

# Public Health Nursing Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. How do public health nurses align their practice with the community's needs?**
  - A. By solely focusing on individual health**
  - B. By conducting health surveys annually**
  - C. By customizing the nursing process to specific populations**
  - D. By strictly adhering to clinical guidelines**
- 2. How can nurses have a significant impact on policy related to environmental health?**
  - A. By collaborating with scientists exclusively.**
  - B. By assessing risks and advocating for healthy policies.**
  - C. By only reporting cases of chemical exposure.**
  - D. By conducting chemical studies independently.**
- 3. Which method is mainly used to gather information about a community?**
  - A. Formal surveys only**
  - B. Direct observations and conversations**
  - C. Social media analysis**
  - D. Statistical data evaluation**
- 4. What is the most frequent cause of death from a single agent worldwide?**
  - A. AIDS**
  - B. Malaria**
  - C. Hepatitis**
  - D. Tuberculosis**
- 5. What is the expected model of the community health care system in the United Kingdom?**
  - A. Public-private partnership in health services**
  - B. Government ownership and operation of the system**
  - C. Primary care provided mainly in pharmacies**
  - D. Nurse practitioners leading health care delivery**



- 6. When teaching a postpartum mother about breastfeeding, what should a nurse do first?**
- A. Ask about her previous experience with breastfeeding**
  - B. Demonstrate how to position the baby for breastfeeding**
  - C. Show a video about breastfeeding**
  - D. Have her demonstrate breastfeeding**
- 7. In managing care for a client with multiple STDs, which aspect is crucial for the nurse to address?**
- A. Correct use of condoms for all types of STDs.**
  - B. Cures for each of the identified STDs.**
  - C. Risk of transmission through skin-to-skin contact.**
  - D. Safety of sexual contact when lesions are not present.**
- 8. What is the primary focus of a home health case manager in their role?**
- A. Identifying opportunities for health promotion and illness prevention**
  - B. Providing spiritual support to clients**
  - C. Delivering direct patient care in the home**
  - D. Managing financial aspects of health care**
- 9. What type of planning is critical for public health nurses before and during a disaster?**
- A. Communication plans solely for hospital staff.**
  - B. Individual care plans for mental health patients.**
  - C. Community engagement and response planning.**
  - D. Exclusive training for emergency room personnel.**
- 10. What is the basic science that focuses on the health effects of chemical exposures?**
- A. Toxicology.**
  - B. Pharmacology.**
  - C. Chemistry.**
  - D. Environmental epidemiology.**

## **Answers**

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

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## **Explanations**

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**1. How do public health nurses align their practice with the community's needs?**

- A. By solely focusing on individual health**
- B. By conducting health surveys annually**
- C. By customizing the nursing process to specific populations**
- D. By strictly adhering to clinical guidelines**

Public health nurses align their practice with the community's needs primarily by customizing the nursing process to specific populations. This approach recognizes that effective public health nursing involves understanding the unique characteristics, challenges, and health issues faced by different populations within the community. By tailoring their interventions, assessments, and educational efforts to meet the distinct needs of these groups, public health nurses can implement more relevant and impactful programs. In contrast, focusing solely on individual health limits the perspective to a one-on-one interaction, which does not address broader community health issues. Conducting health surveys annually could provide valuable data, but if the information is not analyzed and applied in a tailored manner, it might not lead to effective interventions. Relying strictly on clinical guidelines may overlook the specific cultural, social, and economic factors affecting a particular community, resulting in a less effective public health response. By adapting the nursing process carefully to the specific demographics and health needs of the community, public health nurses can achieve better health outcomes and foster a more proactive public health environment.

**2. How can nurses have a significant impact on policy related to environmental health?**

- A. By collaborating with scientists exclusively.**
- B. By assessing risks and advocating for healthy policies.**
- C. By only reporting cases of chemical exposure.**
- D. By conducting chemical studies independently.**

Nurses can significantly impact policy related to environmental health by assessing risks and advocating for healthy policies. This involves understanding the relationship between environmental factors and health outcomes, which empowers nurses to identify potential risks faced by communities. By evaluating these risks, nurses can collect data, analyze health patterns, and address environmental hazards that may affect public health. Advocacy is also a crucial component of this process. When nurses actively engage in advocating for policies that promote environmental health, they leverage their expertise to inform policymakers about the health implications of environmental issues. This can lead to the development of regulations and initiatives designed to mitigate risks and enhance public health. Collaboration with various stakeholders, including scientists, community members, and other health professionals, further enhances the effectiveness of this advocacy. By uniting their efforts, nurses can drive meaningful change and contribute to creating healthier environments for all individuals.

