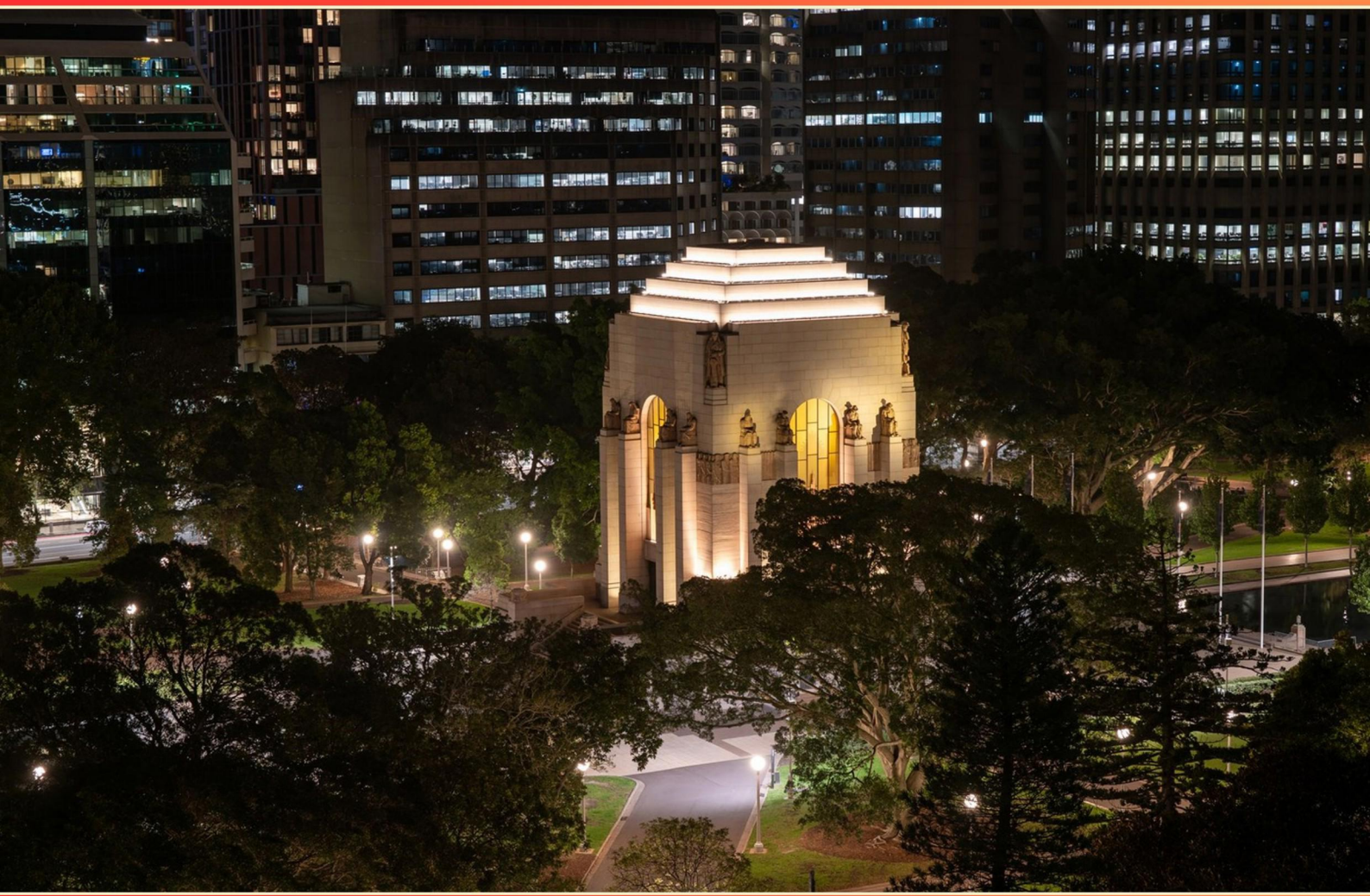
PROMOTING HEALTH IN AUSTRALIA AOS 2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://promotinghealthinausaos2.examzify.com

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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. Current public health campaigns include QUIT and Slip Slop Slap. What is the main purpose of such campaigns?

