

HEALTH PROMOTION AND DISEASE PREVENTION PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://healthpromodiseaseprevention.examzify.com>



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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. What is a critical first step when collecting data from a patient after an emergency situation?**
 - A. To perform a full physical assessment
 - B. To gather the client's demographic information
 - C. To establish rapport with the client
 - D. To assess and address immediate health needs
- 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. 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
- 4. 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
- 5. What percentage of adults in the U.S. are considered to be obese?**
 - A. About 25%
 - B. Approximately 35%
 - C. Approximately 42%
 - D. Over 50%

- 6. What is a commonly used tool for assessing community health needs?**
- A. Health Impact Assessment
 - B. Community Health Needs Assessment
 - C. Surveillance Data Analysis
 - D. Patient Satisfaction Surveys
- 7. Which action tests the cochlear portion of the acoustic nerve during assessment?**
- A. Asking the client to move their head
 - B. Having the client close their eyes and listen for a ticking watch
 - C. Asking the client to hum
 - D. Testing balance with eyes closed
- 8. What is the normal cardiac output level noted by a nurse for an adult client?**
- A. 2-3 L/min
 - B. 3-4 L/min
 - C. 4-5 L/min
 - D. 5 L/min
- 9. When assessing a chronic illness, what type of database is preferable for follow-up visits?**
- A. Initial
 - B. Comprehensive
 - C. Ongoing
 - D. Focus
- 10. Which symptom might indicate a need for further evaluation during a routine ear examination?**
- A. Presence of earwax
 - B. Acute pain in the ear
 - C. Normal hearing range
 - D. Asymptomatic condition

Answers

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

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Explanations

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1. What is a critical first step when collecting data from a patient after an emergency situation?

- A. To perform a full physical assessment
- B. To gather the client's demographic information
- C. To establish rapport with the client
- D. To assess and address immediate health needs**

The most critical first step when collecting data from a patient following an emergency situation is to assess and address immediate health needs. In emergency contexts, the priority is to ensure the patient is stable and safe. This includes evaluating vital signs, identifying any life-threatening conditions, and providing necessary interventions. By focusing on immediate health needs, healthcare providers can effectively address any acute issues, which is essential for preventing further complications and ensuring the patient's safety. Establishing rapport with the client, although important in building a therapeutic relationship, is secondary to addressing the patient's health status in an emergency. Gathering demographic information and performing a full physical assessment also become relevant later but are not the immediate priorities when a patient's life or health is at risk. The nature of emergency care emphasizes rapid assessment and intervention to stabilize the patient before any other data collection can take place.

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. 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.

4. 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.

5. What percentage of adults in the U.S. are considered to be obese?

- A. About 25%
- B. Approximately 35%
- C. Approximately 42%**
- D. Over 50%

The accurate statistic regarding the obesity rate among adults in the U.S. reflects that approximately 42% of adults are classified as obese. This figure stems from data collected by organizations such as the Centers for Disease Control and Prevention (CDC) and represents a significant public health issue, as obesity is linked to various health conditions, including diabetes, heart disease, and certain types of cancer. Analyzing the other options highlights the increasing trend of obesity over recent years. The figures of 25% and 35% are outdated estimates that do not capture the rising prevalence of obesity, which has been on the increase due to factors like sedentary lifestyles and dietary changes. The option stating "over 50%" likely overestimates the actual percentage and may cause panic or misinformation regarding the obesity epidemic. The 42% figure provides a more accurate reflection of current health statistics concerning adult obesity in the United States.

6. What is a commonly used tool for assessing community health needs?

- A. Health Impact Assessment
- B. Community Health Needs Assessment**
- C. Surveillance Data Analysis
- D. Patient Satisfaction Surveys

The Community Health Needs Assessment is a widely recognized and essential tool used to evaluate the health needs of a community. This method involves a systematic approach to collecting and analyzing data about the health status, needs, and resources of a specific population. It typically includes engaging with community members through surveys, focus groups, and public forums to gain insights into their health concerns and priorities. This assessment serves several crucial purposes: it helps identify gaps in health services, prioritize interventions based on community needs, and allocate resources effectively. Additionally, it fosters collaboration among stakeholders, including public health agencies, hospitals, and community organizations, ensuring that everyone involved can work together towards common health goals. While other options like Health Impact Assessments and Surveillance Data Analysis are valuable in their own right, they focus on specific aspects of health or particular indicators rather than providing a holistic picture of community health. Patient Satisfaction Surveys primarily gauge experiences of care rather than assessing broader health needs within the community. Thus, the Community Health Needs Assessment stands out as a comprehensive tool for understanding and addressing the health challenges faced by a population.

