

NCLEX Community Health Nursing Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	9
Explanations	11
Next Steps	17

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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. Artificial immunity is developed**
 - A. through vaccination rather than exposure**
 - B. when an individual has been infected with the disease**
 - C. from the body's antigen-antibody response to infection**
 - D. when the immune system is compromised**

- 2. Who is most likely to provide health care services to a rural resident with asthma?**
 - A. Advanced nurse practitioner**
 - B. Allergist**
 - C. Pediatrician**
 - D. Pulmonologist**

- 3. Why is it important to discuss the asymptomatic period of HIV with clients?**
 - A. Transmission Cannot Occur During Asymptomatic Period.**
 - B. The Infection May Be Present and Transmissible Even Without Symptoms.**
 - C. There Are No Tests Available During This Period.**
 - D. It Automatically Resolves.**

- 4. Why is it important for nurses to understand clients' nontraditional healing practices?**
 - A. Folk practices are usually ineffective.**
 - B. Nurses can refer clients to appropriate local folk healers.**
 - C. Safe, effective nontraditional healing methods can be blended with Western medicine.**
 - D. The nurse must understand them to help the client give them up.**

- 5. A nurse updates her STD prevention teaching plan with new guidelines from the Centers for Disease Control and Prevention. Which statement reflects updated information?**
- A. Always use spermicides with condoms to reduce the risk of contracting chlamydia or gonorrhea.**
 - B. Condoms can be effective in preventing infections transmitted by fluids from mucosal surfaces but are not always effective in preventing infections transmitted by skin-to-skin contact.**
 - C. Condoms should not be used during oral sex, because they are not effective in preventing transmission of infection.**
 - D. When genital ulcers are present, condoms should be used to prevent the spread of infection.**
- 6. Which option is a mutual aid organization rather than a formal health program?**
- A. Community-wide nutrition program at fast-food establishments**
 - B. A program to immunize persons exposed to infectious disease with immunoglobulin G within two weeks of exposure**
 - C. Alcoholics Anonymous**
 - D. An exercise program for persons who have had a stroke**
- 7. Which statement best describes health professional shortage areas (HPSAs)?**
- A. Areas with inadequate health care facilities for residents**
 - B. Isolated areas of underserved populations within urban regions**
 - C. Regions with insufficient numbers of health care providers**
 - D. Rural regions of the United States with population densities of less than 10,000**
- 8. A patient in rehabilitation after a stroke receives physical therapy and speech therapy. These are examples of which level of prevention?**
- A. Primary prevention**
 - B. Secondary prevention**
 - C. Tertiary prevention**
 - D. Health promotion**

9. Which community attribute best indicates health status?

- A. Mean educational level.**
- B. Location of health facilities within the community.**
- C. Ratio of police to citizens.**
- D. Suicide rate.**

10. A nurse is concerned about the accuracy of the purified protein derivative (tuberculin) test in screening individuals with tuberculosis exposure for followup chest radiography. The nurse's concern is related to which aspect of the test's validity?

- A. Reliability.**
- B. Sensitivity.**
- C. Specificity.**
- D. Variability.**

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Answers

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

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Explanations

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1. Artificial immunity is developed

A. through vaccination rather than exposure

B. when an individual has been infected with the disease

C. from the body's antigen-antibody response to infection

D. when the immune system is compromised

Artificial immunity is immunity produced by vaccination, which introduces a safe form of the antigen—such as a weakened or inactivated pathogen or a protein component—to stimulate the immune system to respond and develop memory without causing disease. This controlled exposure trains B cells and T cells, so when the real pathogen is encountered later, the body can mount a faster and stronger defense. The other ideas describe natural immunity, which comes from actually having the disease or from the body's normal antigen-antibody response to infection, and immunity resulting from an impaired immune system, which is not artificial. Vaccination provides protection without the person suffering the illness, which is why it is the method of creating artificial immunity.

