NCLEX COMMUNITY HEALTH NURSING PRACTICE TEST (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. **In a year with 60 live births and 3 neonatal deaths, what is the neonatal mortality rate per 1,000?**

   A. 50/1000

   B. 5/1000

   C. 30/1000

   D. 10/1000

2. **Which focus best aligns with prioritizing the family's most important considerations?**

   A. Financial resource management

   B. Critical aspects identified by the family

   C. Regulatory compliance

   D. Staffing schedules

3. **Which study design assesses a population at a single point in time to determine prevalence?**

   A. Retrospective

   B. Concurrent

   C. Cross-sectional

   D. Prospective

4. **A nurse planning a smoking cessation clinic for adolescents in the local middle schools and high schools is providing:**

   A. Community-oriented care

   B. Community-based care

   C. Secondary care

   D. Tertiary care

5. **The epidemiologic triangle includes which components?**

   A. Person

   B. Causative agent

   C. Environment

   D. Person, Causative agent, and Environment

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6. Which practice promotes culturally competent engagement when meeting immigrant families?

A. Speak only in medical jargon

B. Listen attentively and greet respectfully

C. Avoid social interaction altogether

D. Rush through the visit without addressing concerns

7. The leading cause of death in the United States is

A. Pneumonia

B. Cancer

C. Stroke

D. Heart disease

8. A nurse developing a community health program is determining barriers to community resource referrals. Which of the following is an example of a resource barrier?

A. Costs associated with services

B. Decreased motivation

C. Inadequate knowledge of resources

D. Lack of transportation

9. The application of evidence-based practice to public health interventions is illustrated by research projects that test effectiveness of interventions related to the core functions and essential services of public health. These projects are associated with:

A. Agency on Healthcare Research and Quality.

B. Cochrane Database of Systematic Reviews.

C. The Intervention Wheel.

D. U.S. Preventive Services Task Force.

10. Swaroop's index is used to measure what in a community?

A. Crude birth rate

B. Health status of the community

C. Life expectancy

D. Maternal mortality ratio

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Answers

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

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Explanations

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1. In a year with 60 live births and 3 neonatal deaths, what is the neonatal mortality rate per 1,000?

A. 50/1000

B. 5/1000

C. 30/1000

D. 10/1000

Neonatal mortality rate is the number of deaths of newborns within the first 28 days per 1,000 live births in the same year. To find it, divide the neonatal deaths by the total live births, then multiply by 1,000. Here, 3 neonatal deaths among 60 live births: 3 ÷ 60 = 0.05, and 0.05 × 1,000 = 50. So the rate is 50 per 1,000 live births. (Note: stillbirths and deaths after the neonatal period aren't included in this rate.)

2. Which focus best aligns with prioritizing the family's most important considerations?

A. Financial resource management

B. Critical aspects identified by the family

C. Regulatory compliance

D. Staffing schedules

Family-centered care prioritizes what matters most to the family by starting with their concerns, values, and goals and making those priorities the focus of the plan. When the nurse explicitly identifies and centers the family's critical aspects, the resulting plan is more relevant, feasible, and acceptable, which builds trust and improves engagement and adherence. While financial resources, regulatory requirements, and staffing schedules are important considerations for delivering care, they are constraints or operational factors rather than the aspects the family has identified as most important. By focusing on the family's identified priorities, you tailor interventions to what they deem essential and coordinate care that respects their timeline and resources.

3. Which study design assesses a population at a single point in time to determine prevalence?

A. Retrospective

B. Concurrent

C. Cross-sectional

D. Prospective

A cross-sectional study captures a population at one point in time to estimate how common a condition or attribute is—its prevalence. This design provides a snapshot of the current burden in the group, which is exactly what prevalence measures: the proportion of individuals who have the condition at that moment. It's not about following people over time, so it doesn't establish temporality or causality. Retrospective designs look back over past records to connect exposures and outcomes that have already occurred, while prospective designs follow participants forward to observe what happens over time. Data collected at the same time can align with cross-sectional methods, but the defining feature here is the single-time snapshot used to determine prevalence.

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4. A nurse planning a smoking cessation clinic for adolescents in the local middle schools and high schools is providing:

A. Community-oriented care

B. Community-based care

C. Secondary care

D. Tertiary care

The main idea is planning a health program that targets the health of a whole community, not just treating individuals after they get sick. By organizing a smoking-cessation effort in local middle and high schools, the nurse is focusing on a defined population (adolescents in those schools) and aiming to improve the community's overall health through prevention, health promotion, and collaboration with schools and other community partners. That collaborative, population-level approach is what we call community-oriented care. Secondary and tertiary care refer to levels of clinical care, typically involving specialty services and care within medical facilities, not to population-based prevention efforts. While the program is delivered in a community setting, its emphasis on reducing smoking prevalence and improving adolescents' health at the community level makes it community-oriented care. Community-based care would involve delivering care outside traditional settings to individuals or families, but the key distinction here is the focus on the health of the community as a whole through preventive action.