7. Which action tests the cochlear portion of the acoustic nerve during assessment?

- A. Asking the client to move their head
- B. Having the client close their eyes and listen for a ticking watch**
- C. Asking the client to hum
- D. Testing balance with eyes closed

The action of having the client close their eyes and listen for a ticking watch effectively tests the cochlear portion of the acoustic nerve. This test specifically assesses the ability to detect sound and is crucial for evaluating auditory function. The cochlear nerve transmits sound information from the inner ear to the brain, allowing for sound perception. By asking the client to listen for an unobtrusive sound like a ticking watch while their eyes are closed, the evaluator can gauge the integrity of the auditory pathways and the ability of the cochlear nerve to function properly. Other actions, such as asking the client to move their head or hum, do not focus solely on auditory detection and can involve other sensory or motor pathways. Testing balance with eyes closed is more related to the vestibular system and helps assess balance rather than directly testing hearing or the cochlear nerve function. Thus, the specific action of listening for a ticking watch provides a targeted assessment of the cochlear portion of the acoustic nerve, confirming its role in sound processing.

8. What is the normal cardiac output level noted by a nurse for an adult client?

- A. 2-3 L/min
- B. 3-4 L/min
- C. 4-5 L/min
- D. 5 L/min**

The normal cardiac output for an adult typically ranges from about 4 to 8 liters per minute, with an average of approximately 5 liters per minute at rest. Cardiac output is a critical measure of the heart's efficiency and ability to pump blood throughout the body, supplying essential nutrients and oxygen to various tissues and organs, and removing waste products. When assessing this physiological measure, it is important to consider factors like heart rate and stroke volume, as both contribute to the overall cardiac output. A cardiac output of 5 liters per minute signifies a healthy and functioning cardiovascular system in a resting adult, ensuring adequate blood flow to maintain normal physiological functions. The other provided values fall below the typical range observed in healthy adults, indicating potential issues. Values like 2-3 L/min and 3-4 L/min would suggest that the heart is not pumping adequately, which could indicate heart failure or other cardiovascular problems. Consequently, understanding the normal range for cardiac output is vital for evaluating and managing patients' cardiovascular health.

9. When assessing a chronic illness, what type of database is preferable for follow-up visits?

- A. Initial
- B. Comprehensive
- C. Ongoing**
- D. Focus

In the context of assessing a chronic illness during follow-up visits, the ongoing database is particularly suitable because it allows for the continuous monitoring of a patient's condition over time. This approach is essential in chronic illness management, as it helps healthcare professionals track progress, changes in symptoms, treatment efficacy, and overall health status. Using an ongoing database enables providers to document and review interim results, adjustments in management plans, and any new developments in the patient's health. It facilitates a dynamic understanding of the patient's needs and responses to treatment, allowing for more tailored and effective care during each visit. Other types of databases, while important in their own right, serve different purposes. An initial database is typically utilized during the first assessment and may not capture the necessary longitudinal data needed for ongoing management. The comprehensive database, while thorough initially, may not be practical for regular follow-ups where the focus is on monitoring rather than re-evaluating all aspects of the patient's health. The focus database, on the other hand, targets specific issues or problems but does not provide the holistic view required for managing chronic illnesses effectively over time.

10. Which symptom might indicate a need for further evaluation during a routine ear examination?

- A. Presence of earwax
- B. Acute pain in the ear**
- C. Normal hearing range
- D. Asymptomatic condition

Acute pain in the ear serves as a significant indicator that further evaluation is warranted during a routine ear examination. Pain is often associated with various ear-related issues, including infections, inflammation, or even injury to the structures within the ear. When patients report acute ear pain, it prompts healthcare providers to investigate potential underlying causes such as otitis media (middle ear infection), otitis externa (outer ear infection), or other conditions that might require treatment or intervention. In contrast, the presence of earwax is common and does not inherently signify a need for further examination unless accompanied by symptoms such as pain or hearing loss. Normal hearing range indicates that the auditory system is functioning properly and typically does not necessitate further evaluation. An asymptomatic condition suggests that the individual is not experiencing any issues, which usually implies that additional assessment is unnecessary unless risk factors or personal history suggest otherwise. Therefore, acute ear pain stands out as the most critical symptom that could indicate a need for further medical investigation.

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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://healthpromodiseaseprevention.examzify.com>

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

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