

DOH Programs Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. Severe bleeding in dengue patients can lead to what condition?**
 - A. Improved overall health**
 - B. Shock and hemorrhage**
 - C. Complete recovery without intervention**
 - D. Stable vital signs**
- 2. What is the significance of the 1st week of August in relation to breastfeeding?**
 - A. It marks World Immunization Week**
 - B. It is the Mother-Baby Friendly Hospital Initiative week**
 - C. It is celebrated as Breastfeeding Awareness Month**
 - D. It is designated for promoting infant formula**
- 3. During which month is Breastfeeding Awareness Month celebrated?**
 - A. July**
 - B. August**
 - C. September**
 - D. October**
- 4. What is one of the key components of the enhanced 4S strategy for dengue management?**
 - A. Indiscriminate use of pesticides**
 - B. Adequate health monitoring**
 - C. Comprehensive community engagement**
 - D. Search and destroy mosquito habitats**
- 5. Which of the following best defines "early" breastfeeding?**
 - A. Starting breastfeeding within 1 hour after birth**
 - B. Beginning breastfeeding after 12 hours**
 - C. Initiating breastfeeding in the first week**
 - D. Offering supplemental feeding immediately**

- 6. How is schistosomiasis primarily transmitted?**
- A. Through airborne particles**
 - B. Via contaminated food**
 - C. By skin penetration from freshwater**
 - D. Through mosquito bites**
- 7. What is the purpose of AO 2014-0004 within the context of malaria programs?**
- A. To outline the procedures for reporting malaria cases**
 - B. To declare World Malaria Day**
 - C. To promote malaria vaccination**
 - D. To establish treatment guidelines for malaria**
- 8. What is the primary species causing schistosomiasis in the Philippines?**
- A. Schistosoma mansoni**
 - B. Schistosoma haematobium**
 - C. Schistosoma japonicum**
 - D. Schistosoma intercalatum**
- 9. What month is designated as Schistosomiasis Awareness Month?**
- A. January**
 - B. February**
 - C. March**
 - D. April**
- 10. What can significantly increase the risk of developing Type 1 Diabetes later in life?**
- A. Obesity**
 - B. Gestational diabetes**
 - C. Age over 50**
 - D. Family history of Type 2 Diabetes**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. Severe bleeding in dengue patients can lead to what condition?

- A. Improved overall health**
- B. Shock and hemorrhage**
- C. Complete recovery without intervention**
- D. Stable vital signs**

Severe bleeding in patients with dengue fever can lead to shock and hemorrhage, which are critical conditions that arise when there is significant loss of blood volume. In dengue, severe cases may result in dengue hemorrhagic fever, where the capillaries become more permeable, leading to bleeding and fluid leakage into the abdominal cavity or the pleural space. This can cause a drop in blood pressure, resulting in shock—a life-threatening condition that occurs when the body's organs do not receive adequate blood supply. Recognizing this progression is essential for timely medical intervention, which can be crucial for the patient's survival. The other choices do not accurately represent the serious implications of severe bleeding in dengue; instead, they suggest outcomes that are contrary to the reality of the disease's complications.

2. What is the significance of the 1st week of August in relation to breastfeeding?

- A. It marks World Immunization Week**
- B. It is the Mother-Baby Friendly Hospital Initiative week**
- C. It is celebrated as Breastfeeding Awareness Month**
- D. It is designated for promoting infant formula**

The significance of the first week of August is that it is recognized as a special week to promote breastfeeding, specifically linked to the Mother-Baby Friendly Hospital Initiative. This initiative emphasizes the importance of creating environments in healthcare settings that support successful breastfeeding practices. It encourages healthcare institutions to implement policies and practices that promote, protect, and support breastfeeding, thereby enhancing the health of mothers and infants. The first week of August is often associated with various global campaigns and observances aimed at raising awareness about the benefits of breastfeeding, which aligns closely with the goals of the Mother-Baby Friendly Hospital Initiative. This undertaking highlights the critical role hospitals play in encouraging breastfeeding through education, support, and the establishment of supportive policies for new mothers. In contrast, options referring to World Immunization Week and promoting infant formula do not align with the key themes of the first week of August, which is focused on breastfeeding support and awareness. The option regarding Breastfeeding Awareness Month also does not accurately represent the timing, as while Breastfeeding Awareness Month is indeed observed in August, the focus on the first week more directly relates to the hospital initiative.

