

**1. What is the name of the red, inflamed tissue that surrounds an implant?**

- a) Peri-implantitis
- b) Gingivitis
- c) Implantitis
- d) Gingival disease

Rationale: A is the only answer, the only name for the red, inflamed tissue surrounding an implant specifically.

**2. What is another name for Suprabony bone loss?**

- a) Horizontal
- b) Vertical
- c) Infrabony
- d) Spongy bone

Rationale: Vertical refers to Infra bony bone loss, so A is the only answer (vertical refers to infra bony)

**3. What is a common preprocedural rinse given?**

- a) Chlorhexidine or Listerine
- b) Listerine or scope
- c) Listerine or another essential oil
- d) Prohealth rinse

Rationale: Listerine IS an essential oil, Scope is more of a cosmetic rinse, and Prohealth could be used however it is a newer rinse and not as many studies have been done on it yes. A is the best answer.

**4. When using an ultrasonic instrument, which way should you debride?**

- a) Coronal to apical
- b) Apical to coronal
- c) Horizontal strokes
- d) Using the tip

Rationale: Manual instrumentation uses apical to coronal strokes, you NEVER use the tip with ultrasonic instrumentation, and horizontal strokes can be used during manual instrumentation. A is the best answer.

**5. With a Piezo scaler you do not need to worry about the heat of the instrument, so you can go as quick as needed as long as you use the proper tip.**

True or **False**

Rationale: The piezo (as well as any ultrasonic instrumentation unit MUST have water turned on when in use to prevent over heating of the tooth. If the tooth overheats it can destroy the pulp.

**6. You can treat someone going through cancer treatment if you get the INR number from the doctor and it is in the proper range**

True or **False**

Rationale: INR has nothing to do with cancer treatment, it look at the clotting time of the blood.

**7. Polish may remove micro layers of the enamel and using a fluoride-containing prophylaxis paste will help remineralize that layer**

**True** or False

**8. When a rural community has well water, what is the next step for the dental hygienist to implement in a community program?**

- a) Mouth rinses that contain fluoride

- b) Water fluoridation
- c) Proper brushing and flossing
- d) Education on how to limit sugar intake

Rationale: As a DH we cannot simply implement water fluoride (council takes care of that), but we must introduce fluoride of some kind which is why A is the best answer. We can easily implement a fluoride mouth rinse.

**9. Fluoride is beneficial to:**

- a) Anyone who has teeth
- b) Teeth that are developing
- c) Children
- d) Root caries

Rationale: Keep in mind the question is very vague, it does not mention whether we are referring to 'topical' or 'systemic' fluoride, so our answer must be referring to both. A is the best answer. B is for systemic fluoride, C is also systemic up to 6 years and topical is used 6 years and above, root caries is topical.

**10. A dental hygienist has cut her finger with a dirty instrument that she knows the previous client has HIV. What is her next step?**

- a) Tell the dentist
- b) Call emergency assistance
- c) Squeeze her finger until blood is drawn, wash with water
- d) Apply alcohol to her finger and go to the hospital for tests

Rationale: C is the best answer, the first step.

**11. Your client has type I embrasures, what interdental aid would you recommend?**

- a) Floss
- b) Interproximal brush that is slightly larger than the spaces in between her teeth

- c) Rubber tip stimulator
- d) Electric toothbrush

Rationale: Type I embrasure involved healthy, knife edged papilla so floss is best used. Type II - some papilla is missing and Type III involves all papilla missing.

**12. What is the proper sequence when using an ultrasonic instrument?**

- a) Universal tip then fine
- b) Periodontal tip then thick
- c) Fine tip then universal
- d) A universal is always used

Rationale: During ultrasonic instrumentation many tips can be used but always start off with a universal tip and fine is used afterwards (you cannot ONLY use a universal tip)

**13. Antiviral drugs used for treating HIV have now:**

- a) Increased wart-type lesions
- b) Decreased xerostomia
- c) Increased the risk for hypertension
- d) Decreased filiform papilla on the tongue

Rationale: Antiviral drugs for HIV have shown an increase in wart-type lesions in those clients. B is too vague (a lot of medications cause dry mouth), C and D are false