A. Education and prevention of risky health behaviors

B. Providing free medications

C. Replacing all clinical care with self-management

D. Conducting mass surveillance

2. Which best defines an accessible health system?

A. Timely access to quality health services based on need, not ability to pay, regardless of where people live.

B. Access depends on how much money you earn.

C. Access only in major cities.

D. Access is guaranteed for all services regardless of need.

3. What does Medicare funding subsidise?

A. Provides private hospital funding

B. Subsidises essential medicines to provide treatment and promote health outcomes

C. Funds private health insurance rebates

D. Reduces doctor consultations

4. Which statement best describes social determinants of health?

A. They are conditions in which people live, learn, work, and play that influence health.

B. They are only genetics.

C. They are irrelevant to health outcomes.

D. They are only about healthcare access.

5. Which of the following is an example of Reorient Health Services practice?

A. Doctors focusing a discussion around healthy eating rather than just medication and surgery to reduce CVD

B. Ambulance workers providing road safety sessions for secondary school students

C. An immunisation strategy involving media, doctors, schools and parents

D. A community health centre running cooking classes

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6. Which service was established after WWII to support mothers and babies, including examining, weighing and measuring the baby and educating the mother on breastfeeding?

A. Adult vaccination clinics

B. Public housing programs

C. Emergency medical services

D. Antenatal and Infant Welfare Services

7. How is Lifetime Health Cover calculated?

A. An Extra 2% For Every Year After 30 On Premiums For The Next 10 Years

B. A One-Time Surcharge At Age 31

C. A Decrease In Premiums After 40

D. No Impact On Premiums

8. What does the NDIS aim to enable for participants?

A. Universal income support.

B. Access to reasonable and necessary supports so participants can live an ordinary life and achieve personal goals.

C. Funding for pharmaceutical costs.

D. Regulation of private hospitals.

9. Outcome evaluation focuses on which question?

A. Whether the program achieved its objectives

B. How well the program was delivered

C. What costs were incurred

D. What was the reach of the program

10. Which of the following is a policy measure in the social model for lung cancer?

A. Tobacco tax

B. CT Scans

C. Chemotherapy

D. Surgery

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Answers

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

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Explanations

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1. Current public health campaigns include QUIT and Slip Slop Slap. What is the main purpose of such campaigns?

A. Education and prevention of risky health behaviors

B. Providing free medications

C. Replacing all clinical care with self-management

D. Conducting mass surveillance

Public health campaigns aim to educate communities about health risks and encourage preventive behaviors. QUIT addresses tobacco use by raising awareness of its harms and supporting quitting, while Slip Slop Slap promotes sun safety to reduce skin cancer risk. These efforts seek to shift knowledge, attitudes, and norms to prevent illness at the population level, rather than providing medications, replacing clinical care, or conducting surveillance. So, education and prevention of risky health behaviors is the best description.

2. Which best defines an accessible health system?

A. Timely access to quality health services based on need, not ability to pay, regardless of where people live.

B. Access depends on how much money you earn.

C. Access only in major cities.

D. Access is guaranteed for all services regardless of need.

An accessible health system means people can get timely, high-quality health care when they need it, without money or location getting in the way. In Australia, the aim is universal, need-based access, so services are available based on clinical need and not on ability to pay, and efforts are made to reach people no matter where they live. This captures both fairness and practical access across the country. The other ideas imply paying more to access care, only urban access, or guaranteed access to all services regardless of need, which would undermine equity and efficient use of resources.

3. What does Medicare funding subsidise?

A. Provides private hospital funding

B. Subsidises essential medicines to provide treatment and promote health outcomes

C. Funds private health insurance rebates

D. Reduces doctor consultations

Medicare funding subsidises essential medicines to provide treatment and promote health outcomes. By supporting the cost of medicines on the Pharmaceutical Benefits Scheme, the government makes them affordable, helping people start and continue necessary treatments. This access improves health outcomes by supporting adherence, preventing complications, and better managing conditions. While Medicare also helps with doctor visits and public hospital care, the medicines subsidies are specifically aimed at ensuring medicines are affordable and effective for achieving better health.

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4. Which statement best describes social determinants of health?

A. They are conditions in which people live, learn, work, and play that influence health.

B. They are only genetics.

C. They are irrelevant to health outcomes.

D. They are only about healthcare access.

Social determinants of health are the conditions in which people live, learn, work, and play that shape their health risks and outcomes. This means the everyday environments and circumstances—like where you live, the quality of housing, your education and income, the kind of work you do, how much support you have from family and community, safety of your neighbourhood, access to nutritious food and transport, exposure to discrimination, and how easily you can get healthcare when needed—that influence health long before individual choices or medical care come into play. These factors work together and can create advantages or disadvantages that affect health over time, which is why disparities in health outcomes often track with social and economic conditions in Australia. In contrast, genetics represent biological factors that influence health, but they do not capture the broad, upstream social conditions that determine many health risks. And while access to healthcare is important, social determinants cover a wider range of daily life factors beyond just healthcare services.

