

# Public Health Nursing Practice Exam Sample Study Guide



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## Questions

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1. Which educational principle should guide nurses implementing a community health program?
  - A. Refer to scientific sources only
  - B. Create a favorable learning environment
  - C. Employ passive teaching methods
  - D. Focus solely on positive outcomes
2. What is the primary focus of assurance in public health practice?
  - A. Providing individual health education.
  - B. Ensuring access to essential community services.
  - C. Developing new health policies.
  - D. Offering direct medical care to patients.
3. Which characteristic is NOT typically associated with migrant farmworker housing?
  - A. Overcrowded conditions
  - B. Lack of sanitation facilities
  - C. Affordable housing options
  - D. Proximity to agricultural fields
4. What was the initial focus of early school nursing led by Lina Rogers?
  - A. Providing vaccinations to children
  - B. Investigating causes of absenteeism in schools
  - C. Policy reform for school health systems
  - D. Training teachers in health education
5. What can be a major challenge for healthcare systems in less-developed countries?
  - A. Overabundance of healthcare professionals
  - B. Inadequate funding for health programs
  - C. Excessive health infrastructure
  - D. Low rates of chronic illness

6. Which of the following topics are public health nursing specialists typically interested in?
- A. Evaluating outreach programs for at-risk populations
  - B. Providing individualized care for chronic illnesses
  - C. Investigating individual cases of infectious diseases
  - D. Conducting private health assessments for families
7. What is the primary purpose of compiling a family health history?
- A. To decrease genetic susceptibility
  - B. To identify health risks for individuals and families
  - C. To create a permanent record of family medical issues
  - D. To obtain genetic testing for all family members
8. Which responsibility falls under state public health agencies?
- A. Enforcing public health codes
  - B. Conducting national health surveys
  - C. Setting international health regulations
  - D. Distributing vaccines nationwide
9. What is the core public health function involved when assessing the health of middle school students regarding obesity?
- A. Research.
  - B. Policy development.
  - C. Assurance.
  - D. Assessment.
10. During a health evaluation of a community, which step is crucial according to the Community Health Promotion Model?
- A. Ensuring high technological access
  - B. Restructuring public health policy
  - C. Soliciting community consent
  - D. Assessing the community

## Answers

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

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## Explanations

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1. Which educational principle should guide nurses implementing a community health program?

- A. Refer to scientific sources only
- B. Create a favorable learning environment
- C. Employ passive teaching methods
- D. Focus solely on positive outcomes

In the context of implementing a community health program, creating a favorable learning environment is essential for effectively engaging the community and promoting health education. A positive learning environment fosters open communication, encourages participation, and helps build trust between health professionals and community members. By facilitating a supportive atmosphere, nurses can empower individuals to actively participate in their own health decisions and enhance their understanding of health topics. Moreover, a favorable learning environment considers the diverse needs of community members, accommodating different learning styles, cultural backgrounds, and levels of health literacy. This approach not only increases the effectiveness of the program but also encourages ongoing education and engagement in health behaviors. Utilizing scientific sources alone may not be sufficient if the information is not presented in an accessible and engaging manner. Passive teaching methods limit interaction and do not encourage active learning, which is vital for community-based programs. Additionally, focusing solely on positive outcomes neglects the importance of addressing challenges and barriers that community members may face in achieving their health goals, which can hinder overall program success.

2. What is the primary focus of assurance in public health practice?

- A. Providing individual health education.
- B. Ensuring access to essential community services.
- C. Developing new health policies.
- D. Offering direct medical care to patients.

The primary focus of assurance in public health practice is ensuring access to essential community services. This aspect of public health is centered around making sure that the necessary health services are available to the population, particularly for those who may be underserved or at higher risk. Assurance encompasses the mobilization of community resources and the implementation of programs that provide services necessary for maintaining and improving community health. It involves the evaluation of the effectiveness and quality of health care systems and services, as well as ensuring that a comprehensive range of services is delivered to meet the health needs of the community. By ensuring access to these services, public health practitioners aim to reduce health disparities and improve health outcomes for all individuals within the community. While providing individual health education, developing health policies, and offering direct medical care are important aspects of overall health care and public health, they do not encompass the broad goal of assurance in public health. Assurance specifically refers to building a system where community health services are consistently available and accessible, thus promoting the health of the entire population rather than focusing on individual-level interventions.

