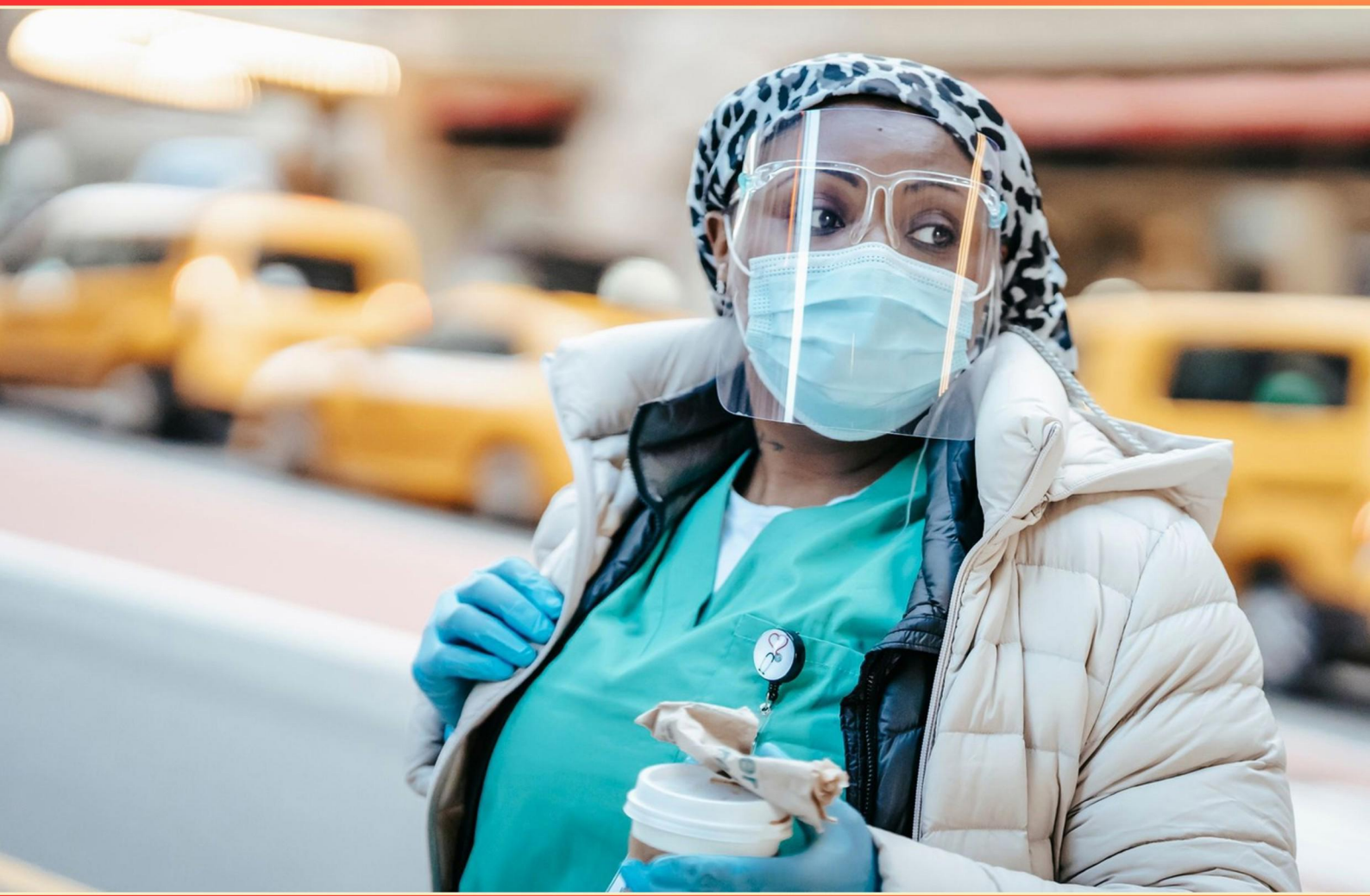
CHNI PUBLIC HEALTH NURSING (PHN) BOARD PRACTICE EXAM (SAMPLE)

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.