2. Who is most likely to provide health care services to a rural resident with asthma?

A. Advanced nurse practitioner

B. Allergist

C. Pediatrician

D. Pulmonologist

Managing asthma in a rural setting is best handled by a primary care provider who can offer ongoing, accessible care, education, and medication management. An advanced nurse practitioner fits this role well because NPs in rural areas often provide comprehensive primary care, assess control of chronic conditions, adjust treatments, teach inhaler technique, and develop asthma action plans. Specialists like allergists, pediatricians, and pulmonologists usually require referrals and are less accessible in rural regions, making them less likely to be the first point of care for routine asthma management. So, the advanced nurse practitioner is the most practical and likely provider for a rural resident with asthma.

3. Why is it important to discuss the asymptomatic period of HIV with clients?

- A. Transmission Cannot Occur During Asymptomatic Period.**
- B. The Infection May Be Present and Transmissible Even Without Symptoms.**
- C. There Are No Tests Available During This Period.**
- D. It Automatically Resolves.**

The important idea here is that people can spread HIV even when they feel well. During the asymptomatic period, the virus may still be present in blood, semen, vaginal fluids, and breast milk, and the person can be highly infectious even without symptoms. This is why discussing this time frame with clients is essential: it emphasizes that not feeling sick does not mean safety from transmission. It also reinforces the need for ongoing prevention strategies—regular HIV testing for those at risk, consistent condom use, avoiding sharing needles, and starting antiretroviral therapy if infected to lower the viral load and reduce the chance of transmission. Understanding that transmission can occur without symptoms helps clients take proactive steps to protect others and themselves.

4. Why is it important for nurses to understand clients' nontraditional healing practices?

- A. Folk practices are usually ineffective.**
- B. Nurses can refer clients to appropriate local folk healers.**
- C. Safe, effective nontraditional healing methods can be blended with Western medicine.**
- D. The nurse must understand them to help the client give them up.**

Understanding clients' nontraditional healing practices helps nurses provide safe, patient-centered care. Many people use herbal remedies, spiritual rituals, traditional therapies, or consult folk healers alongside prescribed treatments. When nurses take the time to learn what these practices are and why clients use them, they can assess for potential safety issues such as herb-drug interactions, timing with medications, or effects on lab tests. This awareness allows for open, nonjudgmental communication, which builds trust, supports informed decision-making, and helps ensure coordinated care. Safe, effective nontraditional methods can be integrated with Western medicine to support the client's health goals rather than dismissed or opposed.

5. A nurse updates her STD prevention teaching plan with new guidelines from the Centers for Disease Control and Prevention. Which statement reflects updated information?

A. Always use spermicides with condoms to reduce the risk of contracting chlamydia or gonorrhea.

B. Condoms can be effective in preventing infections transmitted by fluids from mucosal surfaces but are not always effective in preventing infections transmitted by skin-to-skin contact.

C. Condoms should not be used during oral sex, because they are not effective in preventing transmission of infection.

D. When genital ulcers are present, condoms should be used to prevent the spread of infection.

Understanding how condoms work in preventing STIs starts with the mode of transmission. Condoms are highly effective at reducing infections that are spread through fluids and contact with mucosal surfaces, such as HIV, chlamydia, gonorrhea, and trichomonas, when used consistently and correctly. However, many STIs are transmitted by skin-to-skin contact in areas not covered by the condom, including infections like HPV and herpes simplex virus, so condoms do not provide complete protection in those cases. The updated CDC guidance highlights this distinction: condoms help against fluid-borne infections but are not always protective against skin-to-skin transmitted infections. This makes the statement the best reflection of the new information. While condoms can be used during oral sex or when genital ulcers are present to reduce risk, the key update is recognizing their limitation with skin-to-skin transmission.

