

TRA COMMUNITY HEALTH NURSING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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<https://tracommhealthnursing.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.

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!

Questions

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- 1. In a community research process, which role should community members primarily take to ensure meaningful participation?**
 - A. Co-researchers
 - B. Assistants to the researcher
 - C. Merely providers of information
 - D. Organizers of meetings

- 2. Which among the following are DIRECT CONTRIBUTORS of PHILHEALTH EXCEPT:**
 - A. Lifetime members
 - B. Kasambahays
 - C. Indigents
 - D. Filipinos living abroad and those with Dual citizenship

- 3. Which statement best describes the activity of community profiling?**
 - A. Gathering demographic data and health-related services
 - B. Forming a core group
 - C. Selecting area
 - D. Integrating with the people

- 4. Which description best captures the role of assessment in community health nursing?**
 - A. The entire community
 - B. Families, population groups, and the entire community
 - C. Individuals only
 - D. Families only

- 5. What is the primary focus of cancer prevention?**
 - A. Elimination of Conditions Causing Cancer
 - B. Diagnosis and Treatment
 - C. Treatment at Early Stage
 - D. Early Detection

- 6. What is a recommended approach to integrate HIV and TB services in primary care?**
- A. Keep HIV and TB services separate
 - B. Co-locate services, offer joint screening and contact tracing, provide adherence support, and integrate immunization and partner counseling
 - C. Only screen for one disease
 - D. Provide treatment but no counseling
- 7. What is a logic model in CHN program planning?**
- A. A route map for field staff scheduling.
 - B. A financial ledger for program budgeting.
 - C. A schematic linking inputs, activities, outputs, outcomes, and impact to identify indicators and plan evaluations.
 - D. A survey instrument for needs assessment.
- 8. What are the key principles of risk communication during a community health crisis?**
- A. Withholding information to avoid panic.
 - B. Honesty, clarity, consistency, timeliness, actionable guidance, two-way communication, and frequent updates.
 - C. One-way messaging only.
 - D. Delayed communication.
- 9. Which action should a community health nurse take when a child experiences a suspected adverse event following immunization (AEFI)?**
- A. Record details and monitor progression.
 - B. Report to vaccine safety authorities, record details, monitor for progression, educate caregivers, manage symptoms, and assess suitability of subsequent vaccination.
 - C. Discontinue all future vaccinations for the child.
 - D. Wait for caregiver to report symptoms.
- 10. An Act establishing a National Mental Health Policy for the purpose of Enhancing the delivery of integrated mental health services?**
- A. RA 11030
 - B. PA 11223
 - C. RA 10152
 - D. RA 11469

Answers

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

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Explanations

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1. In a community research process, which role should community members primarily take to ensure meaningful participation?

- A. Co-researchers**
- B. Assistants to the researcher
- C. Merely providers of information
- D. Organizers of meetings

Engaging community members as co-researchers means they participate as equal partners in all steps of the study—defining questions, choosing methods, collecting and analyzing data, and sharing results. This level of involvement builds ownership, ensures the research addresses real community needs, and improves relevance and credibility because insiders provide context, meaning, and interpretation that external researchers might miss. When community members are co-researchers, findings are more likely to be trusted, accepted, and translated into action within the community. If community members are only assistants to the researcher, they're mainly carrying out tasks that support the researcher's plan rather than guiding it. If they're merely providers of information, their role is limited to supplying data without influence on study design or interpretation. If they are organizers of meetings, they handle logistics rather than contribute to the research itself. Thus, co-researchers best support meaningful participation.

2. Which among the following are DIRECT CONTRIBUTORS of PHILHEALTH EXCEPT:

- A. Lifetime members
- B. Kasambahays
- C. Indigents**
- D. Filipinos living abroad and those with Dual citizenship

Direct contributors are people who personally pay PhilHealth premiums or have their premiums paid for them through an employer or program, actively funding the program. Lifetime members have already paid into PhilHealth long enough to qualify as contributors, kasambahays contribute as covered members, and Filipinos living abroad or those with dual citizenship participate in the program and contribute as well. Indigents, however, do not contribute themselves; their coverage is funded by government subsidies and they receive benefits instead of paying premiums. That's why indigents are the exception.

