

Fundamentals of Health Promotion for Nurses Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 behavior demonstrates active engagement during communication?**
 - A. Exhibiting engagement through expression, tone, and body language.**
 - B. Checking phone messages during conversation.**
 - C. Avoiding eye contact with the speaker.**
 - D. Interrupting to correct every minor detail.**

- 2. Which statement best captures Pender's Health Promotion Model?**
 - A. It focuses on increasing clients' level of well-being and helps them associate positive feelings toward health-promoting actions.**
 - B. It is primarily about curing diseases through medications.**
 - C. It ignores behavior-related variables.**
 - D. It emphasizes hospital-based interventions over community wellness.**

- 3. Which statement best reflects the focus of Pender's Health Promotion Model?**
 - A. Modifiable behavior-specific variables.**
 - B. Non-modifiable genetic factors.**
 - C. Solely environmental factors.**
 - D. Random chance.**

- 4. Which of the following is NOT listed as an intellectual aspect of health promotion?**
 - A. Education**
 - B. Health literacy**
 - C. Career development**
 - D. Access to transportation**

- 5. Tertiary prevention is best described as?**
 - A. Tx and management of the patient's clinical and chronic disease.**
 - B. Identification and Tx of asymptomatic persons who have developed risk factors.**
 - C. A set of actions that prevents a specific disease or condition.**
 - D. Health education and vaccination campaigns.**

- 6. After formulating health promotion goals based on client input, which step should come next?**
- A. Develop a work plan that spells out goals/steps the client will take to achieve the goal**
 - B. Assess need for the program**
 - C. Obtain client input about health promotion programs**
 - D. Lay groundwork activity**
- 7. Which statement best describes Level 3 in the five levels of communication?**
- A. You paraphrase what the client said, but the meaning you provide is superficial.**
 - B. You do not focus on the client's communication and overlook expressed surface feelings.**
 - C. You paraphrase what the client said and you add significantly to the client's expressions of feeling.**
 - D. You not only add significantly to the client's feelings at more than one deeper level, you know you understand what the client is experiencing.**
- 8. Which statement best reflects cultural differences and flexibility?**
- A. Identifying cultural differences; maintaining attitude of flexibility.**
 - B. Believing there are no cultural differences.**
 - C. Forcing assimilation to the dominant culture.**
 - D. Ignoring clients' beliefs.**
- 9. Which level of prevention targets those who already have a disease?**
- A. Tertiary prevention**
 - B. Primary prevention**
 - C. Secondary prevention**
 - D. Quaternary prevention**

10. Which dimension emphasizes exuberant well-being, happiness, and a good spirit?

- A. Clinical**
- B. Role Performance**
- C. Adaptive**
- D. Eudaimonistic**

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Answers

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

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Explanations

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1. Which behavior demonstrates active engagement during communication?

- A. Exhibiting engagement through expression, tone, and body language.**
- B. Checking phone messages during conversation.**
- C. Avoiding eye contact with the speaker.**
- D. Interrupting to correct every minor detail.**

Active engagement in communication shows up when a person uses expressions, tone, and body language to signal interest, understanding, and responsiveness. When someone communicates with eye contact, appropriate facial expressions, nodding, and a calm, varied tone that fits the conversation, they invite dialogue and convey that the message is being heard. That combination—expression, tone, and body language—best demonstrates engagement because it reflects active listening and receptivity. Distractions like checking phone messages break the flow and signal inattention. Avoiding eye contact is a sign of disengagement and can undermine trust. Interrupting to correct every minor detail shows a focus on correctness over listening, which disrupts the conversation and signals disrespect.

