

# Kaplan Community 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. How do risk-taking behaviors and STDs correlate?**
  - A. They are often unrelated**
  - B. The use of alcohol and/or drugs increases exposure risk**
  - C. They only affect older individuals**
  - D. STDs do not link to behavior**
  
- 2. When are signs and symptoms of a disease notably present?**
  - A. Incubation stage**
  - B. Clinical stage**
  - C. Recovery stage**
  - D. Susceptibility stage**
  
- 3. What demographic information is included in the composition of a community?**
  - A. Age, sex, marital status, and occupation**
  - B. Income levels and education**
  - C. Population density and geographic location**
  - D. Religious beliefs and cultural practices**
  
- 4. What should the nurse ask a client who reports difficulty sleeping and fatigue, especially considering their night shift work?**
  - A. Tell me about your usual sleeping habits**
  - B. How many hours do you typically work?**
  - C. Are you experiencing any stress at work?**
  - D. Have you tried any sleep aids?**
  
- 5. 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**

- 6. 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**
- 7. What is the best statement regarding ambulating a client after total hip arthroplasty?**
- A. Advance the walker first, then carefully walk forward**
  - B. Walk alongside the client without support**
  - C. Encourage the client to walk independently**
  - D. Use a cane instead of a walker**
- 8. Which of the following best describes the role of a community nurse in health education?**
- A. Providing lectures on complex medical procedures**
  - B. Facilitating interactive community workshops**
  - C. Developing individual treatment plans**
  - D. Overseeing administrative tasks**
- 9. What is the goal of mass screening in public health?**
- A. To treat individuals with existing conditions**
  - B. To identify diseases in a population swiftly**
  - C. To gather demographic data for future studies**
  - D. To create awareness about health risks**
- 10. What role does primary prevention serve in public health?**
- A. Preventing the occurrence of the health problem**
  - B. Managing existing health conditions**
  - C. Providing treatment for patients**
  - D. Conducting research on diseases**

## Answers

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

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## **Explanations**

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## 1. How do risk-taking behaviors and STDs correlate?

- A. They are often unrelated
- B. The use of alcohol and/or drugs increases exposure risk**
- C. They only affect older individuals
- D. STDs do not link to behavior

The connection between risk-taking behaviors and sexually transmitted diseases (STDs) is significant, particularly regarding the use of alcohol and drugs. Engaging in substance use can lower inhibitions and impair judgment, leading individuals to partake in risky sexual practices, such as unprotected sex or multiple partners. This behavior considerably increases the likelihood of exposure to STDs. Research supports the notion that people under the influence may not adequately assess risks, overlook preventive measures like condoms, or fail to communicate effectively with sexual partners about safe practices. As a result, the relationship between substance use and increased STD rates is well-documented in public health studies. Other options suggest a disconnection between risk behaviors and STDs or limit the impact to certain age groups or behaviors, which does not align with the broader understanding of how these factors are interrelated across various demographics.

## 2. When are signs and symptoms of a disease notably present?

- A. Incubation stage
- B. Clinical stage**
- C. Recovery stage
- D. Susceptibility stage

The clinical stage of a disease is characterized by the presence of observable signs and symptoms that indicate the disease's effect on the body. During this stage, the individual experiences the full range of manifestations related to the condition, which can be identified through medical assessment or patient report. This is often when healthcare providers are able to make a definitive diagnosis based on these clinical features. In contrast, other stages carry different characteristics. The incubation stage refers to the period between exposure to the pathogen and the appearance of symptoms, where the disease is not yet apparent. The recovery stage occurs after the peak of symptoms, when the individual begins to heal, and symptoms diminish. The susceptibility stage describes a state where an individual is at risk of developing a disease but has not yet been exposed or infected. Therefore, the clinical stage is crucial for diagnosis and treatment, as it is during this time that the signs and symptoms become most apparent.

**3. What demographic information is included in the composition of a community?**

- A. Age, sex, marital status, and occupation**
- B. Income levels and education**
- C. Population density and geographic location**
- D. Religious beliefs and cultural practices**

The composition of a community typically includes various demographic information, and one of the fundamental aspects is indeed age, sex, marital status, and occupation. These factors provide a foundational understanding of the community's structure. Age demographics can indicate the community's generational makeup, influencing services and facilities, while sex ratios can affect social dynamics and community roles. Marital status can reveal social stability and family structures, and occupation information offers insights into economic activities and employment trends within the community. This demographic data is essential for planning community services, developing initiatives, and understanding the needs and characteristics of the population. While other options present relevant aspects of a community's composition—such as income levels, education, population density, geographic location, and cultural practices—they do not encompass the basic demographic elements that define the overall makeup of a community in the same foundational way.

