

DOH PROGRAMS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://dohprograms.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. Which legislation is associated with establishing the malaria eradication service?**
 - A. RA 4832
 - B. EO 851
 - C. AO 2009-0001
 - D. RA 1234

- 2. How does the National Tuberculosis Control Program aim to enhance the quality of life of TB patients?**
 - A. By promoting inpatient care
 - B. By reducing healthcare-associated costs for patients
 - C. By ensuring responsive delivery of services
 - D. By focusing solely on treatment

- 3. What is the primary purpose of the 'Ligtas Tigdas' campaign?**
 - A. Promote sanitation
 - B. Vaccinate against measles
 - C. Improve maternal health
 - D. Encourage healthy lifestyles

- 4. What is the shape of Plasmodium falciparum?**
 - A. Circular
 - B. Rod-shaped
 - C. Banana/crescent shaped
 - D. Spiral

- 5. Which organization celebrates World Rabies Day?**
 - A. World Health Organization
 - B. Center for Disease Control
 - C. Food and Drug Administration
 - D. United Nations

6. Which material is most commonly associated with rabies transmission?

- A. Blood
- B. Saliva
- C. Urine
- D. Sweat

7. Which is a true statement about Diabetes Mellitus Type 1?

- A. It is non-insulin dependent
- B. It can be found in pregnant women
- C. It requires insulin for management
- D. It represents the majority of diabetes cases

8. What is another name for measles?

- A. Rubeola
- B. Rubella
- C. Flu
- D. Varicella

9. The act that created the malaria eradication service focuses on providing what?

- A. International aid
- B. Funds for the campaign duration
- C. Volunteer recruitment
- D. Public health seminars

10. What is one of the main goals of food fortification strategies discussed in programs?

- A. Increase food exports
- B. Enhance the nutritional value of foods
- C. Standardize food packaging
- D. Promote sustainable agriculture

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which legislation is associated with establishing the malaria eradication service?

- A. RA 4832**
- B. EO 851
- C. AO 2009-0001
- D. RA 1234

The correct choice is associated with legislation that played a significant role in establishing the malaria eradication service. Republic Act 4832 was enacted with the intent of addressing the public health challenge posed by malaria in the Philippines. This act laid the framework for organized efforts to control and eliminate malaria, recognizing it as a major public health concern and emphasizing the need for coordinated strategies, including education, prevention, and treatment initiatives. The focus of Republic Act 4832 on public health infrastructure and the establishment of services directly targeting malaria highlights its significance in the context of disease eradication efforts. This legislation provided a legal foundation for resources and actions aimed at reducing the incidence of malaria, which was crucial in improving public health outcomes in affected regions. In comparison, other options do not have a direct association with the malaria eradication service in this context. While they may cover various health or administrative matters, they do not specifically target malaria eradication as a legislative goal or initiative. Thus, Republic Act 4832 stands out as the most relevant choice in the context of malaria eradication efforts.

2. How does the National Tuberculosis Control Program aim to enhance the quality of life of TB patients?

- A. By promoting inpatient care
- B. By reducing healthcare-associated costs for patients
- C. By ensuring responsive delivery of services**
- D. By focusing solely on treatment

The National Tuberculosis Control Program enhances the quality of life of TB patients primarily through the responsive delivery of services. This approach involves a comprehensive strategy that ensures patients have access to the necessary healthcare resources, including diagnosis, treatment, and ongoing support. By emphasizing responsiveness, the program can adapt to the individual needs of patients, addressing barriers they may face in accessing care, such as stigma, socioeconomic factors, and health literacy. Effective communication and patient-centered care are also key components of responsive service delivery, which help build trust and encourage adherence to treatment plans, ultimately leading to better health outcomes. This holistic approach not only aims to treat the disease but also to improve the overall well-being of individuals affected by TB, enhancing their quality of life beyond just the physical aspects of treatment. In contrast, other options might emphasize specific aspects that do not encompass the full spectrum of care needed for TB patients. For instance, promoting inpatient care may not be appropriate for all patients and can place undue pressure on healthcare systems. Reducing healthcare costs and focusing solely on treatment also do not address the broader range of services and supports that contribute to a patient's quality of life.

