

Kaplan Community Practice Test (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What is crucial for conducting mass screenings effectively?**
 - A. Access to modern technology**
 - B. Identifying groups in a contained workplace**
 - C. Funding from governmental sources**
 - D. Preference for voluntary participation**
- 2. Which symptom would a nurse associate with a client experiencing chronic pain instead of acute pain?**
 - A. Severe emotional distress**
 - B. Stable appetite**
 - C. Consistent skin temperature**
 - D. Reduced mobility**
- 3. Which group is most appropriate for a mass screening for hyperlipidemia?**
 - A. College students**
 - B. Senior citizens**
 - C. Employees at a local manufacturing plant**
 - D. High school athletes**
- 4. How is the rate of growth of a community typically measured?**
 - A. Based on the number of full-time residents over a specified time frame**
 - B. By tracking economic investments in the area**
 - C. Through surveys conducted every decade**
 - D. By recording the number of housing developments**
- 5. What task of middle adulthood may be disrupted by a physical disability, particularly for a middle-aged client with hematuria?**
 - A. Establishing financial security**
 - B. Assisting the children to grow to adulthood**
 - C. Maintaining friendships**
 - D. Planning for retirement**

- 6. What is typically a key component of preventative health in epidemiology?**
- A. Focus on treatment of existing diseases**
 - B. Risk assessment and reduction strategies**
 - C. Limiting patient education**
 - D. Increasing healthcare practitioner's workload**
- 7. What is the most important action for a nurse to take when preparing for a urinary catheterization procedure?**
- A. Keeps the field holding the supplies in front of the nurse**
 - B. Verifies the client's identity and procedure consent**
 - C. Instructs the client on the procedure steps**
 - D. Sets up the sterile field well in advance**
- 8. What information is typically assessed during a cross-sectional study?**
- A. Long-term health interventions**
 - B. Health condition and its relation to other variables**
 - C. Future treatment outcomes**
 - D. Causal factors in disease progression**
- 9. The leading cause of death due to infectious disease in the United States is?**
- A. Influenza**
 - B. Pneumonia**
 - C. HIV/AIDS**
 - D. Tuberculosis**
- 10. In hospice care, the primary objective of nursing is to focus on what?**
- A. Restoring health**
 - B. Maintaining client integrity and comfort**
 - C. Providing extensive treatments**
 - D. Planning for future health needs**

Answers

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

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Explanations

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1. What is crucial for conducting mass screenings effectively?

- A. Access to modern technology**
- B. Identifying groups in a contained workplace**
- C. Funding from governmental sources**
- D. Preference for voluntary participation**

Identifying groups in a contained workplace is crucial for conducting mass screenings effectively because it allows for targeted and organized efforts to assess the health status of specific population segments. When screenings are conducted in a contained environment, such as a workplace, it can ensure that individuals who may have similar health risks or exposure levels are evaluated together. This not only streamlines the screening process but also enhances the likelihood of early detection and intervention. In addition, a contained setting facilitates logistical efficiency, as it can simplify communication and participation among individuals who are already part of the same community or workforce. This can lead to higher engagement rates and better data collection, ultimately contributing to the effectiveness of the mass screening program. A focused approach can also help in managing follow-up actions and resources more effectively based on the results obtained from a specific group. Access to modern technology, funding, and the preference for voluntary participation all play important roles in the overall implementation of screening initiatives, but identifying groups within a confined setting stands out as being directly related to the operational success and practical execution of the screening process itself.

2. Which symptom would a nurse associate with a client experiencing chronic pain instead of acute pain?

- A. Severe emotional distress**
- B. Stable appetite**
- C. Consistent skin temperature**
- D. Reduced mobility**

A client experiencing chronic pain is often associated with reduced mobility. This is due to the persistent nature of chronic pain, which can limit a person's ability to move comfortably. Over time, this limitation can lead to decreased physical activity, further exacerbating pain and resulting in a cycle of ongoing discomfort and reduced mobility. In chronic pain conditions, individuals may adapt their movement patterns or avoid certain activities to prevent exacerbation of pain, leading to muscle weakness or stiffness. Unlike acute pain, which may be more associated with specific injuries or short-term conditions that do not generally lead to long-term reductions in mobility, chronic pain can influence overall physical function and quality of life over an extended period, and this relationship makes reduced mobility a significant symptom of chronic pain. The other potential symptoms listed do not consistently distinguish chronic pain from acute pain in the same way as reduced mobility does. For example, severe emotional distress can occur with both chronic and acute pain, stable appetite is not a reliable indicator, and skin temperature can vary based on other factors beyond pain duration.