**14. The change from gingivitis to periodontitis is marked by:**

- a) 4mm pockets
- b) Bone loss evident on the radiograph
- c) Suprabony bone loss
- d) Bleeding

Rationale: 4mm pockets are always used as the indicator from gingivitis to periodontal disease. Bone loss can happen 5mm pockets or above, bleeding marks gingivitis (can also be present in periodontal disease of course)

**15. What is another name for a furcation probe?**

- a) Nabers probe
- b) PSR
- c) Furcation P
- d) Triskle Probe

Rationale: A is the only, and best answer

**16. The best form of consent is:**

- a) Written
- b) Implied
- c) Verbal
- d) Expressed

Rationale: Written is ALWAYS best

**17. Osteonecrosis is caused by:**

- a) Lack of blood supply getting to the bone
- b) Happens from chemotherapy
- c) Happens in old age
- d) Lack of blood supply to all tissues

Rationale: A is the direct definition of osteonecrosis.

**18. The evaluation process is?**

- a) Ongoing and happens at every appointment
- b) 4-6 weeks
- c) Is used to evaluate goals

d) Every 3 months

Rationale: Evaluation does happen at 4-6 weeks, HOWEVER, the best answer is A because it is always on-going. A clients oral condition can change at any appointment so we must always be evaluating.

**19. What brush technique is used when a client has orthodontic appliances?**

a) Charters

b) Electric toothbrush can be used

c) Modified bass

d) Modified stillman

Rationale: A is the only, and best answer

**20. A client has just bought an electric toothbrush and is motivated to use it properly and do whatever it takes, what do you recommend?**

a) Modified bass

b) Hold the bristles one each tooth and move in a horizontal scrub

c) Charters

d) Holding the bristles on each tooth and let the electric toothbrushes do the work, and then move on to the next

Rationale: D is the best answer, we let the brush do the work but must hold it on each tooth and than move on

**21. A client tells you she tries to brush but due to her stroke a year ago she still has trouble extending her left arm. What would you recommend?**

a) Use an extender and attach it to her toothbrush

b) A foam ball to wrap around the toothbrush handle

c) An electric toothbrush

d) A toothbrush with indicator bristles

Rationale: Pay attention to the question, the key word is 'trouble extending her arm', A is the best and only answer

**22. Your 54 year old client presents with papillary hyperplasia, he tells you he does not take his denture out at night and it doesn't fit that well anyway. He has been taking antihypertensives for two years now and other medications that he cannot remember. He comes to your office only when he is in pain and the only reason he is here today is because his wife made him come.**

**- What is papillary hyperplasia?**

- a) Spotted lesions on the palate from antihypertensive medications
- b) Spotted lesions on the palate due to hard palate being irritated from the denture**
- c) Spotted lesions on the palate due to a cancerous tumour
- d) Spotted lesions on the palate due to HIV infection now transformed into AIDS

Rationale: B is the direct definition

**- What is the best way to treat this condition?**

- a) Reduce the clients' dose of antihypertensive medication
- b) Have a new denture made**
- c) Perform an excisional  
biopsy
- d) Inform client if the lesion does not go away in two weeks to come back

Rationale: B is the direct treatment for papillary hyperplasia

**23. When using an ultrasonic instrument – when the appropriate water and power is selected:**

- a) A fine water spray can be seen from the tip forming a halo like appearance**
- b) Bubbles coming from the tip when the unit is turned on
- c) A mist of water
- d) Stream of water

Rationale: The direct definition of the appropriate water and power ratio, HALO is the key word in the answer.

**24. Dental caries is best managed by:**

- a) A fluoride gel of 1.1% neural fluoride or 0.4% stannous fluoride applied daily in a custom tray
- b) 0.06% sodium fluoride at home rinse
- c) 8% stannous in a custom tray
- d) 0.2% sodium fluoride a weekly rinse

Rationale: Process of elimination, all other answers are false. 8% is not used in dentistry due to the high amount of percentage, 0.06% does not exist, 0.2% weekly rinse is too low of a percentage and not used often enough to properly manage caries.

**25. Dysgeusia means**

- a) Loss of taste
- b) Difficulty swallowing
- c) Difficulty opening the mouth
- d) Smooth tongue

Rationale: The direct definition, best and only answer.