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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!

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Questions

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1. **If a 20-year-old female has an intake of 1965 kcal, what percentage of her recommended energy intake does this represent?**

   A. 95%

   B. 100%

   C. 105%

   D. 115%

2. **Which condition is identified by high blood pressure, edema, and protein in the urine during pregnancy?**

   A. Gestational diabetes

   B. Teratogenic hypertension

   C. Preeclampsia

   D. Hyperemesis gravidarum

3. **Which sampling technique ensures that each individual has an equal chance of being selected?**

   A. Simple random sampling

   B. Systematic sampling

   C. Stratified sampling

   D. Cluster sampling

4. **What intervention helps in alleviating malnutrition and is directly related to food availability?**

   A. Home food production

   B. Public health campaigns

   C. Nutrition education

   D. Community service initiatives

5. **A diet provides 2,000 kcal of which 20% of the energy is from fats and 15% from protein. How many grams of carbohydrates are contained in the diet?**

   A. 100g

   B. 145g

   C. 250g

   D. 325g

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6. What is the most significant effect of infection on nutritional status?

A. Reduced absorption of nutrients

B. Increased nutrient needs due to increased BMR

C. Decreased food consumption

D. Increased loss of fluids and nutrients

7. What aspect does community organizing in social mobilization emphasize?

A. Capability building

B. Advocacy for policy support

C. Instilling self-reliance among individuals

D. Establishing partnerships

8. An adverse reaction to food that does not signal the body to form antibodies is called _____.

A. Food allergy

B. Food intolerance

C. Mild food challenge

D. Transient food episode

9. Which type of initiative represents a temporary and specific effort within nutrition advocacy?

A. Plan

B. Program

C. Project

D. Campaign

10. At what minimum age can a child participate in a 24-hour food recall if they can read and write?

A. 5 years old

B. 6-7 years old

C. 8 years old

D. 10 years old

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Answers

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

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Explanations

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1. If a 20-year-old female has an intake of 1965 kcal, what percentage of her recommended energy intake does this represent?

A. 95%

B. 100%

C. 105%

D. 115%

To determine the percentage of the recommended energy intake represented by an intake of 1965 kcal for a 20-year-old female, it's essential to first understand what the average daily caloric intake is for women in that age group. The generally recommended energy intake for an average woman is often cited as around 2000 kcal per day, though this can vary based on factors like activity level and overall health. By taking the actual intake of 1965 kcal and comparing it to the standard recommendation of 2000 kcal, you would calculate the percentage by dividing the intake (1965) by the recommended amount (2000) and then multiplying by 100 to express it as a percentage: (1965/2000) x 100 = 98.25% With rounding, this is approximately 100%. Therefore, the intake of 1965 kcal closely meets the expected daily requirement, signifying that it aligns appropriately with the recommended energy intake guideline for a 20-year-old female. This understanding solidifies the answer indicating that an intake of 1965 kcal represents 100% of the recommended daily energy intake.

2. Which condition is identified by high blood pressure, edema, and protein in the urine during pregnancy?

A. Gestational diabetes

B. Teratogenic hypertension

C. Preeclampsia

D. Hyperemesis gravidarum

Preeclampsia is characterized by the presence of high blood pressure, significant edema, and protein in the urine during pregnancy. It usually occurs after the 20th week of gestation and can lead to serious complications for both the mother and the baby if not managed properly. High blood pressure in this context refers to elevated blood pressure readings, and edema indicates abnormal swelling due to fluid retention. The presence of protein in the urine is a sign of impaired kidney function, which is a hallmark of preeclampsia. Understanding these symptoms helps in the early identification and management of the condition, which is crucial in preventing severe outcomes such as eclampsia or other complications. Recognizing that preeclampsia can progress to more severe conditions underscores the importance of regular prenatal care to monitor for these signs.

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3. Which sampling technique ensures that each individual has an equal chance of being selected?