5. The epidemiologic triangle includes which components?

A. Person

B. Causative agent

C. Environment

D. Person, Causative agent, and Environment

The key idea is that disease occurs when three elements interact: a susceptible host, a causal agent, and an environment that allows exposure or transmission. The complete set—host, agent, and environment—best explains how diseases happen and spread, because each piece plays a distinct role: the agent is what causes the illness, the host is who is at risk, and the environment shapes how exposure occurs and how easily transmission can happen. For example, malaria involves a parasite (the agent), a person who can be infected (the host), and environmental factors like standing water and warm temperatures that support mosquito vectors. Interventions can target any part of the triad—protect the host (vaccination, skin/app protection), disable or remove the agent (antimicrobials, vector control), or alter the environment (sanitation, housing, climate factors) to prevent transmission. Because the model is built on the interaction of all three components, choosing the combination that includes host, agent, and environment is the most accurate representation of the epidemiologic triangle.

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6. Which practice promotes culturally competent engagement when meeting immigrant families?

A. Speak only in medical jargon

B. Listen attentively and greet respectfully

C. Avoid social interaction altogether

D. Rush through the visit without addressing concerns

Engaging immigrant families with cultural competence means prioritizing respectful, patient-centered communication that acknowledges and respects differences in language, beliefs, and norms. Greeting people warmly and asking them how they prefer to be addressed sets a trusting tone and signals respect for their culture. Listening attentively shows you value their perspectives, concerns, and beliefs, which helps you understand their health priorities and any barriers to care. This approach also opens the door to using interpreters when needed and to explaining information in plain language, so decisions are truly shared. In contrast, speaking only in medical jargon can create distance and confusion, making it hard for families to understand their care. Avoiding social interaction or rushing through the visit ignores important context, questions, and concerns, undermining trust and collaboration.

7. The leading cause of death in the United States is

A. Pneumonia

B. Cancer

C. Stroke

D. Heart disease

This item centers on knowing which condition accounts for the most deaths in the United States. Heart disease is the leading cause of death, encompassing conditions like coronary artery disease, heart attack, and heart failure. It remains number one because many adults have major risk factors—high blood pressure, high cholesterol, smoking, obesity, diabetes, and physical inactivity—and the population is aging, all increasing the likelihood of fatal cardiovascular events. While pneumonia, cancer, and stroke are serious and cause substantial mortality, heart disease typically causes more deaths overall. In practice, this emphasizes the importance of cardiovascular risk assessment, promoting healthy lifestyle changes, managing blood pressure and lipids, supporting smoking cessation, and ensuring rapid treatment for heart attacks and heart failure to reduce deaths.

8. A nurse developing a community health program is determining barriers to community resource referrals. Which of the following is an example of a resource barrier?

A. Costs associated with services

B. Decreased motivation

C. Inadequate knowledge of resources

D. Lack of transportation

Resource barriers are obstacles tied to the availability or affordability of services, not the client's willingness or knowledge. Costs associated with services exemplify this because, even when a referral points to a needed resource, financial charges can prevent the client from accessing or continuing care. The other scenarios involve different types of barriers: diminished motivation reflects a psychosocial readiness issue; inadequate knowledge of available resources is an informational barrier; lack of transportation is a logistical access barrier. To reduce this barrier in a community program, offer low-cost or free services, sliding-scale fees, financial counseling, or help with transportation to improve referral uptake.

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9. The application of evidence-based practice to public health interventions is illustrated by research projects that test effectiveness of interventions related to the core functions and essential services of public health. These projects are associated with:

A. Agency on Healthcare Research and Quality.

B. Cochrane Database of Systematic Reviews.

C. The Intervention Wheel.

D. U.S. Preventive Services Task Force.

Applying evidence-based practice in public health means testing whether specific strategies actually improve population health within the framework of public health work. The Public Health Intervention Wheel provides a structured set of intervention categories that public health professionals use to plan, implement, and evaluate programs in relation to the core functions—assessment, policy development, and assurance—and the essential services, such as monitoring health status, diagnosing and investigating, informing and educating the public, mobilizing partnerships, developing policies, enforcing laws, linking to care, ensuring a competent workforce, and evaluating outcomes. Because the Wheel explicitly connects each intervention to these functions and services, research projects can test the effectiveness of these interventions in real-world settings, illustrating how evidence-based practice is applied in public health. The other options are valuable resources for evidence synthesis or clinical guidelines, but they do not provide the public health intervention framework that's aligned with the core functions and essential services in the same way.

10. Swaroop's index is used to measure what in a community?

A. Crude birth rate

B. Health status of the community

C. Life expectancy

D. Maternal mortality ratio

Swaroop's index is a simple composite measure used to gauge the health status of a community. By combining mortality and fertility outcomes into one indicator, it provides a quick snapshot of overall community health rather than focusing on a single statistic. This makes it useful for comparing different communities or tracking changes over time, since it reflects more than one aspect of health. In contrast, crude birth rate, life expectancy, and maternal mortality ratio describe specific aspects: births per population, average longevity, and deaths related to pregnancy, respectively. Therefore, Swaroop's index is best understood as a measure of the community's overall health status.

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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://nclexcommhealthnursing.examzify.com

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

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