EDAPT GLOBAL POPULATION HEALTH 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. What does YLL measure in the calculation of DALYs?

A. Years lived with disability.

B. The number of deaths in a population per year.

C. Years of life lost due to premature mortality.

D. The total years of life expectancy at birth.

2. Which statement is true about comparing survival curves on a Kaplan-Meier plot with a log-rank test?

A. They compare survival curves between groups using a log-rank test

B. They provide hazard ratios directly

C. They show only median survival times

D. They require no censoring

3. Which statement best reflects the role of primary health care in global health?

A. It prioritizes specialist hospital care over community health.

B. It relies solely on medical technology.

C. It provides care only to insured populations.

D. It promotes health equity and essential care for all.

4. Which of the following is a WHO health system building block?

A. Patient Satisfaction

B. Leadership and Governance

C. Traditional Medicine

D. Clinical Research

5. In a population-based healthcare delivery model, the focus is on wellness and a holistic approach; clients typically access services through which setting?

A. Hospitals

B. Primary care offices

C. Specialist clinics

D. Urgent care centers

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6. In preparing for travel with a global partner, which source should be consulted to determine which medications to bring?

A. World Health Organization's medication list

B. CDC travel medicine list

C. FDA drug shortage list

D. Local community formulary

7. Which phrase indicates a high risk for disease outbreaks in the village?

A. Get water from a stream

B. Bath in the nearby stream

C. No clinic nearby

D. No bathrooms

8. What is the role of an outreach worker in reducing future illnesses?

A. Providing expensive equipment

B. Teaching basic care

C. Replacing local staff

D. Ignoring community beliefs

9. Dr. John Snow found an outbreak of Cholera in a London town. Which method did he use to discover this?

A. Random sampling of households

B. Tracing of infected clients to contaminated water pump

C. Serological surveys in affected districts

D. Street interviews to enumerate cases

10. Which statement is true about Kaplan-Meier survival curves?

A. They illustrate the hazard function over time

B. They estimate the prevalence of a condition at fixed time

C. They plot the probability of surviving over time

D. They show the cumulative incidence of disease

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Answers

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

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Explanations

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1. What does YLL measure in the calculation of DALYs?

A. Years lived with disability.

B. The number of deaths in a population per year.

C. Years of life lost due to premature mortality.

D. The total years of life expectancy at birth.

YLL measures the years of life lost due to deaths that occur before reaching a standard life expectancy. It captures premature mortality by assigning to each death the number of years a person would have been expected to live, according to a chosen life table, and summing those years across all deaths. Younger deaths create larger YLL because they cut short more potential years, which is why premature mortality drives the YLL component of DALYs. This is different from the total number of deaths (which counts fatalities without weighting by age), from years lived with disability (which is the YLD part), and from life expectancy at birth (a separate statistic).

2. Which statement is true about comparing survival curves on a Kaplan-Meier plot with a log-rank test?

A. They compare survival curves between groups using a log-rank test

B. They provide hazard ratios directly

C. They show only median survival times

D. They require no censoring

When you compare survival curves, you're looking to see if two or more groups have different survival experiences over time. The log-rank test is the standard tool for this: it's a nonparametric method that checks whether the observed number of events in each group at each time point matches what would be expected if all groups shared the same survival pattern. It sums these comparisons over all event times and accounts for censoring, which is common in survival data. This test evaluates the whole shape of the survival curves across the follow-up period, not just a single time point like the median. It does not provide a hazard ratio; that comes from a Cox proportional hazards model or similar, which is a different way to summarize relative risk. Kaplan-Meier plots can show medians and other features visually, but significance of differences between groups is determined by the log-rank test, which properly handles censoring within the data.

3. Which statement best reflects the role of primary health care in global health?

A. It prioritizes specialist hospital care over community health.

B. It relies solely on medical technology.

C. It provides care only to insured populations.

D. It promotes health equity and essential care for all.

Primary health care in global health centers on delivering essential, people-centered services that are universally accessible and affordable. It aims for first-contact, continuous, comprehensive, and coordinated care, anchored in equity and action on the social determinants of health. This approach supports universal health coverage by focusing on prevention, treatment, and health promotion at the community level and by integrating services across sectors. The statement that best reflects this role is that primary health care promotes health equity and essential care for all. Prioritizing specialist hospital care, relying solely on medical technology, or providing care only to insured populations do not capture the broad, universal, equity-focused scope of primary health care.

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4. Which of the following is a WHO health system building block?

A. Patient Satisfaction

B. Leadership and Governance

C. Traditional Medicine

D. Clinical Research

Understanding the WHO health system building blocks helps you see how a health system is organized and where improvements can happen. One of these blocks is leadership and governance, which covers stewardship, policy development, regulation, accountability, and strategic direction. This function guides and aligns all the other parts of the system—service delivery, the health workforce, information systems, medical products and technologies, and financing—so they work together effectively. That's why leadership and governance is the best answer here: it's the formal WHO building block that represents the overarching oversight and direction of the health system. The other options aren't named building blocks in the WHO framework; patient satisfaction is a performance metric of service delivery, traditional medicine is a practice area or cultural factor, and clinical research is an activity that can occur within the system but isn't one of the six core building blocks.

5. In a population-based healthcare delivery model, the focus is on wellness and a holistic approach; clients typically access services through which setting?

