

# ANXIETY AND PAIN MANAGEMENT

Dentalelle Tutoring

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**1. What is nitrous oxide used for?**

- (a) instead of local anesthetic
- (b) instead of topical
- (c) pain control
- (d) can put the patient to sleep

**2. What is ibuprofen?**

- (a) opioid
- (b) non-opioid
- (c) acetaminophen
- (d) for severe pain

**3. What is the onset for ibuprofen?**

- (a) 30 min
- (b) 1 hour
- (c) 1.5 hours
- (d) 2 hours

**4. What is ibuprofen?**

- (a) Advil
- (b) acetaminophen
- (c) ASA
- (d) A and C

**5. What is Tylenol?**

- (a) Advil
- (b) acetaminophen
- (c) ASA
- (d) A and C

**6. Acetaminophen blocks \_\_\_\_\_ synthesis at peripheral nerve endings to inhibit generation of the pain message**

- (a) pain
- (b) neurons
- (c) prostaglandin
- (d) receptors

**7. What is used to anesthetize a quadrant?**

- (a) block injection
- (b) infiltration injection
- (c) nasopalatine injection
- (d) long buccal injection

**8. Local anesthetic functions by \_\_\_\_\_ blocking the action potential in the nerve.**

- (a) temporarily
- (b) permanently
- (c) largely
- (d) nitrous

**9. Local anesthetics may be:**

- (a) short acting
- (b) long acting
- (c) intermediate acting
- (d) all of the above

**10. What is the difference between nasopalatine area and great palatine area?**

- (a) nasopalatine is near the mental and incisive
- (b) the long buccal and greater palatine area are similar
- (c) nasopalatine is near incisive foramen
- (d) greater palatine is near incisive foramen

**11. What can valium be used for?**

- (a) a local anesthetic
- (b) topical anesthetic
- (c) advil
- (d) none of the above

**12. What DDS can use intramuscular sedation in their practice?**

- (a) Any DDS who is able to practice
- (b) Any DDS with specialized training
- (c) Any DDS who has been working for 2 years
- (d) B and C

**13. When it comes to intramuscular sedation, some patients may be over sedated and some may be under-sedated. It depends on the technique of the dentist.**

- (a) TRUE, TRUE
- (b) FALSE, FALSE
- (c) TRUE, FALSE
- (d) FALSE, TRUE

**14. What has to be done if oversedation?**

- (a) a reversal agent must be given
- (b) the patient must throw up
- (c) the DDS gives the patient activated charcoal
- (d) nothing can be done if overstated

**15. What is the most commonly used method in the dental office for sedation**

- (a) N2O/O2
- (b) N2O
- (c) Intramuscular sedation
- (d) Valium given prior to appt

**16. What is the minimum amount of oxygen given to the patient?**

- (a) 10%
- (b) 20%
- (c) 30%
- (d) 50%

**17. Nitrous oxide has a \_\_\_ onset and \_\_\_ recovery/**

- (a) slow, slow
- (b) rapid, rapid
- (c) slow, rapid
- (d) rapid, slow

**18. It is important the patient be brought to the office by a family member when using nitrous oxide and taken home by a family member as well.**

- (a) TRUE
- (b) FALSE

**19. What is done at the end of the appointment?**

- (a) 30% oxygen given to the patient for 5 minutes
- (b) 100% oxygen given to the patient for 2 minutes
- (c) 100% oxygen given to the patient for 5 minutes
- (d) 30% oxygen given to the patient for 2 minutes

**20. What warrants a patient NOT have nitrous?**

- (a) they cannot breathe through their nose
- (b) they don't want the nitrous
- (c) they want IV sedation instead
- (d) all of the above

**21. Can you be allergic to nitrous?**

- (a) YES
- (b) NO

**22. What happens when stage three anesthesia is seen?**

- (a) the patient is unconscious and spastic movement is seen
- (b) this stage is called an overdose but is OK
- (c) Its time to perform the surgery
- (d) none of the above

**23. It is very important that the patient is monitored in the \_\_\_ stage. This is called an overdose.**

- (a) first stage, false
- (b) fourth stage, false
- (c) fourth stage, true
- (d) third stage, true

**24. An overdose during the stages of anesthesia means:**

- (a) too much anesthesia was given and nitrous was also applied
- (b) too much anesthesia was given and the patient is suffering
- (c) too much anesthesia was given and the patient needs charcoal
- (d) too much anesthesia was given

**25. When is the patient asked to start counting back in the stages of anesthesia?**

- (a) Just prior to the first stage
- (b) first stage
- (c) second stage
- (d) third stage

**26. During general anesthesia, the patient is maintained in:**

- (a) stage I
- (b) stage II
- (c) stage III
- (d) b and c

**27. General anesthesia can be performed in a dental office by a trained DDS**

- (a) TRUE
- (b) FALSE

**28. Can general anesthesia and nitrous be combined?**

- (a) Yes
- (b) No
- (c) Sometimes - if you give general anesthesia first and nitrous afterwards
- (d) In severe cases yes

