

# Health Promotion and Disease Prevention Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What is the first action a nurse should take when a 16-year-old client seeks information about birth control?**
  - A. Provide pamphlets on various methods**
  - B. Assess the client's knowledge of available birth control methods**
  - C. Discuss the effectiveness of each method**
  - D. Encourage abstinence**
- 2. How should a nurse ask a client to perform the Phalen test for carpal tunnel syndrome?**
  - A. Hold the wrists in neutral position**
  - B. Hold the hands back to back while flexing the wrists 90 degrees for 60 seconds**
  - C. Extend the arms forward and rotate the wrists**
  - D. Flex the wrists without contact**
- 3. What position should a nurse assist a female client into for a rectal examination?**
  - A. Supine**
  - B. Sitting upright**
  - C. Right lateral**
  - D. Left lateral**
- 4. What aspect of physical activity is often promoted in health interventions?**
  - A. The necessity of high-intensity training only**
  - B. The importance of regular and moderate physical activity**
  - C. Only competitive sports for youth**
  - D. Elimination of sedentary behavior among adults only**
- 5. What does it indicate if a nurse hears the word "ninety-nine" clearly while assessing vocal resonance?**
  - A. Normal breath sounds**
  - B. Abnormal bronchephonia**
  - C. Normal bronchophony**
  - D. Normal tactile fremitus**

**6. What does a positive Phalen test indicate during a physical assessment?**

- A. Nerve damage**
- B. Carpal tunnel syndrome**
- C. Joint inflammation**
- D. Muscle weakness**

**7. How does stress management contribute to health promotion?**

- A. By increasing daily stress levels**
- B. By promoting unhealthy coping mechanisms**
- C. By reducing the risk of stress-related illnesses**
- D. By encouraging avoidance of professional help**

**8. What action does the nurse take to test cranial nerve XI?**

- A. Asking the client to close their eyes**
- B. Asking the client to shrug their shoulders against resistance**
- C. Asking the client to stick out their tongue**
- D. Monitoring the client's speaking ability**

**9. What preparation is necessary for performing transillumination of the scrotum?**

- A. Using a mirror and a magnifying glass**
- B. Obtain a flashlight and darken the room**
- C. Apply lubricating gel to the scrotum**
- D. Adjust the positioning of the client to a standing position**

**10. When gathering data for a client with a recent cold complaint, what should the nurse focus on?**

- A. Data related to the cardiovascular system**
- B. Data related to their medical history**
- C. Data related to the respiratory system**
- D. Data related to the digestive system**

## **Answers**

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

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## **Explanations**

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**1. What is the first action a nurse should take when a 16-year-old client seeks information about birth control?**

- A. Provide pamphlets on various methods**
- B. Assess the client's knowledge of available birth control methods**
- C. Discuss the effectiveness of each method**
- D. Encourage abstinence**

Assessing the client's knowledge of available birth control methods is a critical first step in this scenario. This approach allows the nurse to understand the client's current level of awareness, beliefs, and any misconceptions they might have. By doing so, the nurse can tailor the conversation to the client's needs, providing the most relevant information and addressing gaps in knowledge effectively. Starting with an assessment ensures that the discussion is client-centered and empowered, as it engages the client in a dialogue rather than delivering information passively. It also opens the door for any questions the client may have, fostering a safe environment where they feel comfortable discussing personal topics related to sexual health. Providing pamphlets or discussing the effectiveness of different methods can be beneficial, but these actions would be most effective after an understanding of the client's knowledge has been established. If the nurse immediately offers information without assessing what the client already knows, there might be a risk of overwhelming them or missing important areas that require clarification. Encouraging abstinence, while a valid approach in some contexts, should also follow a discussion that assesses the client's perspectives, ensuring the conversation reflects their values and informed choices.

**2. How should a nurse ask a client to perform the Phalen test for carpal tunnel syndrome?**

- A. Hold the wrists in neutral position**
- B. Hold the hands back to back while flexing the wrists 90 degrees for 60 seconds**
- C. Extend the arms forward and rotate the wrists**
- D. Flex the wrists without contact**

The Phalen test is a specific assessment used to diagnose carpal tunnel syndrome, which is a condition characterized by compression of the median nerve as it travels through the wrist. The correct method for conducting this test involves having the client hold their hands back to back while flexing the wrists at a 90-degree angle for a duration of 60 seconds. This positioning increases pressure on the median nerve and is designed to elicit symptoms characteristic of carpal tunnel syndrome, such as numbness, tingling, or pain in the fingers or hands. By flexing the wrists in this manner, practitioners can effectively evaluate the presence of any nerve entrapment or dysfunction associated with carpal tunnel syndrome. The other choices do not adhere to the accepted method for the Phalen test. Neutral wrist positions, extended arms with rotations, or flexing without contact would not sufficiently provoke the symptoms associated with carpal tunnel syndrome and, therefore, would not provide an accurate assessment.

