

DOH Programs Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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. Which type of diabetes is known to occur during pregnancy?**
 - A. Type 1 diabetes**
 - B. Type 2 diabetes**
 - C. Gestational diabetes**
 - D. Pre-diabetes**

- 2. The revised dengue clinical management guidelines are found in which official document?**
 - A. AO 2016-0043**
 - B. AO 2012-006**
 - C. DM 2013-0225**
 - D. AO 2001-0045**

- 3. What is the common outcome of untreated rabies infection?**
 - A. 60% fatal**
 - B. 100% fatal**
 - C. 50% recoverable**
 - D. 25% fatal**

- 4. What is the historical context of the shift from malaria eradication to control in 1983?**
 - A. Introduction of new treatment methods**
 - B. A change in disease prevalence understanding**
 - C. A shift in health policy priorities**
 - D. Establishment of global health regulations**

- 5. How is schistosomiasis primarily transmitted?**
 - A. Through airborne particles**
 - B. Via contaminated food**
 - C. By skin penetration from freshwater**
 - D. Through mosquito bites**

- 6. What is a primary advantage of using DSSM for TB diagnosis?**
- A. High cost-effectiveness**
 - B. Definitive diagnosis in infectious cases**
 - C. Requires advanced technology**
 - D. Always need a laboratory specialist**
- 7. Which of the following is NOT a focus area of the malaria control program?**
- A. Universal access to care**
 - B. Development of a new malaria vaccine**
 - C. Governance and resource management**
 - D. Health information systems**
- 8. Under which AO are non-WHO prequalified rabies vaccines permitted in case of a shortage?**
- A. AO No. 2015-0014**
 - B. AO No. 2018-0013**
 - C. AO No. 2017-0011**
 - D. AO No. 2016-0012**
- 9. What is the purpose of the Joint Department AO No. 1?**
- A. To educate the public on rabies**
 - B. To promote rabies vaccinations**
 - C. To provide guidelines for declaring areas rabies-free**
 - D. To fund rabies research**
- 10. Which health strategy is the Department of Health primarily focused on with its programs?**
- A. Regulation of food supply**
 - B. Promotion of mental health services**
 - C. Provision of quality healthcare**
 - D. Manufacturing medicines**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which type of diabetes is known to occur during pregnancy?

- A. Type 1 diabetes**
- B. Type 2 diabetes**
- C. Gestational diabetes**
- D. Pre-diabetes**

Gestational diabetes is specifically defined as diabetes that develops during pregnancy, typically after the 24th week. This condition occurs due to hormonal changes that lead to insulin resistance in the body. While both Type 1 and Type 2 diabetes can exist prior to or persist after pregnancy, they are not linked to pregnancy itself. Pre-diabetes refers to a condition where blood sugar levels are elevated but not high enough to be classified as diabetes, and it can occur outside of pregnancy. Therefore, gestational diabetes is the only choice that directly relates to the context of pregnancy, making it the correct answer. Understanding gestational diabetes is vital as it can affect both the mother and the baby, necessitating monitoring and management to ensure healthy outcomes.

2. The revised dengue clinical management guidelines are found in which official document?

- A. AO 2016-0043**
- B. AO 2012-006**
- C. DM 2013-0225**
- D. AO 2001-0045**

The revised dengue clinical management guidelines are contained in AO 2012-006, which was issued by the Department of Health. This document outlines the protocols and best practices for the clinical management of dengue fever, serving as a critical resource for healthcare professionals involved in the diagnosis and treatment of this disease. The guidelines aim to improve patient outcomes through standardized care practices and are based on the latest evidence and experiences in managing dengue cases. In contrast, the other document choices reference earlier or different guidelines that may not reflect the most updated practices for dengue management. For instance, AO 2016-0043 and DM 2013-0225 address various health policies or initiatives, but not specifically the latest dengue management protocols. AO 2001-0045 is outdated in terms of dengue treatment guidelines. Therefore, AO 2012-006 is the relevant and authoritative source for the revised clinical management of dengue.