3. During which month is Breastfeeding Awareness Month celebrated?

- A. July
- B. August**
- C. September
- D. October

Breastfeeding Awareness Month is celebrated in August. This initiative aims to promote the benefits of breastfeeding for both infants and breastfeeding mothers, highlighting the importance of breastfeeding in improving child and maternal health. The month serves as a platform to increase awareness about the nutritional and health advantages of breastfeeding, and it encourages communities to support breastfeeding mothers. August is specifically chosen as it aligns with World Breastfeeding Week, which is observed from August 1 to August 7. This alignment helps to amplify the message of breastfeeding promotion globally, making it a focal point during that time.

4. What is one of the key components of the enhanced 4S strategy for dengue management?

- A. Indiscriminate use of pesticides
- B. Adequate health monitoring
- C. Comprehensive community engagement
- D. Search and destroy mosquito habitats**

One of the key components of the enhanced 4S strategy for dengue management is the "search and destroy mosquito habitats." This action focuses on reducing the breeding grounds for the Aedes mosquitoes, which are responsible for transmitting the dengue virus. By identifying and eliminating standing water and potential breeding sites, communities can significantly lower the mosquito population and subsequently reduce the risk of dengue transmission. This proactive approach is crucial because it directly addresses the problem at its source. Effective management of mosquito habitats involves community participation and awareness, enabling individuals to recognize and act upon potential breeding sites in their surroundings. This strategy is more sustainable than solely relying on pesticides, as it fosters a long-term solution to control mosquito populations and minimize the spread of dengue fever.

5. Which of the following best defines "early" breastfeeding?

A. Starting breastfeeding within 1 hour after birth

B. Beginning breastfeeding after 12 hours

C. Initiating breastfeeding in the first week

D. Offering supplemental feeding immediately

The best definition of "early" breastfeeding is starting breastfeeding within 1 hour after birth. This practice is crucial because initiating breastfeeding promptly can have significant benefits for both the mother and the newborn. Early breastfeeding helps the baby receive colostrum, which is rich in antibodies and nutrients, essential for building the infant's immune system and promoting healthy growth. Additionally, starting breastfeeding within the first hour supports the establishment of a successful breastfeeding relationship, as this timing can enhance the likelihood of the baby correctly latching on and can stimulate the mother's milk production. This period directly after birth is a prime time for bonding between the mother and the baby, further aiding in effective feeding and emotional connections. Other options, such as beginning breastfeeding after 12 hours or introducing supplemental feeding immediately, do not align with the accepted guidelines for promoting optimal breastfeeding practices. Initiating breastfeeding in the first week is far too delayed to be considered "early." Therefore, timely initiation is vital for the overall health and well-being of both the mother and child.

6. How is schistosomiasis primarily transmitted?

A. Through airborne particles

B. Via contaminated food

C. By skin penetration from freshwater

D. Through mosquito bites

Schistosomiasis is primarily transmitted through skin penetration from freshwater that is home to specific types of parasitic worms known as schistosomes. When a person comes into contact with contaminated water, these parasites can penetrate the skin, leading to infection. This transmission occurs in areas where freshwater sources, such as lakes and rivers, are infested with the free-swimming larvae of the parasites. Understanding the correct transmission route is crucial for prevention efforts. Schistosomiasis does not spread through airborne particles or contaminated food, nor is it transmitted by mosquito bites. Instead, the focus should be on reducing exposure to contaminated freshwater and implementing measures to control the snail populations that harbor the larval forms of the schistosomes, which are integral in the transmission cycle of the disease.