3. Which statement best describes the activity of community profiling?

- A. Gathering demographic data and health-related services**
- B. Forming a core group
- C. Selecting area
- D. Integrating with the people

Community profiling is about creating a descriptive picture of a community by collecting and analyzing data that show who makes up the population and what health resources and services exist for them. Gathering demographic data and health-related services provides the essential baseline picture—who lives there, what health needs they have, and what resources are available to meet those needs. This information helps identify gaps, priorities, and areas for action. Forming a core group is about establishing leadership or a planning team, not the data-driven portrait of the community. Selecting area refers to defining geographic boundaries for study, which can be a step in planning but isn't the profiling activity itself. Integrating with the people emphasizes engaging residents and building relationships, which is important for intervention but separate from the profiling process.

4. Which description best captures the role of assessment in community health nursing?

- A. The entire community
- B. Families, population groups, and the entire community**
- C. Individuals only
- D. Families only

Assessment in community health nursing is a multi-level process. It gathers and analyzes data about health status, needs, resources, and risks not just for individuals, but for families, population groups, and the community as a whole. This broad view helps identify who is at risk, what resources exist, and where gaps or inequities lie, so that interventions, programs, and policies can be planned to improve health at all levels. For example, you might collect household information to understand family dynamics and needs, survey neighborhoods to spot environmental hazards or service gaps, and examine community-wide indicators like poverty, access to care, and social support. Because effective public health action requires understanding health in the context of families, groups, and the broader community, the description that includes all three levels best captures the role of assessment. Limiting assessment to only individuals or only families misses important context and fails to address population-level health needs.

5. What is the primary focus of cancer prevention?

- A. Elimination of Conditions Causing Cancer**
- B. Diagnosis and Treatment
- C. Treatment at Early Stage
- D. Early Detection

Primary prevention of cancer aims to stop cancer from developing by removing risk factors and conditions that cause it. This includes reducing tobacco use, promoting vaccines against HPV and hepatitis B, limiting UV exposure, encouraging healthy weight and physical activity, and minimizing harmful environmental or occupational exposures. Diagnosis and treatment, or treating cancer at an early stage, occur after cancer has developed, and early detection is considered secondary prevention aimed at catching disease early, not preventing its occurrence. So eliminating conditions causing cancer is the best answer.

6. What is a recommended approach to integrate HIV and TB services in primary care?

- A. Keep HIV and TB services separate
- B. Co-locate services, offer joint screening and contact tracing, provide adherence support, and integrate immunization and partner counseling**
- C. Only screen for one disease
- D. Provide treatment but no counseling

Integrating HIV and TB care in primary settings means delivering both services together in a coordinated way so patients can access comprehensive care in fewer visits. The best approach is to co-locate services and offer joint screening for both diseases, perform cross-disease contact tracing, provide ongoing adherence support, and integrate immunization and partner counseling. Co-locating services reduces barriers for patients—fewer trips to different clinics, shorter waits, and a streamlined care pathway. When HIV care and TB care are available in the same place, clinicians can automatically screen for TB when someone is living with HIV, and test for HIV when someone has TB. This leads to earlier detection and treatment for both conditions. Joint screening ensures neither disease is missed. HIV testing for TB patients informs treatment decisions and prognosis, while TB screening for people living with HIV helps catch active TB early and prevent transmission. Contact tracing across both diseases helps identify exposed individuals quickly, enabling timely preventive therapy or treatment and preventing further spread. Adherence support is essential because both HIV and TB regimens require consistent daily medication over weeks to months. Having this support integrated into one care plan improves consistency, monitoring, and outcomes. Incorporating immunization and partner counseling within the same integrated approach ensures patients receive recommended vaccines and support for disclosure, testing of partners, and prevention of transmission. Choosing an approach that keeps HIV and TB services separate, screens for only one disease, or offers treatment without counseling misses these benefits and tends to fragment care, reduce detection, and lower adherence and outcome quality.

7. What is a logic model in CHN program planning?

- A. A route map for field staff scheduling.
- B. A financial ledger for program budgeting.
- C. A schematic linking inputs, activities, outputs, outcomes, and impact to identify indicators and plan evaluations.**
- D. A survey instrument for needs assessment.