### 3. Which method is mainly used to gather information about a community?

- A. Formal surveys only
- B. Direct observations and conversations**
- C. Social media analysis
- D. Statistical data evaluation

The method of gathering information about a community through direct observations and conversations is highly effective because it allows public health nurses to obtain qualitative insights that are often richer and more nuanced than those gathered through other methods. Direct observations enable practitioners to witness behaviors, environments, and interactions as they happen, providing context that statistics or surveys alone may not reveal. Conversations with community members facilitate a deeper understanding of their experiences, perceptions, and needs, fostering trust and rapport which can enhance community engagement and participation in health initiatives. In contrast, formal surveys, while structured and methodologically sound, may not capture the complexities of community life as effectively. Similarly, social media analysis can provide broad trends and sentiments but lacks the context and depth of personal interaction. Statistical evaluations, while useful for understanding larger patterns and trends, may miss local subtleties that are crucial for effective public health interventions. Thus, using direct observations and conversations allows for a more holistic and informed approach to understanding community dynamics and health needs.

### 4. What is the most frequent cause of death from a single agent worldwide?

- A. AIDS
- B. Malaria
- C. Hepatitis
- D. Tuberculosis**

Tuberculosis is recognized as the most frequent cause of death from a single infectious agent worldwide. Despite significant advancements in healthcare and the development of antibiotics, tuberculosis (TB) remains a major public health challenge. This is particularly true in low- and middle-income countries where healthcare resources are limited, and access to diagnostic tools and effective treatment can be challenging. The persistence of TB as a leading cause of mortality can be attributed to several factors. First, the bacterium that causes TB, *Mycobacterium tuberculosis*, is highly contagious and can spread easily in crowded and poorly ventilated conditions. Second, drug-resistant strains of TB have emerged, complicating treatment protocols and leading to higher morbidity and mortality rates. Third, socioeconomic factors such as poverty, malnutrition, and lack of access to healthcare services contribute to the prevalence and impact of this disease. In contrast, while AIDS, malaria, and hepatitis are significant public health concerns and contribute to global mortality, they do not surpass tuberculosis in terms of deaths attributed to a single infectious agent. The global response to TB, including initiatives for prevention, screening, and treatment, continues to be a critical aspect of public health nursing and global health strategies. This ongoing focus reflects the seriousness of TB as a cause of death and the

**5. What is the expected model of the community health care system in the United Kingdom?**

- A. Public-private partnership in health services**
- B. Government ownership and operation of the system**
- C. Primary care provided mainly in pharmacies**
- D. Nurse practitioners leading health care delivery**

The expected model of the community health care system in the United Kingdom is characterized by government ownership and operation of the system. This model is primarily embodied in the National Health Service (NHS), which was established to provide comprehensive health services that are funded by taxation and available to all citizens. The NHS operates under the principle of universal health coverage, ensuring access to a wide range of health services without direct charges at the point of use. This government-led structure allows for centralized and coordinated care, enabling public health initiatives to be effectively implemented across the population. The focus is on providing quality care through publicly funded institutions, which helps maintain equity in access to health services. While the UK does have some private health care options and public-private partnerships exist, these are not the dominant model for community health care delivery. Instead, the government retains a central role in financing and operating the core health services, ensuring that the social determinants of health are addressed through a publicly accountable system.

**6. When teaching a postpartum mother about breastfeeding, what should a nurse do first?**

- A. Ask about her previous experience with breastfeeding**
- B. Demonstrate how to position the baby for breastfeeding**
- C. Show a video about breastfeeding**
- D. Have her demonstrate breastfeeding**

Initiating the teaching process with an inquiry about the mother's previous experience with breastfeeding provides valuable context for the nurse. Understanding her past experiences, whether positive or negative, helps the nurse tailor the educational approach to meet the specific needs of the mother. This initial assessment allows for the identification of any knowledge gaps, areas of anxiety, or misconceptions she may have about breastfeeding. By first discussing prior experiences, the nurse can foster a supportive dialogue that establishes trust and addresses any concerns the mother may have. This approach encourages the mother to engage actively in the learning process, making her more receptive to new information. Additionally, knowing her background can guide the nurse in determining whether more foundational information is needed or if she can proceed with practical demonstrations. The subsequent steps, such as demonstrating positioning, showing videos, or having the mother demonstrate breastfeeding, are then more effectively tailored to her level of comfort and understanding, ensuring a more impactful and individualized teaching session.