7. What is the purpose of AO 2014-0004 within the context of malaria programs?

- A. To outline the procedures for reporting malaria cases**
- B. To declare World Malaria Day**
- C. To promote malaria vaccination**
- D. To establish treatment guidelines for malaria**

The purpose of AO 2014-0004 is primarily to outline the procedures for reporting malaria cases. This directive is essential in malaria programs as it helps standardize the way cases are documented and reported, which is critical for monitoring the disease's prevalence and for formulating effective interventions. By having a systematic approach to reporting, health authorities can gather accurate data that informs public health decisions, resource allocation, and strategies for controlling malaria. Other options, while relevant to malaria programs, do not accurately reflect the specific aim of AO 2014-0004. For example, promoting malaria vaccination is a crucial aspect of malaria prevention efforts, but it is not the focus of this particular administrative order. Similarly, declaring World Malaria Day is important for raising awareness, and establishing treatment guidelines are vital for care provision, but neither of these align with the reporting procedures outlined in AO 2014-0004.

8. What is the primary species causing schistosomiasis in the Philippines?

- A. Schistosoma mansoni**
- B. Schistosoma haematobium**
- C. Schistosoma japonicum**
- D. Schistosoma intercalatum**

Schistosomiasis in the Philippines is primarily caused by *Schistosoma japonicum*. This particular species is endemic to several regions in Southeast Asia, including the Philippines, and is significantly responsible for health issues in these areas. *Schistosoma japonicum* infects the host's blood vessels, primarily in the intestines, leading to various complications and health concerns associated with the disease. Its life cycle and transmission involve freshwater snails as the intermediate hosts, and humans are infected through contact with contaminated water sources. The other species mentioned have different geographical distributions or modes of pathology that do not align with the predominant schistosomiasis issues faced in the Philippines. *Schistosoma mansoni*, for instance, is more common in Africa and South America, while *Schistosoma haematobium* primarily causes urinary schistosomiasis and is largely found in Africa and the Middle East. *Schistosoma intercalatum* is also less common and primarily located in Africa. Thus, *Schistosoma japonicum* is the correct identification for the species causing schistosomiasis in the Philippines.

9. What month is designated as Schistosomiasis Awareness Month?

- A. January**
- B. February**
- C. March**
- D. April**

Schistosomiasis Awareness Month is designated as January. This month serves as a time to raise awareness about schistosomiasis, a disease caused by parasitic worms that can lead to significant health issues if left untreated. Awareness campaigns during this month aim to educate the public and healthcare professionals about prevention, transmission, symptoms, treatment options, and the importance of early detection. Promoting awareness is crucial because schistosomiasis remains a significant public health concern in many tropical and subtropical regions. By designating a specific month for awareness, organizations and health authorities can focus their efforts on providing valuable information to those who may be affected or at risk, ultimately striving to reduce the prevalence of the disease.

10. What can significantly increase the risk of developing Type 1 Diabetes later in life?

- A. Obesity**
- B. Gestational diabetes**
- C. Age over 50**
- D. Family history of Type 2 Diabetes**

Gestational diabetes is a condition that occurs during pregnancy when a woman who did not have diabetes before develops high blood sugar levels. While it is most commonly associated with an increased risk of developing Type 2 diabetes later in life, research also indicates that women who have had gestational diabetes may have a higher risk of developing autoimmune conditions, including Type 1 diabetes. In this context, the link between gestational diabetes and Type 1 diabetes is primarily tied to the immune system's response. Women who experience gestational diabetes may have underlying autoimmune processes that could predispose them to develop Type 1 diabetes, especially if they have a genetic predisposition or other risk factors. Other choices, such as obesity, age over 50, and family history of Type 2 diabetes, relate more to the risk factors for Type 2 diabetes rather than Type 1. Obesity and age do not directly contribute to the autoimmune process that leads to Type 1 diabetes, and while a family history of Type 2 diabetes indicates a risk for that type, it has less relevance for Type 1 diabetes development. Thus, gestational diabetes stands out in this scenario as a potential precursor linked to a rise in Type 1 diabetes risk.