A. Simple random sampling

B. Systematic sampling

C. Stratified sampling

D. Cluster sampling

Simple random sampling is a technique where every individual in a population has an equal probability of being selected for the sample. This method is often perceived as the most straightforward and unbiased way to gather data because it reduces the risk of selection bias. In this process, each member of the population is listed, and selections are made often via random number generators or drawing lots, ensuring that every individual has the same likelihood of inclusion. In contrast, systematic sampling involves selecting individuals based on a fixed interval from a randomly selected starting point, which can inadvertently introduce bias if there are patterns in the data. Stratified sampling involves dividing the population into homogeneous subgroups before random sampling each subgroup, ensuring representation but not equal chances across all individuals. Cluster sampling divides the population into clusters, then randomly selects some of those clusters and surveys all or a random sample of individuals from those clusters. While each method has its own strengths in facilitating diverse or representative samples, only simple random sampling guarantees equal chances for each individual selected.

4. What intervention helps in alleviating malnutrition and is directly related to food availability?

A. Home food production

B. Public health campaigns

C. Nutrition education

D. Community service initiatives

Home food production is an effective intervention for alleviating malnutrition as it directly addresses the issue of food availability. By promoting the cultivation of food at the household or community level, individuals and families can have better access to fresh, nutritious food, thereby improving their overall dietary quality. This practice not only helps in increasing the quantity of available food but often leads to a greater variety of fruits and vegetables, which are crucial for a balanced diet. This approach empowers families to take control of their food source, reduce reliance on potentially costly or less nutritious store-bought options, and enhances food security. Additionally, it can contribute to improved mental well-being as individuals engage in gardening and sustainable practices. Home food production also educates families about seasonal food availability, promotes better eating habits, and can serve as a means of economic support if excess produce is shared or sold. The other options—public health campaigns, nutrition education, and community service initiatives—are important in their own rights but primarily focus on raising awareness, changing behaviors, or providing support rather than directly impacting the availability of food at the household level. While these interventions can complement home food production, they do not provide the direct means of increasing food access in the way that home food production does.

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5. A diet provides 2,000 kcal of which 20% of the energy is from fats and 15% from protein. How many grams of carbohydrates are contained in the diet?

A. 100g

B. 145g

C. 250g

D. 325g

*To determine the amount of carbohydrates in the diet, we first need to calculate the contributions of fats and protein to the total caloric intake, and then use that information to find out how many calories are from carbohydrates. 1. **Calculate calories from fats**: Since 20% of the energy is from fats, we take 20% of 2,000 kcal. - Calories from fats = 0.20 × 2,000 = 400 kcal. 2. **Calculate calories from protein**: With 15% of energy coming from protein, we calculate that as well. - Calories from protein = 0.15 × 2,000 = 300 kcal. 3. **Calculate total calories from fats and protein**: - Total calories from fats and protein = 400 kcal + 300 kcal = 700 kcal. 4. **Calculate calories remaining for carbohydrates**: To find the calories that come from carbohydrates, we subtract the total calories from fats and protein from the total caloric intake. - Calories from carbohydrates = Total calories - Total calories from fats and protein = 2,000 kcal - 700 kcal = 1,300 kcal. 5. **Convert calories from carbohydrates to grams**

6. What is the most significant effect of infection on nutritional status?

A. Reduced absorption of nutrients

B. Increased nutrient needs due to increased BMR

C. Decreased food consumption

D. Increased loss of fluids and nutrients

Infection has a profound impact on the body's metabolic processes, leading to a condition where the basal metabolic rate (BMR) is significantly elevated. When the body is fighting an infection, it mobilizes more energy and resources to mount an immune response. This increased metabolic activity requires more nutrients, as the body works harder to heal and recover. Individuals with infections often need a higher caloric intake to support these physiological changes. Failure to meet these increased nutritional demands can result in malnutrition, further complicating recovery and potentially leading to severe health issues. Thus, the most significant impact of infection on nutritional status is the increased nutrient needs due to the elevation of BMR, which can influence recovery outcomes and overall health. The context of other effects, while they may play a role, does not surpass the critical nature of increased nutrient needs. Reduced absorption, decreased food consumption, and increased loss of fluids and nutrients can all occur during infections, but they are often secondary to the primary concern of the body's heightened requirement for nutrients to address infection-related metabolic demands.