3. Which group is most appropriate for a mass screening for hyperlipidemia?

- A. College students**
- B. Senior citizens**
- C. Employees at a local manufacturing plant**
- D. High school athletes**

The most appropriate group for a mass screening for hyperlipidemia is employees at a local manufacturing plant. This group is often considered for mass screenings because they typically represent a working-age population that may have an elevated risk for hyperlipidemia due to lifestyle and occupational factors. Mass screening in a workplace setting can help identify individuals who may not otherwise seek preventive health care, making it a proactive approach to health management. Screening in this context is particularly useful since the manufacturing sector may involve workers who are less likely to participate in routine medical care and may have risk factors such as sedentary work conditions and potentially unhealthy lifestyle habits. Access to screening at the workplace can improve participation rates and promote awareness of cholesterol levels and cardiovascular health. Other groups, like college students, high school athletes, and senior citizens, while they may also benefit from screening, may not encompass the same level of risk factors associated with hyperlipidemia in the broader population when compared to a diverse and possibly underserved workforce in a manufacturing plant. Thus, the workplace setting serves as an effective platform for mass screening initiatives aimed at improving the overall health of the community.

4. How is the rate of growth of a community typically measured?

- A. Based on the number of full-time residents over a specified time frame**
- B. By tracking economic investments in the area**
- C. Through surveys conducted every decade**
- D. By recording the number of housing developments**

The rate of growth of a community is typically measured based on the number of full-time residents over a specified time frame. This method provides a clear and quantifiable metric for understanding changes in the population size, which directly indicates growth or decline. Population is a fundamental indicator that reflects not only the community's appeal and livability but also its economic viability, resource allocation, and service demand. When analyzing the changes in population numbers, stakeholders can assess various aspects of community growth, such as the need for infrastructure, schools, and healthcare services. In comparison, while tracking economic investments, conducting surveys, and recording housing developments can provide additional insights into the health and potential growth of a community, they do not directly measure the actual increase in the number of residents living there. These factors might enhance the community's attractiveness or support future population growth, but they are not definitive measures of current growth trends.

5. What task of middle adulthood may be disrupted by a physical disability, particularly for a middle-aged client with hematuria?

- A. Establishing financial security**
- B. Assisting the children to grow to adulthood**
- C. Maintaining friendships**
- D. Planning for retirement**

In middle adulthood, one of the key developmental tasks is assisting children to grow to adulthood. This phase involves significant emotional and logistical support as parents guide their children through pivotal stages of life, including education, independence, and personal development. When a physical disability arises, particularly one that may cause discomfort or medical issues such as hematuria (blood in urine), it can hinder a parent's ability to fully engage in these activities. For instance, if the parent is required to attend medical appointments frequently or manage their condition, their participation in their child's education, extracurricular activities, and other formative experiences may be compromised. This limitation could lead to feelings of inadequacy or frustration, impacting the overall parent-child relationship during this critical period. Other tasks like establishing financial security, maintaining friendships, and planning for retirement are important, but they often do not require the same level of physical involvement or day-to-day engagement that is essential in raising children. Thus, a physical disability particularly disrupts the task of supporting children as they transition to adulthood, making this the most relevant choice in this context.

6. What is typically a key component of preventative health in epidemiology?

- A. Focus on treatment of existing diseases**
- B. Risk assessment and reduction strategies**
- C. Limiting patient education**
- D. Increasing healthcare practitioner's workload**

A key component of preventative health in epidemiology is the implementation of risk assessment and reduction strategies. This approach focuses on identifying factors that contribute to health issues and determining ways to minimize or eliminate these risks. By assessing the likelihood of occurrences of diseases and their associated risks, public health officials and practitioners can develop targeted interventions and strategies aimed at preventing diseases before they arise. This proactive strategy encompasses various efforts, such as educating the public about healthy lifestyle choices, enhancing vaccination programs, and promoting screening initiatives. The goal is to improve overall health outcomes by preventing the initiation or progression of diseases, thereby contributing to a healthier population over time. Focusing on treatment of existing diseases, limiting patient education, or increasing the workload of healthcare practitioners is contrary to the principles of preventative health, which seek to proactively manage health rather than reactively treat it.