3. What is the primary purpose of the 'Ligtas Tigdas' campaign?

- A. Promote sanitation
- B. Vaccinate against measles**
- C. Improve maternal health
- D. Encourage healthy lifestyles

The primary purpose of the 'Ligtas Tigdas' campaign is to vaccinate against measles. This initiative is particularly focused on raising awareness about the importance of measles immunization to prevent outbreaks of the disease, which can have severe health consequences, especially in young children. Vaccination is a key strategy in public health aimed at achieving herd immunity, thereby protecting vulnerable populations who may not be able to receive the vaccine. By concentrating efforts on measles vaccination, the campaign strives to reduce incidence rates and ultimately eradicate the disease within communities. This aligns with broader public health goals of ensuring that all children receive timely vaccinations, which is crucial for controlling and preventing vaccine-preventable diseases. The campaign plays a vital role in educating parents and encouraging them to take their children for vaccinations, thereby directly addressing public health safety and promoting overall community health.

4. What is the shape of Plasmodium falciparum?

- A. Circular
- B. Rod-shaped
- C. Banana/crescent shaped**
- D. Spiral

Plasmodium falciparum, the protozoan parasite responsible for the most severe form of human malaria, is characteristically shaped like a banana or a crescent. This distinctive morphology is particularly evident in its gametocyte stage, which is crucial for transmission to the mosquito vector. The crescent shape allows the organism to fit into the narrow capillaries of the bloodstream, which is critical for its survival and the spread of the disease. Understanding this shape is essential for accurately identifying the parasite during microscopic examinations, as it aids in differentiating Plasmodium falciparum from other species of the Plasmodium genus, which may have different shapes or characteristics. This morphological knowledge is significant for diagnosis and treatment in clinical settings.

5. Which organization celebrates World Rabies Day?

- A. World Health Organization**
- B. Center for Disease Control
- C. Food and Drug Administration
- D. United Nations

World Rabies Day is celebrated by the World Health Organization (WHO). This observance aims to raise awareness about rabies prevention and control, as well as to advocate for the importance of vaccination in stopping the spread of this fatal disease. The WHO collaborates with various partners and stakeholders to organize events and campaigns on this day, emphasizing global health initiatives and encouraging vaccination programs for both pets and wild animals to protect communities from rabies. While other organizations play important roles in public health and disease prevention, they do not specifically oversee or coordinate the observance of World Rabies Day. The Center for Disease Control, for example, focuses on disease control in the United States but is not the primary organizer for this global event. Similarly, the Food and Drug Administration is involved in regulating food safety and medications rather than specific disease awareness campaigns. The United Nations works on a broader range of issues related to international development and cooperation, but it is not the specific body that leads World Rabies Day activities.

6. Which material is most commonly associated with rabies transmission?

- A. Blood
- B. Saliva**
- C. Urine
- D. Sweat

The material most commonly associated with rabies transmission is saliva. Rabies is primarily spread through the bite of an infected animal, and the virus is present in high concentrations in the saliva of these animals, particularly during the later stages of the infection. When a rabid animal bites another animal or a human, the virus can enter the body through the wound. Saliva acts as the primary vector for the rabies virus because it contains the rabies virus particles that can be transmitted to the recipient. This mode of transmission is a crucial aspect of understanding how rabies spreads, emphasizing the importance of immediate medical attention following any potential exposure to rabid animals. The other materials listed, such as blood, urine, and sweat, are not commonly associated with rabies transmission. While the virus can be found in the blood of infected animals, this is not a typical route of transmission. Urine and sweat do not contain the rabies virus in infectious amounts, making them ineffective mediums for spreading the disease. Understanding these distinctions is vital for both prevention and public health education regarding rabies.