2. Which statement best captures Pender's Health Promotion Model?

- A. It focuses on increasing clients' level of well-being and helps them associate positive feelings toward health-promoting actions.**
- B. It is primarily about curing diseases through medications.**
- C. It ignores behavior-related variables.**
- D. It emphasizes hospital-based interventions over community wellness.**

Pender's Health Promotion Model centers on promoting health and well-being through voluntary actions that individuals take to improve their health. It treats health as a positive, dynamic state that people strive for by engaging in behaviors they believe will benefit them, with positive feelings and attitudes toward those actions reinforcing continued engagement. Behavior is shaped by factors such as perceived benefits and barriers, self-efficacy, and the social and physical environment, all guiding decisions to adopt healthier lifestyles. The statement that best captures this is the one about increasing a client's level of well-being and helping them associate positive feelings with health-promoting actions, because it reflects both the aim of health promotion and the motivational affect that helps sustain healthful behaviors. Choices that describe curing diseases with medications, ignoring behavior, or prioritizing hospital-based interventions over community wellness do not align with the model's emphasis on proactive, health-promoting actions across settings.

3. Which statement best reflects the focus of Pender's Health Promotion Model?

- A. Modifiable behavior-specific variables.**
- B. Non-modifiable genetic factors.**
- C. Solely environmental factors.**
- D. Random chance.**

Pender's Health Promotion Model focuses on how people actively choose to adopt health-promoting behaviors by changing beliefs and feelings that drive action. The core emphasis is on modifiable behavior-specific variables—factors that individuals can alter to increase the likelihood of engaging in healthy actions. These include perceptions of benefits and barriers, self-efficacy, activity-related affect, and the influence of interpersonal and situational factors, which can be targeted through education, support, and supportive environments. Because the model centers on changing cognition and affect related to specific behaviors, genetic factors that cannot be changed and environmental factors alone do not capture its main idea. Random chance is not a mechanism proposed by the model to explain health-promoting behavior.

4. Which of the following is NOT listed as an intellectual aspect of health promotion?

- A. Education**
- B. Health literacy**
- C. Career development**
- D. Access to transportation**

The question asks about which factor reflects an intellectual aspect of health promotion, meaning things that involve knowledge, understanding, and cognitive skills used to promote health. Education clearly fits here because it provides foundational health knowledge. Health literacy is the ability to obtain, understand, and act on health information, directly tied to cognitive processing. Career development involves planning, learning, and applying knowledge in a professional or personal growth context, which also engages cognitive abilities relevant to promoting health. Access to transportation, while crucial for reaching care and resources, is about physical or logistical access rather than a cognitive or knowledge-based capability, so it's not considered an intellectual aspect. Therefore, access to transportation is the item that is not listed as an intellectual aspect of health promotion.

5. Tertiary prevention is best described as?

- A. Tx and management of the patient's clinical and chronic disease.**
- B. Identification and Tx of asymptomatic persons who have developed risk factors.**
- C. A set of actions that prevents a specific disease or condition.**
- D. Health education and vaccination campaigns.**

Tertiary prevention focuses on reducing the damage and helping the patient regain as much function as possible after a disease has occurred. It involves treating and managing an established clinical condition to prevent complications, limit disability, and improve quality of life, often through ongoing medical management, rehabilitation, and supportive care. That's why the option describing treatment and management of the patient's clinical and chronic disease fits best. It emphasizes intervening after disease onset to minimize harm and maintain function. In contrast, screening asymptomatic people with risk factors aligns with secondary prevention, while actions aimed at preventing disease from developing in the first place (such as health education and vaccination) reflect primary prevention.

6. After formulating health promotion goals based on client input, which step should come next?

- A. Develop a work plan that spells out goals/steps the client will take to achieve the goal**
- B. Assess need for the program**
- C. Obtain client input about health promotion programs**
- D. Lay groundwork activity**

The main idea here is turning goals into an actionable plan. After goals are set based on what the client wants and needs, the next step is to develop a concrete work plan that outlines the specific actions the client will take, who will do them, and when they will be done. This step creates a clear roadmap for implementation, helping to ensure that goals are realistic, that responsibilities and timelines are understood, and that progress can be tracked. It also helps identify necessary resources and potential barriers so adjustments can be made as needed. Earlier steps in the process, like assessing needs or gathering input, come before setting goals, and laying out a broad activity plan without specifics would not move the plan toward action. A well-defined work plan bridges goal setting and actual implementation, making it the logical next move.