A logic model is a structured plan that visually connects what you invest (inputs) to what you do (activities) to what you produce (outputs), to the changes you hope to see (outcomes), and ultimately to the broader impact. In CHN program planning, it helps you lay out resources like staff, funds, and supplies, then map the activities such as home visits or health education, identify the products or services generated (outputs), and specify the short-, medium-, and long-term changes you want in the community (outcomes and impact). Crucially, it also helps you pick measurable indicators for each step and plan how you'll evaluate progress, so you can see whether the program is moving toward its intended results. The other options describe operational logistics, budgeting, or data-collection tools, which are valuable but do not capture the predictive, evaluative map that a logic model provides.

8. What are the key principles of risk communication during a community health crisis?

- A. Withholding information to avoid panic.
- B. Honesty, clarity, consistency, timeliness, actionable guidance, two-way communication, and frequent updates.**
- C. One-way messaging only.
- D. Delayed communication.

In risk communication during a community health crisis, the aim is to provide information that is honest, clear, and actionable so people can protect themselves and others while trusting the sources of guidance. The best approach encompasses honesty about what is known and unknown, presented in plain language so everyone can understand; consistency across all communications so messages don't conflict; and timeliness to reflect how the situation is evolving. Guidance should be actionable—offering concrete steps people can take, such as how to protect themselves, where to seek help, and how to access resources. Two-way communication is essential, meaning actively listening to community concerns, questions, and rumors, then updating messages and guidance in response. Frequent updates acknowledge the changing reality of the crisis and reduce uncertainty. Choosing to withhold information or delay communication undermines trust and can increase harm, while relying on one-way messaging excludes the public from participating in the response.

9. Which action should a community health nurse take when a child experiences a suspected adverse event following immunization (AEFI)?

- A. Record details and monitor progression.
- B. Report to vaccine safety authorities, record details, monitor for progression, educate caregivers, manage symptoms, and assess suitability of subsequent vaccination.**
- C. Discontinue all future vaccinations for the child.
- D. Wait for caregiver to report symptoms.

When a suspected adverse event following immunization occurs, the goal is to protect the child while contributing to safety monitoring. The most appropriate response combines thorough clinical care with systematic documentation and communication. Record all details about the event: exact vaccine given, lot number, date and time of vaccination, onset and description of symptoms, vitals, treatments provided, and the outcome. Monitor the child to detect any progression or signs of a more serious reaction, and manage symptoms according to current guidelines so the child is safe in the immediate period. Educating caregivers is essential. Provide clear instructions on what symptoms to watch for, when to seek urgent care, and how to manage mild post-vaccination effects at home. This helps caregivers participate actively in safety and reduces unnecessary anxiety. Reporting to vaccine safety authorities is a critical step. Submitting the event to the appropriate pharmacovigilance or vaccine safety system ensures the event is captured at a population level, contributing to ongoing safety monitoring and potential updates to guidelines. Finally, assess the suitability of subsequent vaccinations for this child. The plan should consider whether future doses can be given safely, if timing should be adjusted, or if any precautions are needed, rather than stopping all vaccines outright. Waiting for caregiver reports alone or discontinuing all future vaccines does not provide the needed safety oversight or child protection. In short, comprehensive management includes documentation, monitoring, symptom management, caregiver education, formal reporting, and thoughtful planning for future immunizations.

10. An Act establishing a National Mental Health Policy for the purpose of Enhancing the delivery of integrated mental health services?

A. RA 11030

B. PA 11223

C. RA 10152

D. RA 11469

This item tests understanding of a statute that creates a National Mental Health Policy to improve how integrated mental health services are delivered. The act in question does exactly that by establishing the national policy framework for mental health, outlining how services should be integrated across different levels of care—from community and primary care up to higher-level facilities—and by setting governance, funding, and rights protections to support consistent, quality care. Because it explicitly codifies a nationwide approach to mental health and its delivery within the health system, it is the best fit for the prompt. Other options relate to areas like education or unrelated public acts and do not establish a national mental health policy or an integrated service framework.

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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://tracommhealthnursing.examzify.com>

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

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