

Health Promotion and Disease Prevention Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. During testicular self-examination (TSE), what should the nurse tell the client to do if he notices an enlarged testicle or a lump?**
 - A. Ignore it and monitor for changes**
 - B. Notify the physician immediately**
 - C. Consult a pharmacist for advice**
 - D. Wait two weeks before seeking help**
- 2. What is one reason for conducting a breast self-examination?**
 - A. To improve overall mental health**
 - B. To find any current breast cancer**
 - C. To promote early detection of breast issues**
 - D. To assess overall body image**
- 3. How often should adults engage in moderate-intensity aerobic physical activity for health benefits?**
 - A. 30 minutes once a week**
 - B. 150 minutes per week**
 - C. 60 minutes daily**
 - D. 120 minutes biweekly**
- 4. Which demographic is most impacted by food insecurity?**
 - A. Wealthy individuals**
 - B. Children and low-income families**
 - C. Those living in rural areas only**
 - D. Only the elderly population**
- 5. What are the primary goals of health promotion?**
 - A. To improve health and well-being**
 - B. To reduce healthcare costs**
 - C. To enhance medical research**
 - D. To increase pharmaceutical sales**

- 6. What is an example of secondary prevention?**
- A. Vaccination programs**
 - B. Early detection through screening tests**
 - C. Rehabilitation programs**
 - D. Stress management techniques**
- 7. In a throat examination, a client says the word "ninety-nine." What respiratory assessment is being done by the nurse?**
- A. Vocal fremitus**
 - B. Bronchophony**
 - C. Egophony**
 - D. Whispered pectoriloquy**
- 8. Which model emphasizes the stages individuals go through in changing health-related behaviors?**
- A. Health Belief Model**
 - B. Social Cognitive Theory**
 - C. Transtheoretical Model**
 - D. Ecological Model**
- 9. What is the aim of a health promotion campaign?**
- A. To promote a single product or service**
 - B. To improve overall health and prevent disease in communities**
 - C. To highlight the problems of the healthcare system**
 - D. To focus solely on medical treatments**
- 10. What does the Health Belief Model focus on?**
- A. Individuals' financial capacity to afford healthcare**
 - B. Individuals' perceptions of the threat posed by a health problem and benefits of avoiding the threat**
 - C. The effectiveness of healthcare delivery systems**
 - D. Government policies on health insurance**

Answers

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

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Explanations

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1. During testicular self-examination (TSE), what should the nurse tell the client to do if he notices an enlarged testicle or a lump?

A. Ignore it and monitor for changes

B. Notify the physician immediately

C. Consult a pharmacist for advice

D. Wait two weeks before seeking help

The correct course of action during a testicular self-examination if a client notices an enlarged testicle or a lump is to notify the physician immediately. This recommendation is based on the potential seriousness of testicular abnormalities, as they may indicate conditions such as testicular cancer or other medical issues that require prompt evaluation. Early detection is crucial in managing testicular conditions effectively, and a healthcare provider can conduct further diagnostic assessments to determine the cause of the lump or enlargement. Immediate communication with a physician ensures that the necessary steps can be taken for diagnosis and treatment, minimizing the risk of complications associated with delayed medical attention. In contrast, ignoring the issue, consulting a pharmacist, or waiting to seek help could lead to worsening health outcomes, as these approaches do not provide the necessary medical assessment and intervention that should accompany these symptoms.

2. What is one reason for conducting a breast self-examination?

A. To improve overall mental health

B. To find any current breast cancer

C. To promote early detection of breast issues

D. To assess overall body image

Conducting a breast self-examination plays a crucial role in promoting early detection of breast issues, making it a valuable practice for individuals. The primary purpose of this examination is to help individuals become familiar with the normal texture and shape of their breasts, which allows them to identify any unusual changes or abnormalities early on. Early detection is key in managing breast health, as finding issues at an earlier stage significantly increases the chances of successful treatment. Regular self-examinations can empower individuals, fostering a proactive approach to their breast health, ultimately contributing to better health outcomes. While improved mental health, assessing body image, and finding current breast cancer may be associated with breast self-exams, these are not the primary reasons for conducting them. The focus is primarily on identifying changes that could signify potential health concerns, making early detection the most relevant aspect in this context.