6. Which option is a mutual aid organization rather than a formal health program?

A. Community-wide nutrition program at fast-food establishments

B. A program to immunize persons exposed to infectious disease with immunoglobulin G within two weeks of exposure

C. Alcoholics Anonymous

D. An exercise program for persons who have had a stroke

Mutual-aid groups are voluntary, peer-led networks where individuals support one another in coping with health challenges, without being delivered as formal health services by the system. Alcoholics Anonymous fits this model: it is a self-help group run by and for participants, relying on shared experiences and mutual support rather than professional treatment or clinician-led care. It does not provide medical interventions or preventive services, but offers a space for members to encourage sobriety and accountability. The other options reflect formal health programs or clinical interventions. A community-wide nutrition initiative at fast-food venues is a coordinated public-health program with organizational structure and funding. Immunization with immunoglobulin G after exposure is a medical treatment provided by health professionals. An exercise program for stroke survivors is a rehabilitation activity typically supervised by clinicians or trained staff.

7. Which statement best describes health professional shortage areas (HPSAs)?
- A. Areas with inadequate health care facilities for residents
 - B. Isolated areas of underserved populations within urban regions
 - C. Regions with insufficient numbers of health care providers**
 - D. Rural regions of the United States with population densities of less than 10,000

Health professional shortage areas are designated where there are not enough health care providers to meet the needs of the community. The key idea is provider availability—not just the existence of clinics or the size of the population in a location. When a region, population group, or facility is identified as a shortage area, it signals that the supply of doctors, nurses, or other clinicians is insufficient to adequately serve residents, which helps guide programs and funding to improve access to care. While some areas may have poor facilities or contain underserved pockets within cities, or meet rural criteria by population density, these factors alone don't define a shortage. The important point is the insufficient number of health care providers to meet demand.

8. A patient in rehabilitation after a stroke receives physical therapy and speech therapy. These are examples of which level of prevention?
- A. Primary prevention
 - B. Secondary prevention
 - C. Tertiary prevention**
 - D. Health promotion

When a disease has already occurred, the focus shifts to reducing the resulting disability and preventing complications through rehabilitation and coordinated care. Physical therapy and speech therapy after a stroke aim to maximize function, improve independence, and prevent further complications like muscle contractures or pneumonia. That goal fits tertiary prevention, which focuses on minimizing long-term disability and optimizing quality of life once the condition exists. Primary prevention would be about preventing the stroke from happening in the first place, and secondary prevention involves early detection to prevent progression; health promotion is broader but does not specifically address reducing established disability.

9. Which community attribute best indicates health status?

- A. Mean educational level.
- B. Location of health facilities within the community.
- C. Ratio of police to citizens.
- D. Suicide rate.**

Health status is best reflected by actual health outcomes in a population. The suicide rate provides a direct measure of deaths tied to mental health and related risk factors, highlighting the burden of mental illness, substance use, and social stress on the community. It serves as a concrete indicator of how well prevention, screening, and treatment for mental health issues are working, and it often signals broader health problems affecting quality of life. The other attributes relate to determinants or access rather than direct health outcomes. Educational level influences health indirectly through social determinants, but it isn't a direct measure of current health status. The location of health facilities affects access to care, not the health status itself. The police-to-citizen ratio speaks to safety and social conditions, which can influence well-being but doesn't directly quantify health outcomes as a health-status indicator.

10. A nurse is concerned about the accuracy of the purified protein derivative (tuberculin) test in screening individuals with tuberculosis exposure for followup chest radiography. The nurse's concern is related to which aspect of the test's validity?

- A. Reliability.
- B. Sensitivity.**
- C. Specificity.
- D. Variability.

Sensitivity is about how well a screening test identifies people who truly have the condition. With the tuberculin skin test, a negative result can occur even in someone who has TB infection (false negative), especially if exposure is recent, immune function is compromised, or other factors affect skin reactivity. Since the next step is chest radiography to look for active disease, missing true infections means missing cases that should be investigated further. Therefore, the nurse's concern about accuracy in this screening sequence centers on sensitivity—the test's ability to detect those who actually have TB infection.

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://nclexcommhealthnursing.examzify.com>

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

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