DISASTER NURSING 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. How can nurses effectively assess the needs of a community post-disaster?

A. Through direct observation only

B. By relying on media reports

C. Through surveys, interviews, and focus groups to determine health services required

D. Using only anecdotal evidence

2. What is a catastrophic event that causes casualties overwhelming healthcare resources?

A. Disaster

B. Health Disaster

C. Pandemic

D. Natural disaster

3. What is the primary action to take if caught in a wildfire?

A. Stay in place and wait for help

B. Move to an open area

C. Seek shelter in a vehicle

D. None of the above

4. Which agency is identified as the lead agency in Response efforts?

A. DILG

B. DSWD

C. DOH

D. NEDA

5. What is the priority action when patients arrive with periorbital swelling and a strong gas odor?

A. Direct the clients to the decontamination area

B. Direct the clients to the cold or clean zone for immediate treatment

C. Measure vital signs and auscultate lung sounds

D. Immediately remove other clients and visitors from the area

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6. Which of the following is NOT a sign that a survivor may need stabilization?

A. Excessive talking

B. Insomnia

C. Fear

D. Nightmares

7. What initial step should be taken in response to a mass casualty incident involving hazardous exposure?

A. Start treating all patients at once

B. Quickly triage patients for exposure severity

C. Allocate more resources to the worst affected

D. Immediately evacuate the area

8. What constitutes the worst-case scenario for a biological release?

A. Particle size 1 to 5 microns

B. Weather pattern includes a thermal inversion

C. Aerosol release

D. All of the above

9. What must a nurse do to protect themselves from exposure during a biochemical incident?

A. Handwash

B. Wear mask

C. Wear appropriate PPE

D. Call for emergency backup

10. Who is included in the category of special needs population?

A. Children and youth

B. Older people

C. Cultural and ethnic people

D. All of the above

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Answers

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

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Explanations

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1. How can nurses effectively assess the needs of a community post-disaster?

A. Through direct observation only

B. By relying on media reports

C. Through surveys, interviews, and focus groups to determine health services required

D. Using only anecdotal evidence

Effective assessment of a community's needs post-disaster is a critical aspect of disaster nursing and public health. Utilizing surveys, interviews, and focus groups allows nurses to gather comprehensive information directly from the affected populations. This method provides valuable insights into the specific health services needed, the emotional and psychological impact on community members, and the overall challenges they face in recovery. Surveys can reach a wide audience quickly, while interviews and focus groups offer a more nuanced understanding of individual experiences. Engaging the community in this manner fosters trust and collaboration, ensuring that the assistance provided is relevant and tailored to the unique circumstances of that population. In contrast, approaches such as relying solely on direct observation may miss essential details that community members can share about their needs. Likewise, solely depending on media reports might provide limited or sometimes inaccurate information, failing to capture the full scope of the situation. Using only anecdotal evidence lacks the systematic rigor necessary for effective needs assessment, which can lead to misunderstanding the true impact of the disaster on the community.

2. What is a catastrophic event that causes casualties overwhelming healthcare resources?

A. Disaster

B. Health Disaster

C. Pandemic

D. Natural disaster

The concept of a catastrophic event that significantly overwhelms healthcare resources is best encapsulated by the term "health disaster." This classification includes events that not only disrupt normal healthcare operations but also lead to a surge in demand for medical services that exceeds the available capacity. Health disasters can arise from various scenarios, such as epidemics, widespread injury from explosions, or severe outbreaks that require extensive medical response and resources. While the term "disaster" can refer to a broad range of destructive events, it does not specifically highlight the impact on healthcare resources and services. Similarly, "pandemic" typically describes the spread of disease over a wide geographic area and, while it can be a type of health disaster, it does not encompass other catastrophic events that could overwhelm healthcare systems. The term "natural disaster" refers to events caused by natural forces, such as earthquakes or hurricanes, which can lead to health disasters but does not inherently relate to the healthcare system's capacity. By focusing on the primary implications on healthcare resources, "health disaster" is the most precise term to describe an event that leads to overwhelming medical needs and challenges within healthcare facilities.

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3. What is the primary action to take if caught in a wildfire?