3. How often should adults engage in moderate-intensity aerobic physical activity for health benefits?

- A. 30 minutes once a week
- B. 150 minutes per week**
- C. 60 minutes daily
- D. 120 minutes biweekly

Engaging in moderate-intensity aerobic physical activity for 150 minutes per week is recommended for adults to achieve significant health benefits. This level of activity can help reduce the risk of chronic diseases, improve cardiovascular health, enhance mental well-being, and contribute to maintaining a healthy weight. The guideline of 150 minutes per week is based on extensive research that demonstrates health improvements associated with this amount of physical activity, which can be broken down into manageable sessions. For instance, individuals might choose to engage in 30 minutes of moderate exercise five times a week, making it easier to integrate this recommendation into their daily routines. Other choices do not align with the established guidelines for physical activity. For example, 30 minutes once a week does not provide sufficient duration for health benefits, while 60 minutes daily may exceed what is necessary for many adults, potentially leading to burnout or injury for some individuals. Lastly, 120 minutes biweekly does not fulfill the minimum recommended amount that is typically suggested for optimal health outcomes. Thus, the correct recommendation emphasizes consistency over time, making 150 minutes per week the most effective approach for health promotion.

4. Which demographic is most impacted by food insecurity?

- A. Wealthy individuals
- B. Children and low-income families**
- C. Those living in rural areas only
- D. Only the elderly population

Food insecurity primarily affects children and low-income families due to several interrelated factors. Children are particularly vulnerable because they rely on their caregivers for access to food, and their developmental needs require adequate nutrition for growth and health. Low-income families often experience financial constraints that limit their ability to purchase sufficient and nutritious food, which can lead to hunger and malnutrition. Additionally, food insecurity is often exacerbated by systemic issues such as unemployment, rising living costs, and limited access to resources. Many low-income families may work multiple jobs but still struggle to make ends meet, impacting their ability to secure reliable food sources. While food insecurity can affect various demographic groups, including the elderly and those living in rural areas, it is most pronounced among children and low-income families who face the greatest risk due to economic disparities.

5. What are the primary goals of health promotion?

- A. To improve health and well-being**
- B. To reduce healthcare costs**
- C. To enhance medical research**
- D. To increase pharmaceutical sales**

The primary goals of health promotion center around improving health and well-being, which is crucial for fostering a healthier population. This encompasses various strategies aimed at empowering individuals and communities to take control of their health. By promoting healthier lifestyles, increasing awareness of health issues, and encouraging preventive measures, health promotion seeks to reduce the incidence of diseases and enhance the quality of life for individuals. Improving health and well-being involves a holistic approach that includes physical, mental, and social health aspects. Initiatives may involve creating supportive environments, enhancing access to health services, and educating the public about health-related behaviors. All of these efforts are designed to encourage individuals to engage in healthy practices and make informed decisions regarding their health. While reduction in healthcare costs, enhancement of medical research, and increasing pharmaceutical sales may be secondary benefits or considerations in the broader healthcare landscape, they do not encapsulate the primary goals of health promotion. The focus remains on the direct enhancement of health outcomes and well-being for individuals and communities. This foundational objective serves as the basis for more comprehensive public health strategies and policies.

6. What is an example of secondary prevention?

- A. Vaccination programs**
- B. Early detection through screening tests**
- C. Rehabilitation programs**
- D. Stress management techniques**

Secondary prevention focuses on the early detection and prompt intervention of diseases to reduce their severity and prevent complications. Early detection through screening tests serves this purpose effectively. For instance, screening for conditions like breast cancer, hypertension, or diabetes helps identify individuals at risk or in the early stages of these diseases, allowing for timely management and treatment. Vaccination programs are a form of primary prevention, as they aim to prevent the onset of disease before it occurs. Rehabilitation programs are typically categorized as tertiary prevention since they focus on managing and mitigating the effects of an existing disease or injury. Stress management techniques can also be seen as primarily preventive strategies, often fitting into wellness promotion and primary prevention, rather than addressing the early detection of conditions. Thus, the option concerning early detection through screening tests is accurately identified as secondary prevention.

7. In a throat examination, a client says the word “ninety-nine.” What respiratory assessment is being done by the nurse?

