

# Engaging Community Health Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. What statement by a newly licensed nurse shows an understanding of true positives in a sensitivity and specificity table?**
  - A. "True positives show individuals who are sick and diagnosed."**
  - B. "True positives are represented by negative test results."**
  - C. "True positives are the cases incorrectly identified."**
  - D. "True positives indicate the test aligned with the disease presence."**
- 2. What aspect of care is a public health nurse likely to focus on when improving health care for diverse community groups?**
  - A. Increasing hospital beds**
  - B. Promoting cultural competence**
  - C. Reducing medical errors**
  - D. Enhancing technological systems**
- 3. Which statement best describes the Kinship and Social Factors dimension of Leininger's Sunrise Model?**
  - A. This dimension includes relationships with others and social supports.**
  - B. This dimension focuses solely on biological factors.**
  - C. This dimension emphasizes individual autonomy.**
  - D. This dimension is centered on economic factors affecting health.**
- 4. What can a community health nurse do to assist elderly individuals facing mobility challenges and financial constraints?**
  - A. Provide direct financial aid**
  - B. Advocate for more transportation to health care facilities**
  - C. Offer free health services at home**
  - D. Encourage family support for assistance**

- 5. Which intervention would most effectively improve health outcomes in low-resource schools?**
- A. Incorporate more academic subjects into the curriculum**
  - B. Provide resources for student wellness programs**
  - C. Enhance after-school sports activities**
  - D. Limit funding to only structural repairs**
- 6. What is a potential indicator of improved health outcomes for clients in a community clinic?**
- A. A client expressing satisfaction with care**
  - B. A client has stabilized their blood glucose levels**
  - C. A client attending more follow-up appointments**
  - D. A client utilizing telehealth services**
- 7. Which nurse should be highlighted in a presentation focusing on early public health efforts to improve the health of Black families?**
- A. Clara Barton**
  - B. Linda Clark**
  - C. Jessie Sleet Scales**
  - D. Florence Nightingale**
- 8. Which example best describes racism?**
- A. Assigning value based on physical characteristics and skin color**
  - B. Judging based on cultural background**
  - C. Discrimination based on financial status**
  - D. Preference for certain genders over others**
- 9. What should a community health nurse consider when planning a program on childhood immunizations?**
- A. The values and preferences of the community**
  - B. The cost of immunizations in the community**
  - C. The number of immunizations available**
  - D. The ages of children requiring vaccines**

**10. In the context of workplace health, what is an example of a tertiary intervention?**

- A. Providing training on workplace safety**
- B. Working with the floor manager to decide on light duty work for an injured employee**
- C. Conducting health screenings for employees**
- D. Implementing wellness programs**

## **Answers**

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

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## **Explanations**

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1. What statement by a newly licensed nurse shows an understanding of true positives in a sensitivity and specificity table?
- A. "True positives show individuals who are sick and diagnosed."
  - B. "True positives are represented by negative test results."
  - C. "True positives are the cases incorrectly identified."
  - D. "True positives indicate the test aligned with the disease presence."**

A true positive refers to a situation where a diagnostic test correctly identifies the presence of a disease in individuals who indeed have the disease. This means that if a test is performed on a patient who is sick, and the test yields a positive result, it accurately reflects that the patient has the condition. In the context of sensitivity and specificity, understanding true positives is crucial. Sensitivity specifically measures the proportion of actual positives that are correctly identified, while specificity concerns the proportion of actual negatives that are accurately identified. Therefore, the statement indicating that true positives confirm alignment with the presence of the disease acknowledges the correct relationship between test results and the actual health condition of the individuals being tested. The concept is essential in assessing the effectiveness of a diagnostic tool, as a high rate of true positives suggests that the test is effective at detecting the disease in the population studied.

2. What aspect of care is a public health nurse likely to focus on when improving health care for diverse community groups?
- A. Increasing hospital beds
  - B. Promoting cultural competence**
  - C. Reducing medical errors
  - D. Enhancing technological systems

Promoting cultural competence is critical for public health nurses when addressing the health care needs of diverse community groups. Cultural competence refers to the ability to understand, respect, and effectively interact with people from different cultural backgrounds. In diverse communities, individuals may have different health beliefs, practices, and barriers to accessing care based on their cultural and social contexts. By promoting cultural competence, public health nurses can ensure that health programs and interventions are tailored to the specific needs of varied populations, fostering better communication, trust, and empathy between health care providers and community members. This approach not only enhances the effectiveness of health initiatives but also helps in reducing health disparities and improving overall community health outcomes. While increasing hospital beds, reducing medical errors, and enhancing technological systems are important considerations in health care, they do not directly address the unique cultural and social factors that influence health behaviors and access to care in diverse communities.