**7. In managing care for a client with multiple STDs, which aspect is crucial for the nurse to address?**

- A. Correct use of condoms for all types of STDs.**
- B. Cures for each of the identified STDs.**
- C. Risk of transmission through skin-to-skin contact.**
- D. Safety of sexual contact when lesions are not present.**

Addressing the risk of transmission through skin-to-skin contact is essential when managing care for a client with multiple STDs. Many sexually transmitted infections, such as herpes and HPV, can be transmitted even when an individual does not have visible lesions or symptoms. This underscores the importance of educating clients about the methods of transmission beyond the more commonly recognized routes, such as through bodily fluids. Understanding this risk allows nurses to provide comprehensive education regarding protective measures. This includes not only the correct use of condoms but also the limitations of barriers in preventing the transmission of infections that can be spread through skin-to-skin contact. By recognizing and addressing these transmission risks, the nurse supports the client in making informed decisions about sexual health and reducing the likelihood of spreading STDs to others. While discussing the correct use of condoms is important and can help reduce some risks of transmission, it does not cover all scenarios, especially for infections that are passed through skin contact. Similarly, focusing solely on cures is less relevant to the immediate risk of transmission, and addressing the safety of sexual contact when lesions are not present can lead to complacency regarding the spread of infections. Hence, prioritizing the understanding of transmission routes enhances overall sexual health management for the client.

**8. What is the primary focus of a home health case manager in their role?**

- A. Identifying opportunities for health promotion and illness prevention**
- B. Providing spiritual support to clients**
- C. Delivering direct patient care in the home**
- D. Managing financial aspects of health care**

The primary focus of a home health case manager is centered on identifying opportunities for health promotion and illness prevention. This role involves assessing clients' health needs and developing individualized care plans that aim to improve their overall well-being and health outcomes. By emphasizing health promotion and prevention, home health case managers can help clients manage chronic conditions, avoid unnecessary hospitalizations, and lead healthier lives. While spiritual support and delivering direct patient care can be important aspects of a patient's overall health, they are not the main responsibilities of a case manager. Spiritual support can be offered by other professionals as part of a holistic approach to care, and delivering direct patient care usually falls under the domain of nurses or care providers. Managing financial aspects of healthcare is also a consideration, but the core mission of the case manager revolves around ensuring that the client's health care needs are proactively addressed, aiming for better physical health and quality of life.



**9. What type of planning is critical for public health nurses before and during a disaster?**

- A. Communication plans solely for hospital staff.**
- B. Individual care plans for mental health patients.**
- C. Community engagement and response planning.**
- D. Exclusive training for emergency room personnel.**

Community engagement and response planning is vital for public health nurses before and during a disaster because it fosters collaboration and preparedness within the community to effectively address public health needs. This type of planning involves understanding the unique dynamics of the community, identifying resources, and establishing channels of communication among various stakeholders, including community members, local organizations, and emergency services. Through community engagement, public health nurses can assess the specific needs of the population they serve, which allows for targeted interventions and resources during a disaster. Additionally, involving community members in planning processes enhances trust and ensures that response efforts are culturally appropriate and sensitive to the needs of diverse populations. By focusing on community engagement and response planning, public health nurses can better coordinate resources, provide education, and mobilize volunteers, which ultimately leads to a more effective disaster response and improved health outcomes for the community as a whole.

**10. What is the basic science that focuses on the health effects of chemical exposures?**

- A. Toxicology.**
- B. Pharmacology.**
- C. Chemistry.**
- D. Environmental epidemiology.**

Toxicology is the branch of science that specifically studies the adverse effects of chemical substances on living organisms and the environment. It assesses how these chemicals can cause harm, examining factors such as dosage, exposure pathways, and the biological effects that result from such exposures. Toxicologists analyze various toxic agents, including drugs, industrial chemicals, and environmental pollutants, to determine their health implications. Pharmacology primarily focuses on the effects of drugs on biological systems, including their therapeutic applications and the mechanisms through which they exert their effects. Although it involves chemicals, its scope is more about beneficial uses rather than harmful exposures. Chemistry, while it underpins many principles concerning interactions between substances, does not specifically address the health implications of chemical exposures. Environmental epidemiology investigates the relationships between environmental exposures and health outcomes but does not concentrate directly on the toxic effects of chemicals like toxicology does. Thus, toxicology is the most appropriate term when referring to the basic science concerned with the health effects associated with chemical exposures.

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

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