**26. If tooth extractions need to be done before radiation, how long should you wait?**

- a) Extractions should be done after radiation therapy
- b) 14 days**
- c) 7 days
- d) 3 months

Rationale - This does depend on the text being read, can range from 7-14 days.

**27. Trismus means:**

- a) Difficulty opening the mouth and can be painful
- b) Difficulty opening the mouth but no pain

- c) The mouth can open wide but this can dislocate the jaw
- d) The mouth can open slowly but not wide

Rationale - Direct definition, best and only answer.

**28. Dysphagia means:**

- a) Difficulty swallowing
- b) Difficulty chewing
- c) Difficulty opening the mouth
- d) Difficulty speaking

Rationale: The direct definition, best and only answer.

**29. With leukemia spontaneous mucosal bleeding can occur when the platelet count falls below:**

- a) 50,000/mm<sup>3</sup>
- b) 20,000/mm<sup>3</sup>
- c) 10,000/mm<sup>3</sup>
- d) 11,000/mm<sup>3</sup>

Rationale: Direct answer from the Darby.

**30. If surgery is needed, the clients' platelet count should be at least:**

- a) 50,000/mm<sup>3</sup>
- b) 20,000/mm<sup>3</sup>
- c) 10,000/mm<sup>3</sup>
- d) 11,000/mm<sup>3</sup>

Rationale: Direct answer from the Darby.

**31. After chemotherapy, the client can resume regular dental care if their blood counts have returned to normal**

True/False

**32. Flossing should be avoided when the patient is neutropenic and thrombocytopenic to prevent unnecessary trauma**

True/False

**33. Pseudomembranous candidiasis will not wipe away**

True/False

**34. With NUP, clients often refer to the pain as deep jaw pain**

True/False

**35. What are the drug categories for pregnancy?**

a) A,B,C,D,X

b) A,B,C,D,E,X

c) A,C,D,X

d) A,B,C,D,XX

Rationale: Direct from your latest pharmacology book.

**36. Which category is the safest?**

a) B because A drugs are not tested on humans

b) A

c) X

d) X because it goes from the least to the safest

Rationale: A is the safest and X is the category that you cannot use while pregnant (think morphine)

**37. For a few drugs, nursing is clearly contraindicated; if must, then discontinue nursing or milk expressed & discarded until meds finished**

True/False

**38. For non-contraindicated drugs what is important regarding nursing?**

- a) The timing of nursing
- b) The type of medication
- c) DO NOT NURSE AT ALL
- d) The baby

Rationale: A is the MOST important, best answer.

**39. For dental health care workers, what is more common for abuse?**

- a) Nitrous oxide
- b) Opioids
- c) Alcohol
- d) Tobacco

Rationale: Direct from pharmacology - other categories may be more common among certain clients but health care workers is specific to nitrous oxide due to the availability of it in the office.

**40. Is caffeine considered a drug?**

True/False

**41. Alcoholics Anonymous is the most successful drug treatment – older alcoholics that are motivated & socially stable given disulfiram (Antabuse) –DO NOT TAKE WITH ALCOHOL**

True/False

**42. Inhalation of \_\_\_\_\_ N<sub>2</sub>O produces a “high” for 30 seconds followed by sense of euphoria for 2 – 3 minutes**

a) 50-75% nitrous

b) 20-35% nitrous

c) 100% nitrous

d) More than 10% nitrous

Rationale: Direct definition from your latest pharmacology text.

**43. What are the triad of symptoms of a narcotic overdose?**

a) Respiratory depression, large pupils, and coma

b) Respiratory depression, pinpoint pupils and coma

c) Respiratory depression, unconsciousness and coma

d) Respiratory depression, hypertension and coma

Rationale: Directly from your pharmacology text, best answer.

**44. If triad of narcotic overdose present (respiratory depression, pinpoint pupils & coma), what drug can be given?**

a) Naloxone (Narcan)

b) Antabuse

c) Methotrexane

d) Dilatin

Rationale: Naloxone is the ONLY drug that can be given.