**4. What should the nurse ask a client who reports difficulty sleeping and fatigue, especially considering their night shift work?**

- A. Tell me about your usual sleeping habits**
- B. How many hours do you typically work?**
- C. Are you experiencing any stress at work?**
- D. Have you tried any sleep aids?**

Asking about the client's usual sleeping habits is essential for understanding their sleep patterns and how these might be influenced by their work schedule. Night shift work can disrupt the body's circadian rhythms, leading to sleep difficulties and fatigue, so gathering detailed information about when they typically sleep, how long they sleep, and the quality of that sleep is crucial. This information can help the nurse identify possible interventions to improve the client's sleep hygiene and overall well-being. The other options, while relevant, do not directly address the primary issue of sleep difficulties as effectively. Inquiring about the client's work hours may provide some contextual information, but it does not delve into their specific sleep issues. Asking about work-related stress could be useful, yet it is less directly related to the sleep problem than the client's sleeping habits. Similarly, questioning the use of sleep aids might reveal some information about what the client has tried, but understanding their typical habits will give a clearer picture of their sleep challenges.

**5. 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.

**6. 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.

**7. What is the best statement regarding ambulating a client after total hip arthroplasty?**

- A. Advance the walker first, then carefully walk forward**
- B. Walk alongside the client without support**
- C. Encourage the client to walk independently**
- D. Use a cane instead of a walker**

The best statement regarding ambulating a client after total hip arthroplasty is that advancing the walker first, then carefully walking forward is the most appropriate method. This technique is critical for ensuring the safety and support of the client as they begin to move post-surgery. After a total hip replacement, patients are at risk for dislocation and require stable support during ambulation. By advancing the walker first, the patient can maintain balance and stability as they progress into the walking motion. This method allows the individual to safely shift their weight from the walker to their legs, helping to facilitate a smoother and more secure walking experience. Other methods, such as walking alongside the client without support or encouraging independent walking, may not provide the necessary stability and can increase the risk of falls or complications. Using a cane instead of a walker may also compromise balance and does not provide the same level of support needed during the initial recovery phase after hip surgery. Therefore, advancing the walker first is essential in promoting safety and aiding in the rehabilitation process.

**8. Which of the following best describes the role of a community nurse in health education?**

- A. Providing lectures on complex medical procedures**
- B. Facilitating interactive community workshops**
- C. Developing individual treatment plans**
- D. Overseeing administrative tasks**

The role of a community nurse in health education is best described by facilitating interactive community workshops. Community nursing emphasizes a holistic approach to health, focusing on the needs and well-being of populations rather than just individual patients. By leading interactive workshops, community nurses engage with community members directly, encouraging participation, discussion, and shared learning about health topics that impact their lives. This method not only improves health literacy but also empowers individuals to take charge of their own health. Facilitating workshops allows community nurses to tailor educational content to the specific needs and interests of the community, making the information more relevant and applicable. Additionally, these workshops foster a sense of community engagement and support, enhancing social cohesion and collective health efforts. While the other options involve important aspects of nursing and healthcare, they do not capture the essence of community health education in the same way. Providing lectures on complex medical procedures may not be as effective in community settings where practical understanding and engagement are essential. Developing individual treatment plans is more focused on individual patient care rather than broader community education. Overseeing administrative tasks, while vital for health system functioning, does not directly relate to health education efforts aimed at empowering communities.

## 9. What is the goal of mass screening in public health?

- A. To treat individuals with existing conditions
- B. To identify diseases in a population swiftly**
- C. To gather demographic data for future studies
- D. To create awareness about health risks

The goal of mass screening in public health is primarily to identify diseases in a population swiftly. This process involves the systematic evaluation of individuals within a community or population group to uncover potential health issues before symptoms manifest. Early detection through mass screening allows for timely intervention, which can significantly improve health outcomes, reduce disease transmission, and potentially lower healthcare costs associated with advanced disease stages. While treatment of individuals with existing conditions, gathering demographic data, and raising awareness about health risks are essential components of public health, they are secondary to the main aim of mass screening. Treating individuals is typically a follow-up to screening results, gathering demographic data is often used for research purposes, and creating awareness may occur as part of a broader public health initiative but does not directly align with the primary focus of mass screening. Thus, identifying diseases quickly and effectively in the population is the central objective of mass screening efforts.

## 10. What role does primary prevention serve in public health?

- A. Preventing the occurrence of the health problem**
- B. Managing existing health conditions
- C. Providing treatment for patients
- D. Conducting research on diseases

Primary prevention plays a crucial role in public health by aiming to prevent the occurrence of health problems before they happen. This includes strategies and interventions that reduce risk factors and enhance protective factors to mitigate the chances of developing diseases or health issues. For example, vaccination programs, health education to promote healthy lifestyle choices, and environmental modifications to reduce exposure to hazards all fall under primary prevention. By focusing on preventing health problems at the population level, primary prevention can lead to significant improvements in community health outcomes and can reduce the burden on healthcare systems. This proactive approach is essential for addressing risk factors such as smoking, poor nutrition, and lack of physical activity, which contribute to chronic diseases.

## 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://kaplancommunity.examzify.com>**

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

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