7. Which statement best describes Level 3 in the five levels of communication?

- A. You paraphrase what the client said, but the meaning you provide is superficial.**
- B. You do not focus on the client's communication and overlook expressed surface feelings.**
- C. You paraphrase what the client said and you add significantly to the client's expressions of feeling.**
- D. You not only add significantly to the client's feelings at more than one deeper level, you know you understand what the client is experiencing.**

Level 3 focuses on restating the client's message to show you've heard them, but the interpretation you offer remains at a surface level. You reflect or paraphrase what they've said to confirm accuracy, without adding your own inferences or delving into deeper emotions or meanings. This depth of listening helps validate content and keep the client's voice central, while avoiding over-interpretation or assuming feelings that aren't explicitly expressed. That's why the best description is paraphrasing the client's words with a superficial meaning. The other descriptions describe deeper levels of engagement—either moving beyond surface content to add significant emotional meaning or fully recognizing and empathizing with the client's experience—which go beyond Level 3.

8. Which statement best reflects cultural differences and flexibility?

- A. Identifying cultural differences; maintaining attitude of flexibility.**
- B. Believing there are no cultural differences.**
- C. Forcing assimilation to the dominant culture.**
- D. Ignoring clients' beliefs.**

Recognizing that people come with diverse cultural beliefs and practicing flexibility in care are essential to effective nursing. When you identify cultural differences, you're able to tailor your approach to fit each patient's values, beliefs, and practices, which helps build trust and improves adherence to care plans. Flexibility means adapting communication, involving family members as appropriate, respecting dietary or religious restrictions, and incorporating safe traditional practices or alternatives when possible. Choosing that there are no cultural differences or insisting on assimilation ignores the patient's autonomy and can damage trust and outcomes. Ignoring beliefs similarly dismisses important aspects of care and can lead to nonadherence and dissatisfaction. The combination of recognizing differences and staying flexible best supports respectful, patient-centered care.

9. Which level of prevention targets those who already have a disease?

- A. Tertiary prevention**
- B. Primary prevention**
- C. Secondary prevention**
- D. Quaternary prevention**

The main idea is that once a disease is already present, the goal shifts to reducing its impact and helping the person recover or adapt. This is tertiary prevention. It focuses on preventing complications, limiting disability, and improving quality of life through rehabilitation, ongoing treatment, and strategies to manage symptoms and maintain function. For example, after a stroke, rehabilitation to regain motor skills and prevent further decline; diabetes care to prevent complications like neuropathy or kidney disease; or management of chronic illnesses to minimize hospitalizations and maintain independence. In contrast, primary prevention aims to stop the disease from occurring in healthy people, such as vaccinations and lifestyle changes to reduce risk factors. Secondary prevention involves finding disease early to prevent progression, through screenings and early treatment. Quaternary prevention deals with avoiding overmedicalization and unnecessary interventions to protect patients from harm.

10. Which dimension emphasizes exuberant well-being, happiness, and a good spirit?

- A. Clinical**
- B. Role Performance**
- C. Adaptive**
- D. Eudaimonistic**

This item tests understanding of how health can be described beyond just the absence of disease. The dimension that emphasizes exuberant well-being, happiness, and a good spirit is the eudaimonistic one. This perspective on health focuses on thriving and living with meaning, joy, and vitality, not merely avoiding illness or meeting basic functional needs. It captures how people feel about life, their sense of purpose, and their engagement with others and activities that bring fulfillment. In contrast, the clinical dimension centers on the absence or presence of disease, the role performance dimension looks at how well a person can fulfill social roles (like work or family duties), and the adaptive dimension concerns adjusting to health changes and daily demands. So the description of exuberant well-being and a buoyant spirit aligns best with the eudaimonistic view.

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://fundhealthpromofornurses.examzify.com>

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

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