5. Which of the following is an example of Reorient Health Services practice?

A. Doctors focusing a discussion around healthy eating rather than just medication and surgery to reduce CVD

B. Ambulance workers providing road safety sessions for secondary school students

C. An immunisation strategy involving media, doctors, schools and parents

D. A community health centre running cooking classes

Reorient health services means shifting how the health system works to prioritise prevention and health promotion, and coordinating across different sectors to deliver preventive interventions. An immunisation strategy that involves media, doctors, schools and parents demonstrates this shift: it reorganises roles and partnerships so vaccination is promoted, delivered, and supported across multiple settings, aligning resources, information, and access to prevent disease rather than only treating it after it occurs. Other options touch on health promotion or preventive work, but they don't illustrate a system-wide change in how services are organized to prevent illness. Focusing a clinician's discussion on healthy eating is valuable care, but it's a change in individual practice rather than how services are structured. Ambulance staff delivering road-safety sessions is outreach and education, not a reconfiguration of service delivery. A community health centre running cooking classes is a beneficial program, but again it's a service activity rather than reorienting the broader health system toward preventive action across sectors.

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6. Which service was established after WWII to support mothers and babies, including examining, weighing and measuring the baby and educating the mother on breastfeeding?

A. Adult vaccination clinics

B. Public housing programs

C. Emergency medical services

D. Antenatal and Infant Welfare Services

Postwar efforts in public health focused on strengthening maternal and child health by creating services that support new mothers and monitor babies. The described service fits Antenatal and Infant Welfare Services because it involves regular checks of the infant—examining, weighing, and measuring growth—and providing the mother with guidance on breastfeeding. These clinics or programs were typically run by public health nurses and aimed to catch health issues early, promote safe infant feeding, and educate parents. Other options describe services that aren't focused on infant care or maternal support, such as adult vaccination programs, housing initiatives, or emergency medical services, so they don't match the scenario.

7. How is Lifetime Health Cover calculated?

A. An Extra 2% For Every Year After 30 On Premiums For The Next 10 Years

B. A One-Time Surcharge At Age 31

C. A Decrease In Premiums After 40

D. No Impact On Premiums

Lifetime Health Cover loading is designed to encourage people to take out private hospital cover earlier. It adds a 2% loading to your private health insurance premium for every year after you turn 30 that you do not have private hospital cover when you first take out the cover. This extra amount stays with your premium for the next 10 years after you first obtain the cover, so the longer you wait, the higher the loading you'll see on your premiums during that period. For example, if you take out cover at 33, you'd face a 6% additional loading on your premiums for the following 10 years. This is why the correct choice describes an extra 2% per year after 30 for the next 10 years.

8. What does the NDIS aim to enable for participants?

A. Universal income support.

B. Access to reasonable and necessary supports so participants can live an ordinary life and achieve personal goals.

C. Funding for pharmaceutical costs.

D. Regulation of private hospitals.

The NDIS is about helping people with permanent disability participate more fully in everyday life by funding supports that are reasonable and necessary to pursue personal goals. This means supports that directly help with daily tasks, mobility, communication, therapy, equipment, home modifications, transport, and the support you might need from carers or aides. These aims are about living an ordinary life and achieving personal goals, not about universal income, pharmaceutical costs, or hospital regulation. So the statement that best fits describes enabling access to reasonable and necessary supports to live an ordinary life and reach personal goals.

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9. Outcome evaluation focuses on which question?

A. Whether the program achieved its objectives

B. How well the program was delivered

C. What costs were incurred

D. What was the reach of the program

Outcome evaluation asks whether the program actually produced the intended changes and achieved its objectives. This focus is on the end results—the changes in health, knowledge, behaviors, or conditions the program aimed to create—rather than how it was delivered, how many people were reached, or how much it cost. If a program was delivered smoothly but didn't lead to the expected health changes, outcome evaluation would show that the objectives weren't met. Conversely, process evaluation would tell you about implementation quality, reach would tell you how many people participated, and cost evaluation would cover financial aspects. For example, in a smoking cessation program, outcome evaluation would measure quit rates and sustained abstinence, while process evaluation would look at how the sessions were run, reach would assess participation rates, and cost evaluation would calculate cost per quit.

10. Which of the following is a policy measure in the social model for lung cancer?

A. Tobacco tax

B. CT Scans

C. Chemotherapy

D. Surgery

The main idea being tested is the difference between social-model and biomedical approaches to health. A policy measure that aims to reduce a risk factor at the population level fits the social model. Tobacco tax changes the environment by making smoking more expensive, which tends to reduce smoking rates across the population and prevent lung cancer before it starts. It's an example of how policy and economic levers shape health outcomes on a broad scale. In contrast, CT scans are screening tools used to detect disease in individuals, while chemotherapy and surgery are treatments used after cancer has developed. These are biomedical, individual-focused interventions rather than population-wide policy actions.

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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://promotinghealthinausaos2.examzify.com

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

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