7. Which is a true statement about Diabetes Mellitus Type 1?

- A. It is non-insulin dependent
- B. It can be found in pregnant women
- C. It requires insulin for management**
- D. It represents the majority of diabetes cases

Diabetes Mellitus Type 1 is characterized by the body's inability to produce insulin due to the autoimmune destruction of pancreatic beta cells. As a result, individuals with Type 1 diabetes require insulin therapy for management to regulate their blood glucose levels effectively. This dependency on insulin is a defining feature of the condition, contrasting with Type 2 diabetes, which may sometimes be managed with lifestyle changes or oral medications. Management of Type 1 diabetes relies heavily on the administration of exogenous insulin, making option C the accurate statement. This necessity underscores the importance of understanding the distinct physiological mechanisms underlying each type of diabetes and the requisite treatment approaches to stabilize blood glucose levels. The other options do not accurately describe Type 1 diabetes: it is indeed insulin-dependent, and while gestational diabetes can occur in pregnant women, it is primarily associated with Type 2 dysregulation. Furthermore, Type 1 diabetes represents a smaller fraction of overall diabetes cases compared to Type 2, which is more prevalent. Therefore, the emphasis on the necessity of insulin for Type 1 diabetes management is crucial to comprehending the nature of the disease.

8. What is another name for measles?

- A. Rubeola**
- B. Rubella
- C. Flu
- D. Varicella

Measles is also known as Rubeola. This term refers specifically to the viral infection caused by the measles virus, which is highly contagious and characterized by symptoms such as high fever, cough, runny nose, and a distinctive rash that typically appears a few days after the onset of fever. Rubeola is derived from Latin, where "rubeus" means "red," highlighting the prominent rash that presents in infected individuals. Rubella, on the other hand, is commonly referred to as German measles and is caused by a different virus, exhibiting a milder form of disease compared to measles. Flu, or influenza, is a respiratory illness caused by influenza viruses, while Varicella refers to chickenpox, which is caused by the varicella-zoster virus. Each of these terms indicates distinct diseases with different causative agents and clinical presentations, thereby distinguishing them from Rubeola, or measles.

9. The act that created the malaria eradication service focuses on providing what?

- A. International aid
- B. Funds for the campaign duration**
- C. Volunteer recruitment
- D. Public health seminars

The act that created the malaria eradication service specifically emphasizes securing funds for the campaign duration. This is crucial because financial resources are essential for implementing effective malaria control and eradication strategies. The funding allows for the procurement of necessary tools, such as insecticides and medicines, and supports public health campaigns that aim to educate the public and distribute preventive measures. By ensuring that there is a stable financial backing, the program can maintain momentum, scale its efforts as needed, and adapt to ongoing challenges in combating malaria. This approach highlights the importance of financial sustainability in public health initiatives aimed at disease eradication.

10. What is one of the main goals of food fortification strategies discussed in programs?

- A. Increase food exports
- B. Enhance the nutritional value of foods**
- C. Standardize food packaging
- D. Promote sustainable agriculture

One of the main goals of food fortification strategies is to enhance the nutritional value of foods. This process involves adding essential vitamins and minerals to staple foods or commonly consumed products to prevent nutritional deficiencies and improve public health. For example, fortifying flour with iron or vitamin D can help combat common deficiencies in the population, particularly in vulnerable groups such as children and pregnant women. By enhancing the nutritional content of widely consumed foods, fortification aims to provide a simple yet effective means of improving overall diet quality and promoting better health outcomes in the community. Other options, while important in their own contexts, do not specifically relate to the primary focus of food fortification. For instance, increasing food exports pertains more to economic strategies rather than the direct nutritional improvements aimed for in fortification. Similarly, standardizing food packaging is primarily about consistency and quality control rather than enhancing nutritional value, and promoting sustainable agriculture focuses on environmentally friendly practices in food production rather than modifying the nutritional content of the food itself.

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