn screening" primarily refers to the process of testing newborns for various inherited metabolic disorders shortly after birth. This screening is crucial because it allows for the early detection of conditions that, if left untreated, could lead to serious health issues or developmental delays. By identifying these disorders early, healthcare providers can implement interventions and treatment options that can significantly improve health outcomes for affected infants. This process usually includes tests for conditions such as phenylketonuria (PKU), congenital hypothyroidism, and cystic fibrosis, among others. The aim is to catch these disorders before symptoms appear, allowing for timely medical intervention. Newborn screening has a vital role in preventive health care, aiming to ensure not only the immediate health of the newborn but also long-term health and quality of life.

8. Which of the following is a key ethical consideration in Community Health Nursing?

- A. Maintaining confidentiality of research subjects
- B. Informed consent for services and interventions**
- C. Ensuring free healthcare for all individuals
- D. Limiting patient access to health information

Informed consent for services and interventions is a fundamental ethical consideration in Community Health Nursing because it ensures that individuals understand and agree to the procedures and services they will receive. This principle emphasizes the importance of respecting the autonomy of clients by providing them with sufficient information regarding the risks, benefits, and alternatives to proposed interventions. It empowers individuals to make informed choices about their health, fostering trust and cooperation between healthcare providers and the community. In community health settings, where diverse populations may face various social, cultural, and health-related challenges, obtaining informed consent also encompasses being sensitive to the unique contexts of the community members. This ensures that they are not only informed but also comfortable and willing to participate in the care prescribed. While maintaining confidentiality and access to healthcare services are critical, they represent different aspects of ethical practice that complement but do not replace the necessity of obtaining informed consent. Limiting patient access to health information runs contrary to ethical standards, as transparency and informed decision-making are paramount in nursing practice.

9. Which legislation guarantees full respect for human rights, especially for women and children?

- A. Act on Cheaper Medicine
- B. Save the Children
- C. Violence Against Women**
- D. Disaster Risk Reduction Management

The legislation related to the protection of human rights, particularly for women and children, is specifically the Violence Against Women Act. This act aims to address and combat various forms of violence and discrimination faced by women, ensuring their rights are respected and upheld. It establishes a framework for prevention, support, and intervention for victims of violence. Additionally, it recognizes the need for comprehensive policies and services to safeguard the well-being of women and children, making it a critical piece of legislation for promoting gender equality and protecting vulnerable populations. In contrast, the other options focus on different issues; for example, the Act on Cheaper Medicine is concerned with healthcare access and affordability, Save the Children focuses on child welfare and protection, and Disaster Risk Reduction Management relates to preparedness and response to disasters rather than direct human rights protections.

10. What is the purpose of implementing a public health surveillance system?

- A. To control healthcare costs in communities
- B. To collect and analyze data on health phenomena**
- C. To conduct health education workshops
- D. To promote individual health insurance

The purpose of implementing a public health surveillance system is primarily to collect and analyze data on health phenomena. Such systems are crucial in identifying trends, monitoring outbreaks, and understanding health-related events within populations. By gathering data on disease incidence, prevalence, and health behaviors, public health officials can make informed decisions about interventions and allocate resources effectively. This continuous process allows for the identification of health priorities and enables timely responses to emerging health threats. While controlling healthcare costs, conducting health education workshops, and promoting individual health insurance are important aspects of public health, they do not directly represent the core function of a public health surveillance system. The focus of surveillance is fundamentally on data collection and analysis, which serve as a foundation for informed public health action and policy development.

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://dohchnprograms.examzify.com>

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

SAMPLE