A. Stay in place and wait for help

B. Move to an open area

C. Seek shelter in a vehicle

D. None of the above

Moving to an open area is the primary action to take if caught in a wildfire because it allows you to create distance from the flames and smoke, which can be life-threatening. Wildfires can spread rapidly, and being in an open area significantly reduces the risk of being trapped or exposed to extreme heat and smoke inhalation. Open spaces typically have fewer combustibles, and if the fire approaches, there is less fuel to catch fire, making it a safer option. Staying in place and waiting for help could lead to dire circumstances if the wildfire reaches your location before assistance arrives. Seeking shelter in a vehicle can provide some protection but is generally not recommended because a vehicle can become unsafe if the fire surrounds it, potentially making it a death trap if the flames are intense. Therefore, moving to an open area is the most effective way to maximize your chance of survival in such a dangerous situation.

4. Which agency is identified as the lead agency in Response efforts?

A. DILG

B. DSWD

C. DOH

D. NEDA

The Department of Social Welfare and Development (DSWD) is identified as the lead agency in response efforts during disasters. This is primarily because the DSWD is tasked with the responsibility of coordinating disaster response and relief operations in the Philippines. It plays a critical role in providing assistance to affected populations, including food, shelter, and other essential services, thereby ensuring that immediate needs are addressed during emergencies. The DSWD's mandate includes not only the provision of relief but also the long-term rehabilitation of affected areas, which makes it central to disaster response efforts. This includes working with various other agencies, local government units, and community organizations to ensure a comprehensive approach to disaster management. Their ability to mobilize resources and coordinate with national and local stakeholders is crucial in effectively managing disaster scenarios. In contrast, the other agencies, while also essential in their roles within disaster management, have different primary responsibilities. For instance, the Department of Health (DOH) focuses more on public health and medical responses, while the National Economic and Development Authority (NEDA) handles economic planning and policy development. The Department of the Interior and Local Government (DILG) is involved in local governance and community affairs but not specifically designated as the lead agency for disaster response.

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5. What is the priority action when patients arrive with periorbital swelling and a strong gas odor?

A. Direct the clients to the decontamination area

B. Direct the clients to the cold or clean zone for immediate treatment

C. Measure vital signs and auscultate lung sounds

D. Immediately remove other clients and visitors from the area

When patients arrive with symptoms such as periorbital swelling accompanied by a strong gas odor, the priority action is to direct the clients to the decontamination area. This approach is crucial because the presence of a gas odor suggests potential exposure to a hazardous substance, which could pose serious health risks not only to the affected individuals but also to healthcare personnel and other bystanders. Decontamination is an essential first step in managing casualties from hazardous materials. It reduces the risk of further contamination and helps ensure that any harmful substances are cleaned off before patients receive any form of medical treatment. Failure to decontaminate effectively could lead to the spread of the hazardous material, affecting more individuals and complicating the response efforts. Directing patients to the clean or cold zone, while ensuring they receive treatment, is premature if they have not yet been decontaminated, as treatment in an area that hasn't been cleared of hazardous materials can be unsafe. Measuring vital signs and auscultating lung sounds also necessitates a safe environment, which will not be guaranteed unless proper decontamination is completed first. Although removing other clients and visitors from the area could be important in ensuring safety, it is not as immediate and critical as ensuring that the contaminated patients are removed from

6. Which of the following is NOT a sign that a survivor may need stabilization?

A. Excessive talking

B. Insomnia

C. Fear

D. Nightmares

Excessive talking can be seen as a coping mechanism for some individuals in the aftermath of a disaster. While it can indicate a high level of stress or anxiety, it is not necessarily a sign that someone needs stabilization. In fact, people often communicate more when they are trying to process their feelings, gain support, or share their experiences. In contrast, symptoms like insomnia, fear, and nightmares are more direct indicators of distress that may suggest the need for stabilization. Insomnia reflects an individual's difficulty in managing their emotional and psychological state, thereby impacting their ability to function. Fear can indicate a heightened state of anxiety that may require intervention to help the survivor regain a sense of safety and control. Nightmares are often associated with trauma and can significantly affect a person's mental health and well-being, indicating that they might benefit from additional support and stabilization efforts. By understanding these distinctions, caregivers and professionals can better assess the needs of survivors and provide appropriate care in the wake of traumatic events.

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7. What initial step should be taken in response to a mass casualty incident involving hazardous exposure?