**3. Which statement best describes the Kinship and Social Factors dimension of Leininger's Sunrise Model?**

- A. This dimension includes relationships with others and social supports.**
- B. This dimension focuses solely on biological factors.**
- C. This dimension emphasizes individual autonomy.**
- D. This dimension is centered on economic factors affecting health.**

The Kinship and Social Factors dimension of Leininger's Sunrise Model specifically pertains to the relationships and interactions individuals have within their communities and families, as well as the social support systems available to them. This dimension acknowledges that social connections, family ties, and community networks play a critical role in health and well-being. In the context of healthcare and community health practice, recognizing the impact of kinship and social factors is essential because these elements can significantly influence individuals' health behaviors, access to services, and responses to health challenges. Strong social ties can provide emotional support, practical assistance, and shared resources, all of which are crucial in promoting health and managing illness. The other factors mentioned in the other options, such as biological factors, individual autonomy, and economic considerations, while important in their own right, do not capture the essence of the Kinship and Social Factors dimension as this dimension specifically highlights the importance of interpersonal relationships and community engagement in shaping health outcomes.

**4. What can a community health nurse do to assist elderly individuals facing mobility challenges and financial constraints?**

- A. Provide direct financial aid**
- B. Advocate for more transportation to health care facilities**
- C. Offer free health services at home**
- D. Encourage family support for assistance**

Advocating for more transportation to health care facilities is vital for elderly individuals facing mobility challenges and financial constraints. This approach addresses a significant barrier to accessing healthcare services. Many elderly individuals may have difficulty traveling to appointments due to mobility issues or lack of affordable transportation options. By advocating for improved transportation services, such as community shuttles, rideshare programs, or partnerships with local transportation entities, a community health nurse can help ensure that these individuals can reach necessary medical care, social services, and community resources. This not only promotes their physical health by facilitating regular medical visits but also enhances their overall quality of life by allowing them to engage more fully with their communities and support systems. The other options, while supportive in various ways, do not address the primary logistical challenge associated with mobility and financial limitations as directly as advocating for better transportation does. Providing direct financial aid might help temporarily but doesn't resolve the accessibility issue long-term. Offering free health services at home can assist some, but it still doesn't facilitate broader access to various necessary services. Encouraging family support can be valuable, yet it may not always be feasible for all elderly individuals, especially those without nearby or available family members.

**5. Which intervention would most effectively improve health outcomes in low-resource schools?**

- A. Incorporate more academic subjects into the curriculum**
- B. Provide resources for student wellness programs**
- C. Enhance after-school sports activities**
- D. Limit funding to only structural repairs**

Providing resources for student wellness programs is a highly effective intervention for improving health outcomes in low-resource schools because it directly addresses the holistic well-being of students. Wellness programs can incorporate various aspects of health, including nutrition education, mental health support, physical activity, and social-emotional learning. By fostering an environment that prioritizes overall wellness, students are likely to perform better academically, experience fewer behavioral issues, and develop healthier habits that can last a lifetime. Investing in wellness programs creates a supportive network that can help mitigate the challenges faced in low-resource environments. These programs often include health screenings, preventive care education, and partnerships with local health services, which can significantly enhance access to necessary health resources for students and their families. While other options like enhancing academic subjects, providing after-school activities, or focusing solely on structural repairs may contribute positively to the school environment, they do not directly target health issues as comprehensively as wellness programs do. Improvements in academic subjects may not yield significant health benefits without addressing the underlying wellness needs of students, and after-school sports, although beneficial, might not encompass the broader aspects of health that wellness programs tackle. Structural repairs, while important for a safe environment, do not inherently improve health outcomes without the integration of wellness-focused initiatives.