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7. What aspect does community organizing in social mobilization emphasize?

A. Capability building

B. Advocacy for policy support

C. Instilling self-reliance among individuals

D. Establishing partnerships

Community organizing in social mobilization places a strong emphasis on instilling self-reliance among individuals. This approach aims to empower community members by helping them develop the skills and confidence needed to address their own issues and take action for themselves. By fostering self-reliance, individuals are encouraged to become actively involved in their communities, to recognize their own strengths, and to leverage those strengths for collective benefits. This empowerment often leads to an enhanced sense of ownership over community issues and solutions. As community members become more self-sufficient, they are better equipped to advocate for their needs and collaborate with others, ultimately resulting in a more vibrant and resilient community. In this context, while capability building, advocacy for policy support, and establishing partnerships are important components of effective community mobilization, the foundational goal of instilling self-reliance is crucial for long-term sustainable change.

8. An adverse reaction to food that does not signal the body to form antibodies is called _____.

A. Food allergy

B. Food intolerance

C. Mild food challenge

D. Transient food episode

Food intolerance is accurately defined as an adverse reaction to food that does not involve the immune system or trigger the formation of antibodies. This means that the body reacts negatively to certain foods, but the response is not an immune-mediated response, like that seen in food allergies. In cases of food intolerance, common symptoms may include digestive issues such as nausea, bloating, stomach cramps, or diarrhea. These reactions are often due to the body's inability to properly digest certain components of the food, such as lactose in individuals who are lactose intolerant or gluten in those with gluten sensitivity. By contrast, a food allergy involves the immune system and usually elicits a more severe and immediate reaction when the body has been exposed to the offending food. The formation of antibodies, specifically Immunoglobulin E (IgE), plays a crucial role in the body's reaction to allergens. Understanding the distinction between food intolerance and food allergy is fundamental in public health nursing, as it informs how care is managed and what dietary interventions may be necessary for affected individuals.

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9. Which type of initiative represents a temporary and specific effort within nutrition advocacy?

A. Plan

B. Program

C. Project

D. Campaign

The correct answer is indeed project. A project in the context of nutrition advocacy is characterized by its temporary nature, aiming to achieve specific goals or outcomes within a defined time frame. This definition aligns with how projects are typically organized—they are structured to address a particular issue or objective and are inherently limited in scope and duration. In nutrition advocacy, a project might focus on a specific nutritional need within a community, such as launching a new initiative to promote healthy eating habits among children. This effort would have clear start and end dates, defined objectives, and measurable outcomes, making it distinctively different from other initiatives that might be ongoing or broader in scope. Campaigns, while they may also be time-limited, are generally broader efforts aimed at raising awareness or changing public behavior concerning a specific issue, often involving multiple strategies and messaging. Programs tend to refer to ongoing efforts that provide services or resources, focusing on sustained impact rather than a finite objective. Plans usually represent the frameworks or strategic approaches that guide the tasks and efforts of projects, but they do not contain the specific operational elements found within a project itself.

10. At what minimum age can a child participate in a 24-hour food recall if they can read and write?

A. 5 years old

B. 6-7 years old

C. 8 years old

D. 10 years old

A child can begin to participate in a 24-hour food recall at a minimum age of 6-7 years if they have the ability to read and write. This age range indicates that children are developing the cognitive skills necessary to understand and articulate their food intake accurately. By this age, they typically have enough vocabulary and comprehension to describe their eating patterns effectively, making them suitable participants in a food recall assessment. Children younger than 6 years might struggle with memory recall or have difficulty articulating their food choices clearly, which can lead to inaccuracies in the data collected. The cognitive and communicative growth that occurs between the ages of 6 and 7 is crucial for ensuring reliable information in dietary assessments. Thus, this answer reflects the developmental milestones related to literacy and memory, which are important factors in conducting a 24-hour food recall.

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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://chniphnboard.examzify.com

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

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