

# Operational Preventive Medicine (PMT 110) Practice Test (Sample)

## Study Guide



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

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

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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. In identifying verbal and non-verbal communication, which aspect does the audience commonly hear?**
  - A. Lack of pitch variation**
  - B. Clear articulation**
  - C. Loud voice**
  - D. Frequent pauses**
  
- 2. Which of the following is an additional consideration when inspecting field facilities?**
  - A. Handwashing devices at every latrine**
  - B. Aesthetic color of paint on latrines**
  - C. The presence of a radio in the latrine**
  - D. Temperature of latrine air**
  
- 3. What environmental factors contribute to heat stress?**
  - A. High ambient air temperature**
  - B. Low wind velocity**
  - C. High humidity**
  - D. All of the above**
  
- 4. Herd immunity in a closed population reduces outbreak risk primarily by?**
  - A. Reducing transmission when enough are immune**
  - B. Lowering contact rates among nonimmune individuals**
  - C. Eliminating vaccination needs**
  - D. Increasing virulence of pathogen**
  
- 5. Which environmental factor contributes to cold stress?**
  - A. Ambient Air temperatures**
  - B. Humidity**
  - C. Wind Velocity**
  - D. Field Situation**

- 6. What are the two parts of the PMT journal?**
- A. Briefing materials and the after-action log**
  - B. Opening page: identifies POC; Narrative summary section**
  - C. Data log and field notes**
  - D. Mission briefing and after-action report**
- 7. When is the Post-deployment Health Re-assessment done?**
- A. Within 90-180 days**
  - B. Within 30 days**
  - C. Within 60 days**
  - D. Within 120 days**
- 8. Where will the camp be placed away from?**
- A. Residential neighborhoods**
  - B. Near schools**
  - C. Breeding sites or food sources for rats, flies, and other medically important areas such as standing water, dead animals or dumpsites**
  - D. On top of water source**
- 9. What post-response activity is recommended after managing an outbreak?**
- A. Document and debrief after the response**
  - B. Delay reporting to stakeholders**
  - C. Delete data to protect privacy**
  - D. Cease surveillance activities**
- 10. Which statement about surveillance with identifiable personnel data is most consistent with ethical practice?**
- A. Governance and oversight**
  - B. Respect privacy and autonomy**
  - C. Ensure data security and confidentiality**
  - D. Minimize data collection**

## Answers

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

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## **Explanations**

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**1. In identifying verbal and non-verbal communication, which aspect does the audience commonly hear?**

**A. Lack of pitch variation**

**B. Clear articulation**

**C. Loud voice**

**D. Frequent pauses**

Auditory cues in verbal delivery are how listeners perceive the speaker's voice. Pitch variation matters because it carries emphasis, emotion, and engagement. When there's little or no pitch variation, the voice sounds monotone, which is a very noticeable feature to the audience and often signals a lack of expressiveness. That's why this aspect is what listeners commonly hear. While clear articulation, loudness, and pauses are audible and informative, the most readily perceived and impactful cue about delivery quality is the presence or absence of pitch variation.

**2. Which of the following is an additional consideration when inspecting field facilities?**

**A. Handwashing devices at every latrine**

**B. Aesthetic color of paint on latrines**

**C. The presence of a radio in the latrine**

**D. Temperature of latrine air**

The main concept is that field facility inspections prioritize hygiene-supporting features that reduce disease risk. Having handwashing devices at every latrine is essential because it enables users to wash hands after defecation, breaking the fecal-oral transmission route and promoting safe sanitation in the field. This mirrors standard inspection checks for reliable water and soap supply near latrines, which reflect ongoing maintenance and availability. The other options don't directly improve health outcomes or facility function: paint color is cosmetic, a radio in the latrine doesn't enhance sanitation, and measuring air temperature isn't a typical, meaningful criterion for assessing latrine quality.

**3. What environmental factors contribute to heat stress?**

**A. High ambient air temperature**

**B. Low wind velocity**

**C. High humidity**

**D. All of the above**

Heat stress occurs when the body's heat production plus the environmental heat load exceeds its ability to dissipate heat. High ambient air temperature raises the environmental heat load and narrows the gradient for heat to move from skin to air. Low wind velocity reduces convective cooling, letting warm air linger around the body. High humidity makes evaporative cooling less effective because sweat evaporates more slowly when the air is moist. Each factor separately hampers heat loss, and together they greatly increase heat strain, which is why the combination of high temperature, limited air movement, and high humidity best explains heat stress.

**4. Herd immunity in a closed population reduces outbreak risk primarily by?**

- A. Reducing transmission when enough are immune**
- B. Lowering contact rates among nonimmune individuals**
- C. Eliminating vaccination needs**
- D. Increasing virulence of pathogen**

Herd immunity reduces outbreak risk by breaking transmission chains through a sufficient level of immunity in the population. When enough people are immune, an infected person is unlikely to contact a susceptible person, so the effective reproduction number falls below 1 and the outbreak cannot sustain itself. In a closed population, there are no new susceptibles entering, so once transmission is interrupted, spread dies out. This is the mechanism behind herd immunity: the immune fraction lowers the overall chance that transmission occurs, not by eliminating vaccination needs, changing behavior of nonimmune individuals, or increasing the pathogen's virulence. For example, if  $R_0$  is 3, about two-thirds need immunity to reach the herd immunity threshold, making large outbreaks unlikely.

