

OPERATIONAL PREVENTIVE MEDICINE (PMT 110) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which of the following is the third listed measure for preventing diarrheal diseases in detainee camps?**
 - A. Provision of safe water in sufficient quantity
 - B. Building of latrines
 - C. Distribution of soap
 - D. Appropriate site planning to avoid overcrowding
- 2. What is the initial management step for heat exhaustion?**
 - A. Administer medications
 - B. Move to shade
 - C. Leave in sun
 - D. Give only cold water
- 3. Which action is a pre-deployment PMT responsibility?**
 - A. Develop deployment schedules
 - B. Coordinate with host nation on visas
 - C. Provide preventive medicine briefs on expected health risks in the AO
 - D. Manage medical supply inventory
- 4. What are the components of a medical threat?**
 - A. Environmental Factors
 - B. Diseases caused by zoonotic/animal bites
 - C. Diseases endemic to the area of operations
 - D. All of the above
- 5. Which statement is true about a garbage pit's operation?**
 - A. Closed out daily or when pit is filled to 1 foot below ground surface
 - B. It must be constructed with steel lining
 - C. It must be cleaned with chemical cleaners daily
 - D. It should be used for more than a month before closing

- 6. Which function is the battlefield area evaluation; In this function, the friendly area of operations and the areas of interest are determined to narrow the IPB process to a specific area of the battlefield ?**
- A. Function one
 - B. Function three
 - C. Function four
 - D. Function two
- 7. Which statement best describes the role of sentinel sites in surveillance?**
- A. They provide data for signal detection and trend monitoring
 - B. They represent national data
 - C. They test every individual in the population
 - D. They are only used post-disaster
- 8. Predeployment: which action is a responsibility of CDRs, XO's, and Senior enlisted leaders?**
- A. Schedule community outreach
 - B. Plan long-term base development
 - C. Maintain supply chain contracts
 - D. Reinforce command emphasis regarding prescribed immunizations
- 9. What are the dimensions of a garbage pit?**
- A. 6 feet square and 4 feet deep
 - B. 3 feet square and 3 feet deep
 - C. 5 feet square and 5 feet deep
 - D. 4 feet square and 4 feet deep
- 10. What does the acronym EBS stand for in the context of environmental health assessments?**
- A. Environmental Baseline Survey
 - B. Environmental Biospecimen Study
 - C. Emergency Broadcast System
 - D. Economic Benefit Survey

Answers

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

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Explanations

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1. Which of the following is the third listed measure for preventing diarrheal diseases in detainee camps?

- A. Provision of safe water in sufficient quantity
- B. Building of latrines
- C. Distribution of soap**
- D. Appropriate site planning to avoid overcrowding

Hand hygiene is a pivotal step in preventing diarrheal disease in detainee camps. The third measure in the common sequence is distributing soap for handwashing. Soap makes handwashing far more effective by removing pathogens from hands, especially after defecation and before meals, which directly interrupts fecal-oral transmission. While safe water and proper latrines address contamination sources and exposure, and sound site planning helps reduce overcrowding, nothing reduces transmission from hands as reliably and affordably as handwashing with soap. That's why soap distribution sits as the third listed measure.

2. What is the initial management step for heat exhaustion?

- A. Administer medications
- B. Move to shade**
- C. Leave in sun
- D. Give only cold water

The first thing to do for heat exhaustion is get the person out of the heat and into a cooler, shaded area. Moving to shade lowers the radiant heat they're absorbing and helps the body start cooling, reducing core temperature. Once in shade, loosen tight clothing, have them rest, and rehydrate if they can drink (water or an electrolyte solution). You can also use cool cloths or fans to aid cooling. Medications aren't indicated at this stage, and staying in the sun only keeps the heat load high. Providing only cold water is not enough by itself—the immediate priority is reducing exposure to heat while beginning rehydration and cooling. If symptoms worsen or heat stroke is suspected (confusion, seizures, very high temperature, or unconsciousness), seek urgent medical help.

3. Which action is a pre-deployment PMT responsibility?

- A. Develop deployment schedules
- B. Coordinate with host nation on visas
- C. Provide preventive medicine briefs on expected health risks in the AO**
- D. Manage medical supply inventory

Providing preventive medicine briefs on expected health risks in the area of operation is a pre-deployment PMT responsibility because the preventive medicine team prepares the force by translating health risk data into actionable guidance. These briefs equip troops with information on vaccines, prophylaxis, disease threats, safe food and water practices, heat or cold injury prevention, and other environment- and disease-related precautions, so they can maintain readiness and reduce health risks abroad. The other tasks align more with general deployment logistics or administrative duties: creating deployment schedules is personnel and operations planning, coordinating host nation visas is diplomatic/administrative work, and managing medical supply inventory is a logistics function.

4. What are the components of a medical threat?

- A. Environmental Factors
- B. Diseases caused by zoonotic/animal bites
- C. Diseases endemic to the area of operations
- D. All of the above**

Medical threat in the field is multifactorial, including environmental conditions, zoonotic risks, and endemic diseases in the operating area. Environmental factors set the stage for health problems—extreme temperatures, poor air quality, contaminated water or food, and other hazards that can directly cause illness or weaken performance. Zoonotic risks from animals or bites bring infectious threats that can spread rapidly if not recognized and treated, such as diseases transmitted from wildlife or domestic animals. Diseases endemic to the area are those already circulating locally, meaning personnel may be regularly exposed unless preventive measures, vaccination, or prophylaxis are in place. Because each domain adds a distinct pathway to illness or impairment, considering all three provides a comprehensive view of the medical threat. That's why the option encompassing environmental factors, zoonotic/animal-bite diseases, and endemic local diseases is the best answer.