3. What is the common outcome of untreated rabies infection?

- A. 60% fatal
- B. 100% fatal**
- C. 50% recoverable
- D. 25% fatal

The correct answer is that untreated rabies infection is 100% fatal. Rabies is a viral disease that primarily affects mammals, and once clinical symptoms appear, it progresses rapidly. After an individual is bitten by a rabid animal and the virus enters the body, it travels along the nervous system to the brain. The onset of symptoms such as confusion, aggression, paralysis, and hydrophobia usually occurs within a few weeks to a few months after exposure. Once these symptoms manifest, there is no effective treatment available, and the condition typically leads to death within a few days to weeks. The 100% fatality rate underscores the critical importance of timely post-exposure prophylaxis (PEP), which involves administering rabies vaccine and, if indicated, rabies immunoglobulin to prevent the virus from taking hold in the body. This preventive measure is highly effective when administered before symptoms appear. Understanding rabies's high fatality rate highlights the urgency of responding to potential exposures and the need for public health education on prevention and treatment. Consequently, knowing that untreated rabies infections lead to death reinforces the necessity for prompt medical attention following any suspected exposure to the virus.

4. What is the historical context of the shift from malaria eradication to control in 1983?

- A. Introduction of new treatment methods
- B. A change in disease prevalence understanding
- C. A shift in health policy priorities**
- D. Establishment of global health regulations

The shift from malaria eradication to control in 1983 reflects significant changes in health policy priorities at global, national, and local levels. Previously, the focus was predominantly on eradicating malaria, which aimed for the complete elimination of the disease. However, by the early 1980s, it became increasingly evident that eradicating malaria was more complex than initially anticipated due to various factors, including malaria's resilience and the socio-economic challenges in affected regions. As a result, health priorities shifted towards a more sustainable and pragmatic approach focused on controlling malaria rather than eliminating it entirely. This change recognized the need to integrate malaria control measures into broader health systems, emphasizing the importance of consistent management and the use of preventative measures, such as insecticide-treated nets and access to effective treatments, rather than solely relying on eradication efforts. This pragmatic approach allowed for more flexible policies that could adapt to varying resources and health conditions in different regions, ultimately leading to more effective malaria management. Contextually, other factors, such as the introduction of new treatment methods or a change in understanding the disease's prevalence, played a role during this period, but they did not encapsulate the broader shift in health policy priorities that defined the transition from eradication to control strategies.

5. 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.

6. What is a primary advantage of using DSSM for TB diagnosis?

- A. High cost-effectiveness
- B. Definitive diagnosis in infectious cases**
- C. Requires advanced technology
- D. Always need a laboratory specialist

The primary advantage of using the Diagnostic and Screening System for Mycobacterium tuberculosis (DSSM) in tuberculosis diagnosis is its ability to provide a definitive diagnosis in infectious cases. This system is designed to improve the detection of TB, particularly in challenging cases where traditional methods may fall short. By accurately identifying the presence of Mycobacterium tuberculosis, DSSM enables healthcare providers to confirm active cases of tuberculosis, allowing for timely treatment and management of the disease. This definitive diagnostic capability is crucial because TB can be highly contagious, and early detection significantly reduces the risk of transmission to others. By confirming infectious cases, healthcare systems can implement appropriate public health measures to control outbreaks and ensure that patients receive the necessary care. Other options, while noteworthy, do not capture this core advantage. For instance, while DSSM can be cost-effective compared to other diagnostic methods in specific contexts, it does not hold the primary focus of definitively diagnosing TB infections. The mention of requiring advanced technology and the need for a laboratory specialist relates to the implementation and operation rather than the defining advantage of the DSSM in diagnosing TB. Thus, the correct answer highlights the critical role of DSSM in ensuring accurate and timely diagnoses of tuberculosis infections.