**3. What position should a nurse assist a female client into for a rectal examination?**

- A. Supine**
- B. Sitting upright**
- C. Right lateral**
- D. Left lateral**

The appropriate position for a female client during a rectal examination is the left lateral position. This position allows for optimal access to the rectal area while also providing comfort and stability for the client. Being on the left side encourages relaxation of the anal sphincter, which can ease the examination and minimize discomfort. Additionally, the left lateral position is often preferred in clinical settings because it maintains the client's dignity and modesty. This is particularly important in examinations that might be sensitive or uncomfortable. Other positions like lying supine, sitting upright, or right lateral may not facilitate the same level of accessibility and comfort for the examination. Supine may hinder access to the rectal area, while sitting upright can create tension and discomfort. The right lateral position, although potentially usable, is less commonly selected than the left lateral for this type of examination.

**4. What aspect of physical activity is often promoted in health interventions?**

- A. The necessity of high-intensity training only**
- B. The importance of regular and moderate physical activity**
- C. Only competitive sports for youth**
- D. Elimination of sedentary behavior among adults only**

The promotion of regular and moderate physical activity in health interventions is grounded in substantial evidence indicating its numerous health benefits. Engaging in consistent physical activity, rather than focusing solely on high-intensity training, is essential for people of all fitness levels and ages. Research shows that moderate activities, such as walking, biking, or swimming, contribute to reduced risks of chronic diseases, improved mental health, enhanced quality of life, and increased longevity. By emphasizing regular and moderate physical activity, health interventions can foster greater participation among diverse populations, making it more inclusive and accessible. This approach acknowledges that individuals with varying fitness levels can find an appropriate level of activity that fits their lifestyle, thereby encouraging long-term habits. Focusing solely on high-intensity training may deter individuals who are beginners or those who may have health concerns that prevent them from engaging in vigorous activities. Similarly, promoting only competitive sports or the elimination of sedentary behavior among specific groups limits the potential reach and impact of health interventions. The goal is to cultivate a culture of movement that values consistency over intensity and encourages all adults and children to incorporate activity into their daily routines.

**5. What does it indicate if a nurse hears the word "ninety-nine" clearly while assessing vocal resonance?**

- A. Normal breath sounds**
- B. Abnormal bronchophonia**
- C. Normal bronchophony**
- D. Normal tactile fremitus**

When a nurse assesses vocal resonance and hears the word "ninety-nine" clearly, it is indicative of normal bronchophony. Normal bronchophony occurs when spoken voice sounds are transmitted clearly through the lung fields, which is typically a sign that the lung tissues are healthy and that there is no fluid or consolidation that would distort sound transmission. When the spoken word is clearly discernible, as this case suggests, it shows that the lung area is likely unobstructed and free from conditions like pneumonia or fluid accumulation that can cause dull or muffled sounds—a correlation with normal exam findings. Therefore, hearing "ninety-nine" clearly supports the conclusion of normal bronchophony and suggests that the lungs are functioning well at that segment. The importance of this assessment lies in its ability to detect changes in lung health that can lead to early intervention if necessary. The assessment should consistently align with normal expected results to reinforce the absence of respiratory pathology.

**6. What does a positive Phalen test indicate during a physical assessment?**

- A. Nerve damage**
- B. Carpal tunnel syndrome**
- C. Joint inflammation**
- D. Muscle weakness**

A positive Phalen test is specifically used to diagnose carpal tunnel syndrome, a condition that occurs when the median nerve is compressed as it travels through the wrist. During the test, the patient is asked to press the backs of their hands together and hold the position for a minute. If this maneuver elicits symptoms such as tingling, numbness, or pain in the area innervated by the median nerve (which includes parts of the thumb, index, middle finger, and half of the ring finger), it suggests the presence of carpal tunnel syndrome. The reason this test is focused on carpal tunnel syndrome is due to its ability to reproduce symptoms associated with median nerve compression. Symptoms in this area are caused by the narrowing of the carpal tunnel, leading to increased pressure on the nerve. Other conditions, such as nerve damage, joint inflammation, or muscle weakness, do not specifically provoke the characteristic symptoms related to the median nerve in the same manner that a positive Phalen test does. This specificity highlights the importance of the test in the context of diagnosing carpal tunnel syndrome.