5. Which statement is true about a garbage pit's operation?

- A. Closed out daily or when pit is filled to 1 foot below ground surface**
- B. It must be constructed with steel lining
- C. It must be cleaned with chemical cleaners daily
- D. It should be used for more than a month before closing

In field sanitation, the goal is to limit exposure of waste to people, pests, and the environment. The best practice for a garbage pit is to close it and cover it daily, or as soon as the pit is within about a foot of the ground surface. Covering with soil prevents flies from breeding in the refuse, reduces odors, and deters animals, keeping the area cleaner and safer. Steel lining isn't required for a basic garbage pit; many pits are simply dug and then backfilled or lined with inexpensive materials. Daily chemical cleaners aren't part of standard operation and can be unnecessary or even harmful to the environment. And using a pit for more than a month typically increases odor, pest issues, and disease risk, so regular closing is important.

6. Which function is the battlefield area evaluation; In this function, the friendly area of operations and the areas of interest are determined to narrow the IPB process to a specific area of the battlefield ?

- A. Function one**
- B. Function three
- C. Function four
- D. Function two

The main idea here is narrowing the intelligence effort to a defined geographic area by establishing the battlefield boundaries—the friendly area of operations and the areas of interest. This battlefield area evaluation sets the scope for IPB, so analysts focus on a specific portion of the battlefield, including the terrain, units, and likely enemy actions within that space. By clearly defining the AO and AOI, all subsequent IPB steps—collection, analysis, and threat assessment—are directed toward that area, making the process more precise and efficient and preventing wasted effort on irrelevant regions. Other steps in IPB describe broader aspects or later phases that don't accomplish this targeted scoping, so they don't fit as the best fit for narrowing IPB to a specific battlefield area.

7. Which statement best describes the role of sentinel sites in surveillance?

A. They provide data for signal detection and trend monitoring

B. They represent national data

C. They test every individual in the population

D. They are only used post-disaster

Sentinel sites are a strategic subset of locations (like selected hospitals or clinics) used to monitor disease patterns over time. Their main value is providing data that support signal detection and trend monitoring, offering timely early warnings of unusual increases and helping track how a disease is changing, without having to test every person or gather national totals. This ongoing, focused data stream is what makes sentinel surveillance powerful for detecting outbreaks earlier and watching trends as they develop. They don't represent national data because they cover a sample of sites, not the entire population. They don't test every individual—universal testing would be impractical and costly. And they're not only used after disasters; they're employed continually to monitor public health trends and detect signals even in routine conditions.

8. Predeployment: which action is a responsibility of CDRs, XO's, and Senior enlisted leaders?

A. Schedule community outreach

B. Plan long-term base development

C. Maintain supply chain contracts

D. Reinforce command emphasis regarding prescribed immunizations

Preparing for deployment hinges on medical readiness, and those in command—CDRs, XO's, and senior enlisted leaders—have the obligation to ensure their units are ready. Reinforcing command emphasis on prescribed immunizations is the best fit because it directly drives compliance with vaccination policies, ensures records are up to date, and reduces the risk of disease that could jeopardize the mission. This leadership action translates into clear expectations, accountability, and swift corrective steps if anyone is not current, which is essential for a successful deployment. Other options fall outside the primary predeployment leadership focus on medical readiness. Scheduling community outreach is more about public affairs and community relations. Planning long-term base development is the domain of installation planning and engineering. Maintaining supply chain contracts is a logistics and contracting function. While those roles exist, they don't address the imperative of guaranteeing immunization readiness through strong leadership and command emphasis.

9. What are the dimensions of a garbage pit?

- A. 6 feet square and 4 feet deep
- B. 3 feet square and 3 feet deep
- C. 5 feet square and 5 feet deep
- D. 4 feet square and 4 feet deep**

In field sanitation, waste pits are sized to balance safety, pest control, ease of use, and protection of water sources. A pit that is roughly cube-shaped—length, width, and depth about the same—offers the best balance. This shape makes it straightforward to fill and then cover with soil in an orderly way, which helps reduce odors and limit access for flies and other pests. A moderate depth keeps the waste out of reach of scavengers while still being practical to fill and seal, and it makes the process of closing and maintaining the pit manageable. The equal dimensions also help ensure a secure, even cover and minimize exposed waste between fills, contributing to better hygiene and reduced environmental risk. Choosing a pit with dimensions that are uneven—very large in one direction, or much deeper than wide—tends to create drawbacks. A large footprint consumes more land and takes longer to fill and manage. A pit that's too deep or too shallow can be harder to seal and may pose greater risks to groundwater if not properly lined or covered. A small pit fills quickly, necessitating frequent handling of waste, which increases exposure and operational burden. So, the best approach is a compact, roughly cube-shaped pit, which optimizes manageability, sanitation, and safety.

10. What does the acronym EBS stand for in the context of environmental health assessments?

- A. Environmental Baseline Survey**
- B. Environmental Biospecimen Study
- C. Emergency Broadcast System
- D. Economic Benefit Survey

In environmental health assessments, you need a starting snapshot of the environment to detect changes and assess risk. An Environmental Baseline Survey does exactly that by documenting current environmental conditions—sampling air, water, soil, and biota, reviewing existing data, and recording contaminant levels and exposure pathways. This baseline serves as the reference point for subsequent monitoring, risk assessment, and evaluating the impact of any interventions or projects. The other options don't fit because they describe different concepts: a biospecimen study focuses on biological samples, an Emergency Broadcast System is about alerting the public, and an economic benefit survey looks at economic aspects rather than environmental conditions.

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://oppreventivemedpmt110.examzify.com>

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

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