3. Which characteristic is NOT typically associated with migrant farmworker housing?

- A. Overcrowded conditions
- B. Lack of sanitation facilities
- C. Affordable housing options
- D. Proximity to agricultural fields

The characteristic that is not typically associated with migrant farmworker housing is the existence of affordable housing options. While migrant farmworkers face economic challenges and may struggle to find accessible and affordable housing, the reality is that the housing options available to them are often substandard and may come with high costs relative to their income. Overcrowded conditions, lack of sanitation facilities, and proximity to agricultural fields are common issues encountered in the housing that migrant workers typically occupy. These living conditions often arise from the need for immediate and accessible accommodations close to where the workers are employed, leading to overcrowding due to inadequate space to house the number of workers. Additionally, sanitation facilities may be lacking, reflecting the transient nature of the workforce and inadequate regulation of housing standards in these areas. Each of these factors contributes to the overall challenges migrant farmworkers face in securing quality housing.

4. What was the initial focus of early school nursing led by Lina Rogers?

- A. Providing vaccinations to children
- B. Investigating causes of absenteeism in schools
- C. Policy reform for school health systems
- D. Training teachers in health education

The initial focus of early school nursing led by Lina Rogers was on investigating causes of absenteeism in schools. Lina Rogers, recognized as the first school nurse in the United States, aimed to understand the health-related factors contributing to students' missed classes. By identifying these causes, she effectively alerted parents and teachers to health issues that could be addressed, thus reducing absenteeism and promoting better academic performance. This foundational work in school nursing laid the groundwork for the role of nurses in schools, emphasizing the importance of evaluating and responding to children's health needs within the educational environment. In contrast, while vaccinations, policy reform, and teacher training are all important aspects of school health initiatives, they were not the primary focus during the early days of school nursing led by Rogers. Her pioneering effort was to directly correlate health with educational outcomes by addressing specific health barriers to attendance.

5. What can be a major challenge for healthcare systems in less-developed countries?

- A. Overabundance of healthcare professionals
- B. Inadequate funding for health programs
- C. Excessive health infrastructure
- D. Low rates of chronic illness

In less-developed countries, inadequate funding for health programs is a significant challenge for healthcare systems. Limited financial resources restrict the ability to provide essential health services, maintain existing healthcare facilities, and invest in training healthcare professionals. This lack of funding can lead to insufficient availability of medications, medical supplies, and preventive care initiatives, which are essential for a functioning healthcare system. Furthermore, inadequate funding often results in suboptimal health outcomes, as healthcare systems may struggle to respond to both acute and chronic health issues facing the population. This financial limitation is a primary barrier affecting the overall quality and accessibility of healthcare in these regions. The focus on addressing funding issues is essential for improving public health and achieving better health outcomes.

6. Which of the following topics are public health nursing specialists typically interested in?

- A. Evaluating outreach programs for at-risk populations
- B. Providing individualized care for chronic illnesses
- C. Investigating individual cases of infectious diseases
- D. Conducting private health assessments for families

Public health nursing specialists focus on improving the health of populations rather than managing individual patient care. Evaluating outreach programs for at-risk populations is a key aspect of this specialty because it involves assessing the effectiveness of public health initiatives designed to reach vulnerable groups. This evaluation process is crucial for understanding how well these programs are addressing health disparities, determining what works in public health strategies, and improving service delivery. In contrast, providing individualized care for chronic illnesses, investigating individual cases of infectious diseases, and conducting private health assessments for families are more aligned with the responsibilities of clinical nursing or practice in individual healthcare settings. These roles concentrate on direct patient care, diagnosis, and treatment of health issues, deviating from the broader community and population-focused perspective that public health nursing embodies. Therefore, the emphasis on evaluating outreach programs reflects the public health nursing aim to enhance community health outcomes through systematic assessment and program development.