A. Hospitals

B. Primary care offices

C. Specialist clinics

D. Urgent care centers

A wellness-focused, holistic population health model relies on primary care offices because they provide ongoing, comprehensive, and accessible care that covers preventive services, health maintenance, and care coordination across a person's lifespan. Primary care acts as the first point of contact, offering continuous, person-centered attention, addressing physical and mental health, and guiding patients through referrals to specialists when needed. This setting supports a team-based approach, helps manage chronic conditions, and connects individuals with community and public health resources, which is essential for improving health outcomes at the population level. Hospitals, specialist clinics, and urgent care centers play critical roles too, but they are more oriented toward acute, specialized, or episodic care rather than ongoing wellness and broad prevention.

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6. In preparing for travel with a global partner, which source should be consulted to determine which medications to bring?

A. World Health Organization's medication list

B. CDC travel medicine list

C. FDA drug shortage list

D. Local community formulary

When planning travel with a global partner, you want a globally recognized standard for what medicines are essential to have on hand. The World Health Organization's Essential Medicines List provides that foundation by identifying medicines considered essential for addressing common health needs and that should be accessible in health systems worldwide. Using this list gives a consistent, evidence-based basis for selecting what to bring, reflecting safety, efficacy, and affordability, and it's updated as guidelines evolve. Other sources are narrower in scope: the CDC travel medicine list centers on vaccines and travel-specific prevention, the FDA shortage list focuses on U.S. supply issues, and a local formulary is tied to one locale. So, the WHO Essential Medicines List offers the most appropriate, internationally relevant guidance for determining medications to bring when traveling with a global partner.

7. Which phrase indicates a high risk for disease outbreaks in the village?

A. Get water from a stream

B. Bath in the nearby stream

C. No clinic nearby

D. No bathrooms

Using the stream for bathing signals a direct and repeated exposure to potentially contaminated water, which is a major driver of waterborne disease transmission in a village. When people bathe in the same source that may be contaminated by fecal matter, bodily fluids, or environmental microbes, pathogens can spread quickly through contact, shared surfaces, and even incidental ingestion. This practice reflects poor water quality and sanitation in daily life, creating a situation where an outbreak can start or spread more easily. In contrast, while getting water from a stream also suggests unsafe water, bathing emphasizes prolonged contact with the source and more opportunities for transmission, making it a stronger indicator of outbreak risk. The other phrases point to barriers in care or sanitation access, which affect outcomes but do not as directly imply current transmission risk through everyday behavior.

8. What is the role of an outreach worker in reducing future illnesses?

A. Providing expensive equipment

B. Teaching basic care

C. Replacing local staff

D. Ignoring community beliefs

The main idea is that outreach work hinges on education and practical skills that people can use every day to prevent illness. By teaching basic care—such as handwashing, safe water and food handling, basic wound care, recognizing early warning signs, and how to seek help promptly—outreach workers empower individuals and families to take control of their health. This approach lowers the incidence of disease and prevents complications, often at a lower cost than treating advanced illness. It also builds trust with the community and supports sustainable health improvements because people learn behaviors that can be maintained over time. Providing expensive equipment isn't typically within the reach of outreach programs and doesn't equip people with the daily habits needed to prevent illness. Replacing local staff would disrupt existing relationships and systems that communities rely on. Ignoring community beliefs would reduce acceptance of health messages and hinder adoption of preventive practices. Teaching basic care directly addresses prevention in a practical, scalable, and culturally adaptable way, making it the most effective role for reducing future illnesses.

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9. Dr. John Snow found an outbreak of Cholera in a London town. Which method did he use to discover this?

A. Random sampling of households

B. Tracing of infected clients to contaminated water pump

C. Serological surveys in affected districts

D. Street interviews to enumerate cases

Identifying the outbreak's source by linking affected people to a shared exposure is the key idea here. Dr. Snow collected data on who fell ill and where they drew their water, then mapped the cases. The clustering around the Broad Street water pump pointed to a common water source as the cause. He drilled down further by removing the pump handle, which cut off that water supply and led to a sharp decline in new cases, reinforcing the waterborne transmission inference. Other methods don't fit as well for locating the source. Random sampling helps estimate how widespread an illness is, not where it came from. Serological surveys weren't applicable to cholera in that era, and wouldn't pinpoint a contaminated water source. Street interviews to enumerate cases are useful for counting cases but don't, by themselves, reveal a transmission source. So, tracing infected individuals to a contaminated water pump best explains how Snow identified the source of the outbreak.

10. Which statement is true about Kaplan-Meier survival curves?

A. They illustrate the hazard function over time

B. They estimate the prevalence of a condition at fixed time

C. They plot the probability of surviving over time

D. They show the cumulative incidence of disease

Kaplan-Meier curves depict the survival function, which is the probability of surviving beyond a given time, S(t). The curve moves in a stepwise fashion: it stays flat between observed event times and drops at each time an event occurs (for example, death). Censored observations (people lost to follow-up or without the event by the end of the study) are marked along the curve and reduce the number at risk used to calculate future steps, but they do not cause immediate drops in the curve themselves. This is why the statement that a Kaplan-Meier curve plots the probability of surviving over time is correct. It is not the hazard function, which would measure the instantaneous risk of the event at each moment. It does not directly show prevalence at a fixed time, which is a cross-sectional measure of how many have the condition at a time point. It also does not specifically plot cumulative incidence (the probability of having the event by time t); while 1 – S(t) relates to cumulative incidence in simple scenarios, the Kaplan-Meier curve itself represents survival probability, not cumulative incidence.

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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://edaptglobalpopulationhealth.examzify.com

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

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