**6. What is a potential indicator of improved health outcomes for clients in a community clinic?**

- A. A client expressing satisfaction with care**
- B. A client has stabilized their blood glucose levels**
- C. A client attending more follow-up appointments**
- D. A client utilizing telehealth services**

Stabilizing blood glucose levels is a significant indicator of improved health outcomes for clients, particularly for those managing conditions such as diabetes. When a client achieves stable blood glucose levels, it often reflects effective management of their condition, indicating that treatment plans are working and that they are likely making healthier lifestyle choices as well. Consistent blood glucose control can lead to a reduction in complications associated with diabetes, enhance overall quality of life, and may contribute to better long-term health outcomes. While client satisfaction, attending follow-up appointments, and utilizing telehealth services are all important factors in healthcare delivery, they do not directly measure specific health improvements. Client satisfaction can suggest a positive experience but does not necessarily translate to health changes. Similarly, regular attendance at follow-up appointments indicates engagement but lacks direct correlation with clinical outcomes. Utilizing telehealth can enhance access to care but also does not inherently reflect improvements in health metrics. Thus, achieving stable blood glucose levels is a concrete indicator of health improvement in clients.

**7. Which nurse should be highlighted in a presentation focusing on early public health efforts to improve the health of Black families?**

**A. Clara Barton**

**B. Linda Clark**

**C. Jessie Sleet Scales**

**D. Florence Nightingale**

Jessie Sleet Scales stands out as a crucial figure in early public health efforts directed at improving the health of Black families. She was one of the first Black public health nurses in the United States and played a significant role in addressing health disparities faced by African American communities, particularly in the early 20th century. Scales worked extensively with the National Association for the Advancement of Colored People (NAACP) and was involved in initiatives that focused on maternal and infant health, which were essential areas of concern for Black families at that time. Her contributions included promoting better health practices, educating families on disease prevention, and advocating for the rights of Black communities to receive equitable health care. Her dedication and impactful work in nursing and public health helped lay the groundwork for future efforts in health equity and community health for marginalized populations, making her an influential figure in the history of public health within Black families.

**8. Which example best describes racism?**

**A. Assigning value based on physical characteristics and skin color**

**B. Judging based on cultural background**

**C. Discrimination based on financial status**

**D. Preference for certain genders over others**

The choice that best describes racism focuses on assigning value to individuals based on their physical characteristics and skin color. Racism involves the belief that certain races possess distinct characteristics and, as a result, may be inherently superior or inferior to others. This context highlights how people are judged and discriminated against primarily because of their race or ethnicity, which perpetuates stereotypes and systemic inequalities. While the other options address forms of discrimination, they are not specific to racism. Judging based on cultural background relates more to ethnocentrism or cultural bias, which, although harmful, differs from racism's focus on race itself. Similarly, discrimination based on financial status relates to socio-economic status and classism, rather than racial discrimination. Preference for certain genders over others touches on gender bias and sexism rather than issues regarding race. Therefore, assigning value based on physical characteristics and skin color most accurately encompasses the definition and implications of racism.

**9. What should a community health nurse consider when planning a program on childhood immunizations?**

- A. The values and preferences of the community**
- B. The cost of immunizations in the community**
- C. The number of immunizations available**
- D. The ages of children requiring vaccines**

When planning a program on childhood immunizations, considering the values and preferences of the community is essential because these factors significantly influence public acceptance and participation in health initiatives. Understanding the cultural, social, and economic context of the community helps the nurse to tailor the program effectively, ensuring it aligns with the community's beliefs and practices regarding vaccinations. This approach is crucial for fostering trust, mitigating fears, and encouraging families to participate in immunization programs. By integrating the community's values and preferences, the nurse can also identify potential barriers to vaccination and develop strategies to address them, ultimately leading to higher vaccination rates and improved public health outcomes. Focusing on cost, the number of immunizations available, or the ages of children requiring vaccines, while important, may not address the root of community engagement and adoption. These factors are better managed once the community's perspectives and readiness to accept immunization practices are established.

**10. In the context of workplace health, what is an example of a tertiary intervention?**

- A. Providing training on workplace safety**
- B. Working with the floor manager to decide on light duty work for an injured employee**
- C. Conducting health screenings for employees**
- D. Implementing wellness programs**

A tertiary intervention focuses on managing and rehabilitating individuals who have already been affected by a health issue or injury to minimize the long-term impact and promote recovery. In this scenario, working with the floor manager to determine light-duty work for an injured employee exemplifies a tertiary intervention. This approach recognizes that the employee has already sustained an injury and aims to facilitate their return to work in a safe, manageable way, thus helping them regain function and maintain their employment. By adapting the work environment to accommodate recovery, it emphasizes rehabilitation and support following the injury. The other options, while important in workplace health, pertain to different levels of intervention. Providing training on workplace safety and implementing wellness programs are examples of primary and secondary interventions, respectively, focusing on preventing injuries and promoting health. Conducting health screenings also falls under secondary intervention as it aims to identify health issues before they become severe.