A. Vocal fremitus

B. Bronchophony

C. Egophony

D. Whispered pectoriloquy

The assessment being conducted when the client says the word “ninety-nine” is known as bronchophony. This technique involves the nurse listening to the patient's voice sounds using a stethoscope to assess for the clarity and transmission of vocal sounds through lung tissue. When a healthy individual speaks, the sound is usually muffled due to air in the lungs. However, if there is an underlying lung condition such as pneumonia or consolidation, the voice sounds can become much clearer and distinct. In the context of this assessment, saying “ninety-nine” allows the nurse to evaluate the quality of sound transmission through the lung fields, which can indicate the presence of issues like lung consolidation, where normal lung air content changes to denser lung tissue. This makes bronchophony a valuable tool for identifying possible respiratory conditions. The other options refer to different techniques for assessing lung sounds. Vocal fremitus involves palpating vibrations in the chest wall as the patient speaks, while egophony refers to the change in voice sounds when a patient says “ee,” which can change to a nasal “ay” if there is a problem. Whispered pectoriloquy assesses the clarity of whispered sounds heard through the stethoscope. Each of these techniques examines different aspects

8. Which model emphasizes the stages individuals go through in changing health-related behaviors?

A. Health Belief Model

B. Social Cognitive Theory

C. Transtheoretical Model

D. Ecological Model

The correct answer emphasizes that individuals go through distinct stages when changing health-related behaviors. This model is known as the Transtheoretical Model, also referred to as the Stages of Change Model. It outlines a series of stages: precontemplation, contemplation, preparation, action, and maintenance. Each stage reflects a different level of readiness to change behavior, allowing for tailored interventions based on where an individual is in their journey. For example, someone in the precontemplation stage may not even recognize a need for change, whereas someone in the action stage is actively making changes to their behavior. This model is particularly useful in health promotion because it recognizes that behavior change is not a linear process but rather a complex one that may involve cycling back to earlier stages, which can greatly enhance the effectiveness of interventions. By understanding the specific stage an individual is in, practitioners can provide the appropriate support and resources needed to facilitate the transition to the next stage. In contrast, the Health Belief Model focuses on individual beliefs about health risks and the benefits of taking action, the Social Cognitive Theory emphasizes the role of observational learning and social influences, while the Ecological Model considers multiple levels of influence on behavior—from individual to societal factors. These models provide valuable insights but

9. What is the aim of a health promotion campaign?

- A. To promote a single product or service
- B. To improve overall health and prevent disease in communities**
- C. To highlight the problems of the healthcare system
- D. To focus solely on medical treatments

The aim of a health promotion campaign is to improve overall health and prevent disease in communities. This broader goal encompasses various strategies and activities designed to educate individuals about healthy lifestyle choices, raise awareness of health issues, and encourage behaviors that contribute to physical, mental, and social well-being. Health promotion campaigns typically address multiple aspects of health, including nutrition, exercise, mental health awareness, and preventive services, to create healthier environments and empower communities to take charge of their health. By focusing on prevention and health education, these campaigns ultimately seek to reduce the incidence of disease and improve quality of life among populations. This approach recognizes that health is influenced by a variety of factors, including social, economic, and environmental conditions, and aims to create supportive conditions where individuals can thrive.

10. What does the Health Belief Model focus on?

- A. Individuals' financial capacity to afford healthcare
- B. Individuals' perceptions of the threat posed by a health problem and benefits of avoiding the threat**
- C. The effectiveness of healthcare delivery systems
- D. Government policies on health insurance

The Health Belief Model emphasizes the role of individuals' perceptions regarding their susceptibility to health problems, the severity of those problems, the benefits of taking action to avoid the threats, and the barriers to taking that action. This model is grounded in the idea that people are more likely to engage in health-promoting behaviors when they perceive a significant threat to their health and believe that the recommended action will effectively reduce that threat. In this model, understanding how individuals evaluate their own risk and the efficacy of preventive measures is critical for health promotion strategies. For example, if a person believes they are at high risk for a disease and perceives that the benefits of preventive actions outweigh the costs or barriers, they are more likely to take those actions. This focus helps health educators and practitioners design interventions that address these perceptions, effectively motivating individuals to change behaviors that contribute to health problems. Factors such as financial capacity, healthcare delivery effectiveness, or government policies may influence health behavior indirectly but are not central to the Health Belief Model's framework on individual perception and action.