

FAMILY HEALTH SERVICES OF THE DEPARTMENT OF HEALTH PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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

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- 1. Which of the following services is NOT part of the oral health program?**
 - A. Health education activities
 - B. Extraction of teeth
 - C. Physical therapy
 - D. Restorative treatment

- 2. What does a classification of "N" in iodine deficiency indicate?**
 - A. Goiter visible with head in normal position
 - B. No goiter present
 - C. Presence of nodules
 - D. Goiter visible only with neck extended

- 3. What was the Universal Child Immunization Goal established in February 1986?**
 - A. Increased vaccination rates in urban areas
 - B. Expansion of vaccine research
 - C. Achievement of immunization coverage through EPI
 - D. Creation of international immunization alliances

- 4. What does the maternal health program NOT include among its components?**
 - A. Micronutrient supplementation
 - B. Clean and safe delivery
 - C. Emergency surgery
 - D. Disease treatment

- 5. At what stage are antenatal registrations ideally conducted?**
 - A. Before conception
 - B. During the first trimester
 - C. Throughout the third trimester
 - D. Only during delivery

- 6. What is the protection duration provided after TT4 is administered?**
- A. 1 year
 - B. 5 years
 - C. 10 years
 - D. Childbearing years
- 7. What is the recommended duration for exclusive breastfeeding to achieve optimum growth and development?**
- A. Four months
 - B. Six months
 - C. One year
 - D. Two years
- 8. What is the significance of partnerships in Family Health Services?**
- A. They reduce competition among healthcare providers
 - B. They enhance resource availability and improve health outcomes
 - C. They are primarily for marketing purposes
 - D. They create strict regulations on service delivery
- 9. What does primary prevention in Family Health Services focus on?**
- A. Providing treatment for existing diseases
 - B. Preventing diseases before they occur
 - C. Researching new medical treatments
 - D. Monitoring health outcomes
- 10. What can enhance the effectiveness of health services in a community?**
- A. Limited community feedback
 - B. Community engagement and participation
 - C. Reduced collaboration with local organizations
 - D. Singling out specific age groups

Answers

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

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Explanations

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1. Which of the following services is NOT part of the oral health program?

- A. Health education activities
- B. Extraction of teeth
- C. Physical therapy**
- D. Restorative treatment

The correct answer, indicating that physical therapy is not part of the oral health program, can be understood by considering the primary focus and objectives of oral health services. Oral health programs are designed specifically to address issues related to teeth, gums, and overall oral hygiene. This includes education on maintaining good oral health, preventive measures, and treatment interventions directly associated with dental health. Health education activities, extraction of teeth, and restorative treatment all fall under the typical scope of oral health services. Health education activities are crucial as they aim to inform individuals about proper dental care practices. The extraction of teeth is a common dental procedure necessary for addressing severe decay or other dental issues. Restorative treatment refers to procedures that repair or replace damaged teeth, which is a central component of dental care. In contrast, physical therapy primarily focuses on the rehabilitation of physical functions and mobility related to the musculoskeletal system, which does not directly relate to oral health. Thus, it is categorized separately and is not a service provided under oral health programs.

2. What does a classification of "N" in iodine deficiency indicate?

- A. Goiter visible with head in normal position
- B. No goiter present
- C. Presence of nodules**
- D. Goiter visible only with neck extended

The classification of "N" in iodine deficiency actually signifies "No goiter present." In this classification system, a rating system is used to assess the presence or size of goiter in the population, which helps to track the impact of iodine deficiency. In regions where iodine levels are sufficient, individuals typically do not develop goiter, which is an enlargement of the thyroid gland often related to insufficient iodine intake. The presence of "N" indicates that there are no physical signs of goiter among the assessed individuals, confirming an adequate iodine status. Understanding this classification is essential as it plays a critical role in public health initiatives aimed at monitoring and preventing iodine deficiency disorders.