**29. What is the barnstorms hydrodynamic theory?**

- (a) nitrous helps to relieve pain
- (b) when movement of fluid changes in tubules, results in pain
- (c) when cold air is applied, causes pain
- (d) endo ice causes pain

**30. The smear layer covers the dentin and is composed of \_\_\_\_\_ and \_\_\_\_\_ elements**

- (a) hydroxyapatite and inorganic
- (b) organic and inorganic
- (c) water and organic
- (d) organic material and cementum

**31. Any pH less than \_\_\_\_ can demineralize the tooth structure**

- (a) 5.0%
- (b) 5.5%
- (c) 5.7%
- (d) 6.0%

**32. If the pH is above \_\_\_\_ the enamel should be resistant**

- (a) 5.5%
- (b) 5.0%
- (c) 6.1%
- (d) None of the above

**33. After the patient consumes acidic foods, how long should they wait before brushing?**

- (a) 30-60 minutes
- (b) 30 minutes
- (c) 60 minutes
- (d) 30-60 minutes or longer

**34. Tartar control toothpastes could increase sensitivity in some patients**

- (a) TRUE
- (b) FALSE

**35. What does physic-mechanical mean?**

- (a) using abrasives and toothbrush
- (b) brushing too hard
- (c) reaction fluoride has with enamel and antimicrobial effect
- (d) reaction fluoride has in remineralization the enamel

**36. Which occludes tubules?**

- (a) sodium fluoride
- (b) stannous fluoride
- (c) neutral fluoride
- (d) fluoride toothpaste

**37. In using fluoride mouth rinse, you do not need to clean the teeth first to remove debris and deposits**

- (a) TRUE
- (b) FALSE

**38. Patients should be given fluoride if:**

- (a) root caries
- (b) initial caries
- (c) high risk for caries
- (d) all of the above

## Anxiety and Pain Control Answers

### 1. What is nitrous oxide used for?

- (a) instead of local anesthetic
- (b) instead of topical
- (c) pain control
- (d) can put the patient to sleep
- (e) slide 4

### 2. What is ibuprofen?

- (a) opioid
- (b) non-opioid
- (c) acetaminophen
- (d) for severe pain
- (e) slide 5

### 3. What is the onset for ibuprofen?

- (a) 30 min
- (b) 1 hour
- (c) 1.5 hours
- (d) 2 hours
- (e) slide 5

### 4. What is ibuprofen?

- (a) advil
- (b) acetaminophen
- (c) ASA
- (d) A and C
- (e) slide 5

### 5. What is tylenol?

- (a) advil
- (b) acetaminophen
- (c) ASA
- (d) A and C
- (e) slide 6

### 6. Acetaminophen blocks \_\_\_\_\_ synthesis at peripheral nerve endings to inhibit generation of the pain message

- (a) pain
- (b) neurons
- (c) prostaglandin
- (d) receptors
- (e) slide 6

**7. What is used to anesthetize a quadrant?**

- (a) block injection
- (b) infiltration injection
- (c) nasopalatine injection
- (d) long buccal injection
- (e) slide 7

**8. Local anesthetic functions by \_\_\_\_ blocking the action potential in the nerve.**

- (a) temporarily
- (b) permanently
- (c) largely
- (d) nitrous
- (e) slide 7

**9. Local anesthetics may be:**

- (a) short acting
- (b) long acting
- (c) intermediate acting
- (d) all of the above
- (e) slide 7

**10. What is the difference between nasopalatine area and great palatine area?**

- (a) nasopalatine is near the mental and incisive
- (b) the long buccal and greater palatine area are similar
- (c) nasopalatine is near incisive foramen
- (d) greater palatine is near incisive foramen
- (e) slide 8

**11. What can valium be used for?**

- (a) a local anesthetic
- (b) topical anesthetic
- (c) advil
- (d) none of the above
- (e) slide 10

**12. What DDS can use intramuscular sedation in their practice?**

- (a) Any DDS who is able to practice
- (b) Any DDS with specialized training
- (c) Any DDS who has been working for 2 years
- (d) B and C
- (e) slide 11

**13. When it comes to intramuscular sedation, some patients may be over sedated and some may be under-sedated. It depends on the technique of the dentist.**

- (a) TRUE, TRUE
- (b) FALSE, FALSE
- (c) TRUE, FALSE
- (d) FALSE, TRUE
- (e) slide 12

**14. What has to be done if oversedation?**

- (a) a reversal agent must be given
- (b) the patient must throw up
- (c) the DDS gives the patient activated charcoal
- (d) nothing can be done if overstated
- (e) slide 12

**15. What is the most commonly used method in the dental office for sedation**

- (a) N<sub>2</sub>O/O<sub>2</sub>
- (b) N<sub>2</sub>O
- (c) Intramuscular sedation
- (d) Valium given prior to appt
- (e) slide 13