## 7. How does stress management contribute to health promotion?

- A. By increasing daily stress levels
- B. By promoting unhealthy coping mechanisms
- C. By reducing the risk of stress-related illnesses**
- D. By encouraging avoidance of professional help

Stress management plays a crucial role in health promotion by reducing the risk of stress-related illnesses. When individuals effectively manage their stress, they are better equipped to maintain psychological and physical well-being. High levels of stress can lead to various health issues, including cardiovascular disease, anxiety disorders, and weakened immune function. By implementing stress reduction techniques such as mindfulness, exercise, or counseling, individuals can lower their physiological stress responses and enhance their overall health. This proactive approach not only prevents the onset of illness but also supports the body's ability to recover and maintain health over time. The other choices do not align with health promotion principles; for example, increasing daily stress levels and promoting unhealthy coping mechanisms are contrary to encouraging well-being. Similarly, avoiding professional help undermines the potential benefits of proper support and guidance in managing stress effectively.

## 8. What action does the nurse take to test cranial nerve XI?

- A. Asking the client to close their eyes
- B. Asking the client to shrug their shoulders against resistance**
- C. Asking the client to stick out their tongue
- D. Monitoring the client's speaking ability

To test cranial nerve XI, which is also known as the accessory nerve, the appropriate action is to ask the client to shrug their shoulders against resistance. This nerve primarily innervates the sternocleidomastoid and trapezius muscles, which are involved in head rotation and shoulder elevation. By applying resistance to the shoulder shrug, the nurse can assess the strength and functionality of these muscles, thereby providing a direct evaluation of the accessory nerve's integrity. The other options do not specifically assess cranial nerve XI. Closing the eyes tests other cranial nerves related to vision and sensory function. Sticking out the tongue checks cranial nerve XII, which controls tongue movement. Monitoring speaking ability may relate to several cranial nerves but is not a direct test for cranial nerve XI. Understanding the specific functions of cranial nerves is crucial in clinical assessments, making the action of shoulder shrugging against resistance the correct choice for evaluating cranial nerve XI.

## 9. What preparation is necessary for performing transillumination of the scrotum?

- A. Using a mirror and a magnifying glass
- B. Obtain a flashlight and darken the room**
- C. Apply lubricating gel to the scrotum
- D. Adjust the positioning of the client to a standing position

The preparation for performing transillumination of the scrotum involves obtaining a flashlight and ensuring that the room is darkened. This is essential because transillumination relies on the ability of light to pass through scrotal contents and produce a visual contrast. A dark environment enhances the visibility of any abnormalities, allowing for better differentiation of solid masses from fluid-filled ones. When light is shone through the scrotum, normal fluid, such as that found in a hydrocele, will allow the light to pass through, appearing as a translucent area. Conversely, solid masses will obstruct the light, appearing as opaque areas. This foundational understanding is vital for accurate assessment and diagnosis. While the other options may seem helpful, they do not directly facilitate the specific requirements of transillumination. Using a mirror and magnifying glass does not enhance the clarity or effectiveness of the procedure. Likewise, applying lubricating gel might be more relevant for other examinations and does not play a role in the transillumination process itself. Positioning the client in a standing position can be beneficial for some examinations, but is not a requisite for effective transillumination. Thus, the focus on proper lighting conditions and room darkness is paramount for this diagnostic technique.

## 10. When gathering data for a client with a recent cold complaint, what should the nurse focus on?

- A. Data related to the cardiovascular system
- B. Data related to their medical history
- C. Data related to the respiratory system**
- D. Data related to the digestive system

Focusing on data related to the respiratory system is the most appropriate approach when dealing with a client who has recently reported cold symptoms. Colds are upper respiratory infections primarily caused by viruses, and they typically manifest with symptoms affecting the respiratory tract, such as a runny or stuffy nose, sore throat, cough, and sneezing. By gathering detailed information about the respiratory system, the nurse can assess the severity of symptoms, identify any complications, and determine if further medical intervention is necessary. In contrast, while medical history is important in a general context, it may not provide immediate relevance to the acute symptoms of a cold. Gathering data pertaining to the cardiovascular system or the digestive system would be less pertinent in this scenario, as these systems are not primarily affected by a common cold. Understanding the specific symptoms and signs related to the respiratory system allows the healthcare provider to tailor management strategies effectively, ensuring the best care for the patient experiencing cold symptoms.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://healthpromodiseaseprevention.examzify.com>**

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

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