3. What was the Universal Child Immunization Goal established in February 1986?

- A. Increased vaccination rates in urban areas
- B. Expansion of vaccine research
- C. Achievement of immunization coverage through EPI**
- D. Creation of international immunization alliances

The Universal Child Immunization Goal established in February 1986 aimed for the achievement of immunization coverage through the Expanded Program on Immunization (EPI). This initiative was designed to ensure that all children, regardless of where they lived, would receive essential vaccinations against vaccine-preventable diseases. The focus was on making vaccines accessible and available to every child, which was crucial in reducing morbidity and mortality rates associated with infectious diseases. The Expanded Program on Immunization specifically outlined the target of achieving 80% coverage of routine vaccinations for children by 1990. This goal emphasized the importance of public health initiatives and the need for coordinated efforts at local, national, and international levels to ensure equitable vaccine distribution and administration. This approach not only improved individual health outcomes but also contributed to broader community immunity, helping to prevent the spread of diseases. In contrast, the other options, while relevant to public health and immunization efforts, do not capture the essence of the Universal Child Immunization Goal set in 1986. Increased vaccination rates in urban areas, expansion of vaccine research, and the creation of international immunization alliances are important aspects of public health but do not specifically represent the goal of achieving comprehensive immunization coverage outlined in the EPI during that period.

4. What does the maternal health program NOT include among its components?

- A. Micronutrient supplementation
- B. Clean and safe delivery
- C. Emergency surgery**
- D. Disease treatment

The maternal health program is designed to ensure the well-being of mothers throughout pregnancy, childbirth, and the postpartum period. Its components typically focus on preventive care, health education, and safe practices during childbirth. Micronutrient supplementation is an important aspect, as it addresses nutritional deficiencies that can affect both maternal and fetal health. Clean and safe delivery practices are fundamental to reducing complications during childbirth, which is a key focus of maternal health initiatives. Additionally, disease treatment is often integrated into maternal health programs to manage and mitigate any health issues that may arise during pregnancy. Emergency surgery, while it might be necessary in certain circumstances, is generally not a standard component of maternal health programs. These programs primarily focus on preventive measures, prenatal care, and ensuring a smooth delivery process rather than surgical interventions. Therefore, emergency surgery does not fit within the core objectives of maternal health initiatives, making it the component not typically included.

5. At what stage are antenatal registrations ideally conducted?

- A. Before conception
- B. During the first trimester**
- C. Throughout the third trimester
- D. Only during delivery

The ideal time for antenatal registrations is during the first trimester. This period is crucial because it allows healthcare providers to begin monitoring the health of both the mother and the developing fetus early in the pregnancy. Early registration helps in identifying any potential risks or complications, facilitating timely interventions, and ensuring that the mother receives appropriate prenatal care. It establishes a baseline for tracking the pregnancy's progress and enables education about healthy behaviors and the importance of attending regular check-ups. Early engagement also increases the likelihood of a healthy pregnancy outcome for both the mother and the baby, as well as enhancing opportunities for vaccination and screening for various conditions.

6. What is the protection duration provided after TT4 is administered?

- A. 1 year
- B. 5 years
- C. 10 years
- D. Childbearing years**

The protection duration provided after the administration of TT4 (Tetanus Toxoid, 4th dose) is specifically indicated for a woman's childbearing years. This timing is significant because TT vaccination is particularly important for women of reproductive age to prevent neonatal tetanus during childbirth. The vaccine provides immunity that is critical in protecting both the mother and her newborn from tetanus, a serious infection that can occur during delivery or after. This duration reflects public health initiatives aimed at ensuring that women are adequately vaccinated before and during their reproductive years, thus reducing the incidence of tetanus in newborns. The focus on this age group emphasizes the need for proactive health measures in family health planning, ensuring that women receive the necessary vaccinations to safeguard both their health and that of future generations. In contrast to other options, such as 1 year, 5 years, or 10 years, which may pertain to different vaccine schedules or types, the emphasis on childbearing years underlines the specific goals of the TT4 vaccination program regarding maternal and neonatal health outcomes.