7. Which of the following is NOT a focus area of the malaria control program?

- A. Universal access to care**
- B. Development of a new malaria vaccine**
- C. Governance and resource management**
- D. Health information systems**

The development of a new malaria vaccine is not typically considered a core focus area of malaria control programs, which primarily concentrate on strategies to reduce disease incidence and mortality through existing preventive and treatment measures. These programs often emphasize universal access to care, which ensures that all populations can access preventive services like bed nets and antimalarial treatments. Additionally, governance and resource management are crucial for ensuring that the necessary resources are allocated efficiently to combat malaria effectively, while health information systems are vital for monitoring and evaluating the spread of malaria and the effectiveness of interventions. Together, these focus areas are essential for creating a comprehensive framework to control malaria at the community and national levels. On the other hand, while vaccine development is an important aspect of long-term malaria eradication efforts, it is more of a research and development focus rather than an immediate control program strategy.

8. Under which AO are non-WHO prequalified rabies vaccines permitted in case of a shortage?

- A. AO No. 2015-0014**
- B. AO No. 2018-0013**
- C. AO No. 2017-0011**
- D. AO No. 2016-0012**

The correct choice signifies that AO No. 2018-0013 specifically addresses issues related to vaccine shortages, including rabies vaccines. This Administrative Order lays out the guidelines and allowable provisions for using non-WHO prequalified rabies vaccines during periods of shortage. It illustrates the health authority's readiness to adapt protocols in response to public health emergencies, ensuring that adequate vaccine supply remains accessible. This order allows for flexibility in vaccine sourcing without compromising safety or efficacy, crucial during public health crises when the urgency for vaccinations is heightened. The other options, while they may pertain to various health regulations, do not specifically focus on protocols for addressing shortages of rabies vaccines. Thus, the emphasis in AO No. 2018-0013 makes it the correct reference for this specific context.

9. What is the purpose of the Joint Department AO No. 1?

- A. To educate the public on rabies**
- B. To promote rabies vaccinations**
- C. To provide guidelines for declaring areas rabies-free**
- D. To fund rabies research**

The Joint Department AO No. 1 serves the purpose of providing guidelines for declaring areas rabies-free. This is crucial as it helps establish a standardized approach for public health officials to assess and verify the effectiveness of rabies control measures within specific regions. By defining criteria and procedures for declaring an area free from rabies, the document supports the management of public health efforts aimed at preventing outbreaks and ensuring the safety of communities. Establishing rabies-free zones not only builds public confidence in health initiatives but also aids in allocating resources effectively. In contrast, while educating the public on rabies, promoting vaccinations, and funding research are important aspects of rabies control, these activities are not the primary focus of the Joint Department AO No. 1. Instead, it specifically addresses the protocols and criteria necessary for officially designating areas as free from the disease, thereby enhancing overall public health strategies.

10. Which health strategy is the Department of Health primarily focused on with its programs?

- A. Regulation of food supply**
- B. Promotion of mental health services**
- C. Provision of quality healthcare**
- D. Manufacturing medicines**

The focus of the Department of Health's programs primarily centers on the provision of quality healthcare. This encompasses a broad range of activities aimed at ensuring that all individuals have access to comprehensive and effective healthcare services. It involves the establishment of healthcare standards, improving healthcare systems, and ensuring that healthcare providers are delivering care that meets regulatory and quality standards. Quality healthcare is essential for the overall health of the population, as it directly impacts health outcomes, patient safety, and the effective management of diseases. The Department seeks to enhance healthcare accessibility, affordability, and effectiveness, thereby reducing healthcare disparities within communities. This strategic focus can be seen through various initiatives and policies aimed at improving healthcare services and infrastructure. In contrast, while other options such as regulation of the food supply, promotion of mental health services, and manufacturing medicines are important components of health strategies, they fall within narrower scopes and are not the central focus of the Department of Health's overarching objectives. The promotion of mental health services, for instance, is a vital aspect of healthcare but is considered a subset of the broader goal of quality healthcare provision. Similarly, regulation of the food supply and manufacturing medicines are essential to public health but do not encompass the entirety of quality healthcare efforts that the Department of Health prioritizes.

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://dohprograms.examzify.com>

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

SAMPLE