A. Start treating all patients at once

B. Quickly triage patients for exposure severity

C. Allocate more resources to the worst affected

D. Immediately evacuate the area

In a mass casualty incident involving hazardous exposure, the initial step of quickly triaging patients for exposure severity is essential because it allows healthcare providers to assess which individuals are most critically affected and in need of immediate assistance. Triage is a systematic approach that ensures resources are allocated effectively based on the severity of injuries and the nature of the exposure. By prioritizing patients according to the severity of their condition, emergency responders can focus on those who require urgent care. This is particularly important in hazardous exposure situations, where some individuals may show signs of severe contamination or life-threatening reactions while others may be asymptomatic or have minor injuries. Quick and efficient triage helps to maximize outcomes and ensures that those who are most in need receive care first. Other approaches, such as treating all patients at once, may dilute the attention and resources allocated to the critically ill, and quickly allocating resources to the worst affected without proper triage can lead to inefficient use of limited medical supplies and personnel. Immediate evacuation of the area, while potentially necessary in some cases, is not the first step when dealing with casualties already present; it can further complicate the situation if not managed alongside a triage process. Hence, effective triage serves as the foundation for a coordinated response in the chaotic and

8. What constitutes the worst-case scenario for a biological release?

A. Particle size 1 to 5 microns

B. Weather pattern includes a thermal inversion

C. Aerosol release

D. All of the above

The worst-case scenario for a biological release involves multiple factors that can significantly enhance the spread and impact of the biological agent. Each of the options presented contributes to a scenario where the biological threat could become widespread and more difficult to control. Particle size is crucial because particles in the range of 1 to 5 microns are small enough to remain airborne for longer periods and can penetrate deep into the respiratory tract when inhaled. This increases the likelihood of inhalation by a large number of individuals, thus escalating the potential for widespread infection. Weather patterns, particularly thermal inversions, can exacerbate a biological release. A thermal inversion occurs when a layer of warm air traps pollutants close to the ground, preventing them from dispersing. In this scenario, a biological agent released into the atmosphere could linger in the air longer and travel over a greater distance before dissipating, directly affecting a larger population. An aerosol release is particularly concerning because it allows for efficient dissemination of the biological agent through the air, reaching numerous individuals quickly and without direct contact, which is how many biological threats are designed to operate. Aerosolization increases the area affected by the release and complicates containment efforts. When all these factors are combined, the potential for a severe public health threat is heightened

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9. What must a nurse do to protect themselves from exposure during a biochemical incident?

A. Handwash

B. Wear mask

C. Wear appropriate PPE

D. Call for emergency backup

In the context of a biochemical incident, wearing appropriate personal protective equipment (PPE) is crucial for a nurse to safeguard themselves from exposure to potentially harmful substances. PPE is designed to create a barrier against chemical, biological, radiological, and nuclear hazards, which can include aerosols, gases, and liquids that pose risks to health. When dealing with a biochemical threat, the specific types of PPE needed may include gloves, gowns, eye protection, and respiratory protection, depending on the nature and severity of the incident. This level of protection ensures that nurses minimize their risk of contamination and remain safe while providing care to affected individuals or conducting emergency responses. While handwashing is essential for maintaining hygiene and preventing the spread of infection, it does not provide sufficient protection against the specific risks associated with biochemical incidents. Similarly, wearing a mask alone may not offer comprehensive protection against all potential hazards posed in such scenarios. Calling for emergency backup is an important step for escalated responses but does not directly protect the nurse from exposure in the moment. Therefore, the most effective way to shield oneself from exposure during a biochemical incident is by utilizing appropriate PPE.

10. Who is included in the category of special needs population?

A. Children and youth

B. Older people

C. Cultural and ethnic people

D. All of the above

In disaster nursing and emergency preparedness, the term "special needs population" refers to groups of individuals who may require additional assistance during a crisis. This includes children and youth, older individuals, and cultural and ethnic populations, all of whom may face unique challenges in emergency situations. Children and youth have specific developmental needs and may not understand the gravity of a disaster or may require specific care and supervision. Older individuals often have physical limitations or chronic health issues that can complicate their ability to respond to emergencies and to evacuate safely. Cultural and ethnic populations may experience language barriers, cultural misconceptions, or different health beliefs, which can impact their access to resources and ability to respond effectively during disasters. Including all these groups is crucial for comprehensive emergency planning and response, as it ensures that services are tailored to meet the varied needs of individuals who may be more vulnerable or require additional support. Thus, recognizing these populations in their totality is essential for effective disaster nursing practice.

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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://disasternursing.examzify.com

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

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