7. What is the primary purpose of compiling a family health history?

- A. To decrease genetic susceptibility
- B. To identify health risks for individuals and families
- C. To create a permanent record of family medical issues
- D. To obtain genetic testing for all family members

Compiling a family health history serves the important function of identifying health risks for individuals and families. This comprehensive approach allows healthcare professionals to recognize patterns of diseases or health conditions that may be hereditary or prevalent within a family. By gathering this information, nurses and other health practitioners can better assess risk factors related to genetics, lifestyle, and environmental influences, ultimately enabling them to create personalized health promotion and disease prevention strategies. Understanding a family's health history assists in proactive health management, helping to inform screening recommendations, preventive measures, and informed health choices. This tailored approach can significantly improve outcomes by addressing potential health issues before they manifest.

8. Which responsibility falls under state public health agencies?

- A. Enforcing public health codes
- B. Conducting national health surveys
- C. Setting international health regulations
- D. Distributing vaccines nationwide

State public health agencies play a crucial role in managing and safeguarding the health of communities within their jurisdiction. One of the primary responsibilities of these agencies is to enforce public health codes, which include regulations that govern the practices and standards necessary to protect public health. Enforcement of public health codes involves ensuring compliance with laws and regulations related to sanitation, disease control, and health care practices. This responsibility is vital as it helps mitigate health risks at the community level, promotes healthy behaviors, and prevents the spread of infectious diseases. State agencies have the authority to impose penalties for violations and can implement measures to correct noncompliance. In contrast, conducting national health surveys is typically the remit of federal agencies that focus on comprehensive data collection for the entire nation. Setting international health regulations is generally managed by global organizations like the World Health Organization, as international health governance requires cooperation between multiple nations. Distributing vaccines nationwide involves logistical coordination at both state and federal levels, but the nationwide distribution generally falls under federal agencies and programs, aided by state health departments. The role of state agencies is often more localized, focusing on enforcement and implementation of health policies and practices within their respective states.

9. What is the core public health function involved when assessing the health of middle school students regarding obesity?

- A. Research.
- B. Policy development.
- C. Assurance.

D. Assessment.

The core public health function involved in assessing the health of middle school students regarding obesity is focused on the systematic collection, analysis, and interpretation of data related to health status and health needs. This function is integral for identifying the prevalence of obesity within the population, understanding associated risk factors, and determining the overall health profile of the students. Assessment serves as the foundational step in public health practice, as it informs the necessary interventions and policies to address health concerns. By evaluating health indicators such as weight, body mass index (BMI), dietary practices, and physical activity levels among middle school students, public health professionals can identify trends and disparities in health outcomes. This process allows for evidence-based decision-making and the development of targeted strategies aimed at reducing obesity rates and improving overall student health. In the broader context of public health, research, policy development, and assurance all play important roles. However, they follow the assessment function. Research can provide insights into effective interventions; policy development can create frameworks for action based on assessment findings; and assurance involves ensuring that necessary services are provided effectively. Each of these other functions builds upon the core information gathered through the assessment process, highlighting its critical importance.

10. During a health evaluation of a community, which step is crucial according to the Community Health Promotion Model?

- A. Ensuring high technological access
- B. Restructuring public health policy
- C. Soliciting community consent

D. Assessing the community

Assessing the community is a fundamental step in the Community Health Promotion Model because it establishes a clear understanding of the community's strengths, weaknesses, needs, and resources. This assessment helps public health professionals gather vital data regarding health status, environmental conditions, social dynamics, and existing healthcare services. By conducting a thorough assessment, practitioners can identify priority health issues and tailor interventions that are culturally appropriate and relevant to the specific population. This step is pivotal as it informs all subsequent phases of health promotion efforts, ensuring that strategies are built on evidence and that they effectively address the unique characteristics of the community in question. Ultimately, the goal of community health promotion is to empower community members, enhance health outcomes, and foster sustainable health practices based on a well-grounded understanding acquired during the assessment phase.