7. What is the recommended duration for exclusive breastfeeding to achieve optimum growth and development?

- A. Four months
- B. Six months**
- C. One year
- D. Two years

The recommended duration for exclusive breastfeeding to achieve optimum growth and development is six months. This guideline is supported by major health organizations, including the World Health Organization (WHO) and the American Academy of Pediatrics (AAP). Breast milk provides all the essential nutrients that an infant needs for healthy growth during the first six months of life. Exclusive breastfeeding during this period not only ensures that infants get the optimal balance of proteins, fats, vitamins, and antibodies but also promotes healthy gut development and helps reduce the risk of infections and chronic diseases later in life. While breastfeeding can continue beyond six months to complement a child's diet as they begin to eat solid foods, it is the first six months that are particularly critical for establishing a strong nutritional foundation. This period of exclusive breastfeeding is crucial for both physical and cognitive development, making it a vital recommendation for health practitioners and caregivers focusing on child health.

8. What is the significance of partnerships in Family Health Services?

- A. They reduce competition among healthcare providers
- B. They enhance resource availability and improve health outcomes**
- C. They are primarily for marketing purposes
- D. They create strict regulations on service delivery

Partnerships in Family Health Services are significant primarily because they enhance resource availability and improve health outcomes. When healthcare organizations collaborate with other entities, such as community organizations, governmental agencies, and academic institutions, they can pool resources, knowledge, and expertise. This collaboration allows for a more comprehensive approach to health issues, addressing not only medical needs but also social determinants of health. By enhancing resource availability—whether through shared funding, combined services, or expanded access to health education—partnerships can lead to more effective health interventions and improved outcomes for families. For instance, a partnership between a healthcare provider and a local school can lead to initiatives that promote children's health in both settings, ultimately leading to improved health and wellness in the community. The other options do not capture the full importance of partnerships in this context. While reducing competition might be a trait seen in some partnerships, the primary goal is to enhance collective capacity to serve communities effectively. Marketing may be a component of a partnership, but it serves a secondary purpose compared to improving health outcomes. Lastly, partnerships are typically aimed at fostering collaboration rather than creating strict regulations, which could inhibit flexibility and responsiveness to community needs.

9. What does primary prevention in Family Health Services focus on?

- A. Providing treatment for existing diseases
- B. Preventing diseases before they occur**
- C. Researching new medical treatments
- D. Monitoring health outcomes

Primary prevention in Family Health Services is fundamentally aimed at preventing diseases before they occur. It involves strategies and interventions that focus on reducing the risk factors associated with various health conditions and enhancing overall health and well-being in the community. This approach emphasizes educating individuals and communities about healthy lifestyle choices, vaccinations, and screening programs that detect potential health issues early on, ultimately preventing the onset of diseases. By engaging in primary prevention, health services can significantly reduce the incidence of diseases, leading to better population health outcomes and lower healthcare costs over time. This proactive stance distinguishes primary prevention from other levels of healthcare that focus more on treatment or management after a disease has already manifested.

10. What can enhance the effectiveness of health services in a community?

- A. Limited community feedback
- B. Community engagement and participation**
- C. Reduced collaboration with local organizations
- D. Singling out specific age groups

Community engagement and participation are vital components that can significantly enhance the effectiveness of health services in a community. When community members are actively involved in the planning, implementation, and evaluation of health services, it fosters a sense of ownership and commitment to the health initiatives being offered. This collaboration ensures that health programs are tailored to the specific needs and preferences of the community, which can lead to higher levels of participation and adherence to health interventions. Moreover, engaging the community allows for the gathering of valuable feedback that can help health service providers understand what works, what doesn't, and how services can be improved. It enables open lines of communication, creating a more trusting environment, which is essential for effective healthcare delivery. Additionally, when community members actively participate, they can serve as advocates for health education and promote healthier behaviors among their peers, thereby amplifying the impact of health services. In contrast, limited community feedback restricts the ability to assess the true needs of the population, while reduced collaboration with local organizations can lead to a disjointed approach to health service delivery, missing opportunities for shared resources and expertise. Focusing solely on specific age groups may also neglect the health needs of other demographics, ultimately undermining the inclusiveness and efficacy of health services in the broader community.

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://famhealthservicesdoh.examzify.com>

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

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