**16. What is the minimum amount of oxygen given to the patient?**

- (a) 10%
- (b) 20%
- (c) 30%
- (d) 50%
- (e) slide 13

**17. Nitrous oxide has a \_\_\_ onset and \_\_\_ recovery/**

- (a) slow, slow
- (b) rapid, rapid
- (c) slow, rapid
- (d) rapid, slow
- (e) slide 13

**18. It is important the patient be brought to the office by a family member when using nitrous oxide and taken home by a family member as well.**

- (a) TRUE
- (b) FALSE
- (c) slide 13

**19. What is done at the end of the appointment?**

- (a) 30% oxygen given to the patient for 5 minutes
- (b) 100% oxygen given to the patient for 2 minutes
- (c) 100% oxygen given to the patient for 5 minutes
- (d) 30% oxygen given to the patient for 2 minutes

**20. What warrants a patient NOT have nitrous?**

- (a) they cannot breathe through their nose
- (b) they don't want the nitrous
- (c) they want IV sedation instead
- (d) all of the above
- (e) (slide 17)

**21. Can you be allergic to nitrous?**

- (a) YES
- (b) NO
- (c) slide 18

**22. What happens when stage three anesthesia is seen?**

- (a) the patient is unconscious and spastic movement is seen
- (b) this stage is called an overdose but is OK
- (c) **Its time to perform the surgery**
- (d) none of the above
- (e) slide 20

**23. It is very important that the patient is monitored in the \_\_\_\_ stage. This is called an overdose.**

- (a) first stage, false
- (b) fourth stage, false
- (c) **fourth stage, true**
- (d) third stage, true
- (e) slide 20

**24. An overdose during the stages of anesthesia means:**

- (a) too much anesthesia was given and nitrous was also applied
- (b) **too much anesthesia was given and the patient is suffering**
- (c) too much anesthesia was given and the patient needs charcoal
- (d) too much anesthesia was given
- (e) slide 20

**25. When is the patient asked to start counting back in the stages of anesthesia?**

- (a) Just prior to the first stage
- (b) **first stage**
- (c) second stage
- (d) third stage
- (e) slide 20

**26. During general anesthesia, the patient is maintained in:**

- (a) stage I
  - (b) stage II
  - (c) **stage III**
  - (d) b and c
- slide 21

**27. General anesthesia can be performed in a dental office by a trained DDS**

- (a) TRUE
- (b) **FALSE**
- (c) slide 21 - ONLY hospital setting because an anesthesiologist needs to be present

**28. Can general anesthesia and nitrous be combined?**

- (a) **Yes**
- (b) No
- (c) Sometimes - if you give general anesthesia first and nitrous afterwards
- (d) In severe cases yes
- (e) slide 21

**29. What is the Barnstroms hydrodynamic theory?**

- (a) nitrous helps to relieve pain
- (b) when movement of fluid changes in tubules, results in pain
- (c) when cold air is applied, causes pain
- (d) endo ice causes pain
- (e) slide 24

**30. The smear layer covers the dentin and is composed of \_\_\_\_\_ and \_\_\_\_\_ elements**

- (a) hydroxyapatite and inorganic
- (b) organic and inorganic
- (c) water and organic
- (d) organic material and cementum
- (e) slide 28

**31. Any pH less than \_\_\_\_ can demineralize the tooth structure**

- (a) 5.0%
- (b) 5.5%
- (c) 5.7%
- (d) 6.0%
- (e) slide 32

**32. If the pH is above \_\_\_\_ the enamel should be resistant**

- (a) 5.5%
- (b) 5.0%
- (c) 6.1%
- (d) None of the above
- (e) slide 32

**33. After the patient consumes acidic foods, how long should they wait before brushing?**

- (a) 30-60 minutes
- (b) 30 minutes
- (c) 60 minutes
- (d) 30-60 minutes or longer -> it depends on the text you read. It used to be 30 minutes, more commonly now we say 60 minutes. MOST CORRECT is 30-60 minutes or longer (on the exam if this is not an option choose 30 minutes)
- (e) slide 35

**34. Tartar control toothpastes could increase sensitivity in some patients**

- (a) TRUE
- (b) FALSE
- (c) (slide 38)

**35. What does physio-mechanical mean?**

- (a) using abrasives and toothbrush
- (b) brushing too hard
- (c) reaction fluoride has with enamel and antimicrobial effect
- (d) reaction fluoride has in remineralization the enamel

**36. Which occludes tubules?**

- (a) sodium fluoride
- (b) **stannous fluoride**
- (c) neutral fluoride
- (d) fluoride toothpaste
- (e) (slide 40)

**37. In using fluoride mouth rinse, you do not need to clean the teeth first to remove debris and deposits**

- (a) TRUE
- (b) **FALSE - fluoride should ALWAYS be given at the end, after cleaning teeth**
- (c) (slide 41)

**38. Patients should be given fluoride if:**

- (a) root caries
- (b) initial caries
- (c) high risk for caries
- (d) **all of the above**