**5. Which environmental factor contributes to cold stress?**

- A. Ambient Air temperatures**
- B. Humidity**
- C. Wind Velocity**
- D. Field Situation**

Cold stress happens when the body's heat production can't keep up with heat loss to the surroundings. Ambient air temperature is the main environmental driver because it sets the baseline rate at which heat can be transferred from the body through convection and radiation. The colder the air, the greater the gradient between skin temperature and the environment, so heat is lost more quickly and protective responses like shivering are triggered earlier. Wind velocity can worsen this by blowing away the warm air next to the skin (wind chill), and moisture or rain can increase heat loss by reducing insulation, but the starting point that determines how severe the stress will be is how cold the air is. Field situation and activity level influence how much heat the body generates, but the ambient air temperature is the key environmental factor leading to cold stress.

**6. What are the two parts of the PMT journal?**

- A. Briefing materials and the after-action log**
- B. Opening page: identifies POC; Narrative summary section**
- C. Data log and field notes**
- D. Mission briefing and after-action report**

The PMT journal is organized to ensure quick contact and a clear, concise record of what happened. The opening page identifies the point of contact, so anyone reviewing the journal instantly knows who to reach for questions or updates. The narrative summary section provides a concise, chronological account of what was done, by whom, when, where, and why, along with the results or actions taken. This combination keeps communication efficient and the record useful for after-action review. The other options describe materials or sections that belong to planning, data collection, or separate reports rather than the two-part journal structure.

## 7. When is the Post-deployment Health Re-assessment done?

**A. Within 90-180 days**

**B. Within 30 days**

**C. Within 60 days**

**D. Within 120 days**

The timing is set to occur between 90 and 180 days after deployment. This window is chosen because many health concerns—especially mental health issues like PTSD, depression, anxiety, sleep problems, and TBI-related symptoms—may become evident only after some time back home. Reassessing in this 3-6 month period helps identify those issues while they're still actionable and ensures proper referrals and follow-up care. Why the other options don't fit: doing the reassessment within 30 or 60 days is typically too early to capture problems that often surface later. A fixed point like 120 days is inside the correct range but the standard guideline defines the full window as 90-180 days post-deployment, not a single mid-point.

## 8. Where will the camp be placed away from?

**A. Residential neighborhoods**

**B. Near schools**

**C. Breeding sites or food sources for rats, flies, and other medically important areas such as standing water, dead animals or dumpsites**

**D. On top of water source**

Placing a field camp away from places that attract pests is a key way to reduce disease risk. By staying clear of breeding sites and food sources for pests like rats, flies, and other medically important areas such as standing water, dead animals, or dumpsites, you minimize the chances that pests will contaminate food, water, or living areas and spread pathogens. This direct focus on vector and contamination avoidance is the most effective way to lower exposure in the field. Being near residential areas or schools introduces other logistical or social concerns, and setting up on or near a water source would heighten the risk of contamination and vector breeding, so those options are less appropriate.

**9. What post-response activity is recommended after managing an outbreak?**

- A. Document and debrief after the response**
- B. Delay reporting to stakeholders**
- C. Delete data to protect privacy**
- D. Cease surveillance activities**

After finishing an outbreak response, documenting what happened and debriefing the team is essential. This post-action step creates an after-action review that captures what strategies worked, what didn't, key decision points, timelines, and how resources were used. It also records how information was communicated to stakeholders and how surveillance and reporting processes functioned. This reflection helps identify gaps, informs updates to standard procedures, improves training, and strengthens preparedness for future events. By preserving data appropriately and translating lessons learned into concrete changes, you build a more resilient response system for the next outbreak. Delaying reporting to stakeholders undermines transparency and accountability. Deleting data to protect privacy eliminates valuable information needed to analyze the response and learn for future incidences. Ceasing surveillance activities too soon can miss a resurgence or secondary cases, leaving gaps in protection.

**10. Which statement about surveillance with identifiable personnel data is most consistent with ethical practice?**

- A. Governance and oversight**
- B. Respect privacy and autonomy**
- C. Ensure data security and confidentiality**
- D. Minimize data collection**

Respecting privacy and autonomy is the most consistent ethical approach when surveillance involves identifiable personnel data. Because individuals can be identified, their personal information could be misused or cause harm if not handled with care. Prioritizing privacy means collecting only what is truly necessary, being transparent about how data will be used, who will have access, and how long it will be stored, and offering individuals some control over their information. Autonomy centers on allowing people to make informed choices about their data and ensuring their rights are respected. This foundation naturally supports other good practices like data security, confidentiality, and governance, since protecting privacy is what ethical handling of identifiable data hinges on. While governance, security, and minimizing data collection are important, they gain their ethical force from the underlying commitment to privacy and autonomy.

## 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://oppreventivemedpmt110.examzify.com>**

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

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