7. What is the most important action for a nurse to take when preparing for a urinary catheterization procedure?

- A. Keeps the field holding the supplies in front of the nurse**
- B. Verifies the client's identity and procedure consent**
- C. Instructs the client on the procedure steps**
- D. Sets up the sterile field well in advance**

In the context of preparing for a urinary catheterization procedure, the most important action is to verify the client's identity and procedure consent. This step is crucial for ensuring patient safety and upholding legal and ethical standards in nursing practice. Confirming the patient's identity prevents any potential mix-ups or errors that could lead to performing the wrong procedure on the wrong patient. It is a fundamental aspect of patient care that aligns with protocols aimed at minimizing risks and maintaining patient rights. In addition to verifying identity, confirming that the client has provided informed consent ensures that they understand the procedure, its purpose, and any potential risks involved. This respects the autonomy of the patient and fosters trust in the healthcare relationship. While setting up a sterile field is important for the procedure's success and instructing the client can contribute to their comfort and cooperation, these actions become secondary to ensuring the right patient is receiving the correct procedure, as doing so is foundational to safe nursing practice.

8. What information is typically assessed during a cross-sectional study?

- A. Long-term health interventions**
- B. Health condition and its relation to other variables**
- C. Future treatment outcomes**
- D. Causal factors in disease progression**

In a cross-sectional study, researchers collect data at a specific point in time, capturing a snapshot of information about a population. The primary focus of such studies is to assess the prevalence of a health condition and explore the relationship between that health condition and various other variables, such as demographic factors, lifestyle choices, or environmental influences. By analyzing these variables concurrently, researchers can identify correlations that may exist within the population being studied. This helps in understanding how different factors may relate to health conditions without implying any directional cause-and-effect relationship, as seen in longitudinal studies. Thus, assessing the health condition alongside its relation to other variables is essential for generating hypotheses and guiding future research initiatives. This reasoning aligns with the purpose of cross-sectional studies and underlines why the chosen answer is appropriate in this context.

9. The leading cause of death due to infectious disease in the United States is?

- A. Influenza**
- B. Pneumonia**
- C. HIV/AIDS**
- D. Tuberculosis**

Pneumonia is indeed the leading cause of death due to infectious disease in the United States. It is a significant concern because it can develop from various viral or bacterial infections and can affect individuals of all ages, though it is particularly dangerous for the elderly and those with underlying health conditions. Pneumonia leads to inflammation in the lungs, which can severely impair oxygen exchange, resulting in respiratory failure or other complications that can be fatal. The high mortality rate associated with pneumonia is influenced by factors such as the presence of comorbidities and the patient's age. Despite advancements in medical treatment and vaccination for influenza and pathogens that cause pneumonia, it remains a leading contributor to infectious disease mortality due to its potential for rapid and severe progression, especially in vulnerable populations. Understanding the impact of pneumonia highlights the importance of prevention measures, appropriate vaccinations, and early treatment to reduce mortality rates associated with this infectious disease.

10. In hospice care, the primary objective of nursing is to focus on what?

- A. Restoring health**
- B. Maintaining client integrity and comfort**
- C. Providing extensive treatments**
- D. Planning for future health needs**

In hospice care, the primary objective of nursing is to maintain client integrity and comfort. This holistic approach prioritizes the quality of life for patients facing terminal illnesses. Instead of aiming to restore health or provide extensive treatments, which are characteristic of curative care, hospice focuses on palliative care. This means alleviating pain and symptoms, providing emotional support, and enhancing the comfort of both the patient and their family. In hospice settings, nurses are trained to address not just physical needs but also emotional, spiritual, and psychological aspects of patient care. This comprehensive approach helps ensure that patients can spend their remaining time in dignity and peace, surrounded by loved ones, rather than undergoing invasive procedures or prolonged hospitalizations. The focus on maintaining integrity and comfort aligns with the principles of hospice care, which emphasize respect for the wishes and needs of the patient as they navigate the final stages of their life.