**45. Opioids are used for acute pain**

True/False

**46. What is di-phen-hydra-mine:**

- a) Antihistamine
- b) Antipsychotic
- c) Antihypertensive
- d) Antineoplastic

Rationale: Best and only answer.

**47. Antineoplastics are designed to treat:**

- a) Malignancies plus psoriasis, rheumatoid arthritis & systemic lupus erythematosus
- b) Vomiting plus rheumatoid arthritis in some cases
- c) Systemic and discoid lupus only
- d) Malignancies only

Rationale: Direct from your pharmacology text, antineoplastics are drugs used to treat cancer but can be used for the above uses as well (not discoid lupus).

**48. Clients with hepatitis have an increased chance of:**

- a) Liver cancer
- b) Warts
- c) Herpes simplex
- d) Liver complications

Rationale: Direct from pharmacology.

**49. For your information:**

**leukopenia:** ↓ # of WBC in blood

**agranulocytosis:** ↓ # of granulocytes (therefore WBC) in blood – can cause infections

**thrombocytopenia:** ↓ platelets in blood; can cause bleeding

**anemia:** concentration of hemoglobin or # of RBC is below normal expected value

**stomatitis:** inflammation of the soft tissues of the mouth

**50. What medication is used before treatment with antineoplastics initiated to prevent hyperuricemia**

a) **Allopurinol**

b) Benadryl

c) Dilantin

d) Cyclosporin

Rationale: A is the only answer, benadryl is used as an antihistamine, dilantin (epilepsy is one reason) and cyclosporin can be used when joints are replaced.

**51. Avoid treatment just \_\_\_ drug therapy – white blood cell count too low (agranulocytosis) and infection risk higher; also, platelets too low (thrombocytopenia) – bleeding can occur**

a) Before drug therapy

b) **After drug therapy**

c) Depends on the client

d) In the middle

Rationale: A or B are the two answers but the best answer is after drug therapy due to the amount of drugs they were likely on and the side effects.

**52. Osteonecrosis of the jaw bone is a recently recognized adverse effect of:**

a) **Bisphosphonates**

b) Allopurinol

c) Chlorhexidine (only in extreme cases)

d) NSAIDS

Rationale: Direct definition, the best and only answer

**53. With biphosphantes a drug free period MUST be given to avoid Osteonecrosis**

True/False

**54. How many categories of psychiatric disorders are there?**

- a) 1
- b) 2
- c) 3**
- d) 4

Rationale: Direct from your pharmacology text.

**55. What is a commonly used antipsychotic agent?**

- a) Phenothiazines**
- b) Antiemetic
- c) Anticholinergics
- d) Epi

Rationale: Phenothiazines are used as antipsychotic agents for those suffering from mental disorders. Direct from pharmacology.

**56. What power toothbrush is the most recommended?**

- a) Oscillating-pulsating
- b) Rotating-oscillating pulsating
- c) Rotating-oscillating**
- d) Oscillating

Rationale: Direct from Darby, C is the best and only answer

**57. If someone has an implant or implants is a power toothbrush recommended?**

a) Yes

b) No

**58. How often do we recommend clients to brush their teeth?**

a) Twice a day

b) Three times a day

c) Twice a day and after meals

d) After every meal and before bed

Rationale: Another vague question, but twice daily is our recommendation. B is also a good answer but the BEST answer is A, direct from the Darby.

**59. It is shown that plaque biofilm removal every \_\_\_ hours is the longest interval that will control gingivitis.**

a) 24 hours

b) 48 hours

c) 72 hours

d) 12 hours

Rationale: The key is in the question - 'longest interval', 12 hours can be done (however we would not tell our clients this) for proper plaque removal and to stop calcification, however not everyone brushes perfectly so twice daily is recommend. BUT, the longest interval is 48 hours, direct from Darby.

**60. The fones technique is:**

a) Vertical motions used quickly

b) Anterior teeth placed edge to edge and brushed

c) Brush is placed against the cheek with bristles directed to posterior teeth

d) Used on teenagers

Rationale: B and C are the best answers, another vague question. The most correct is C (although when brushing anteriors with the fones technique anterior teeth are placed edge to edge)

**61. What is the appropriate range for an INR number?**

- a) 1.5-2.5
- b) 2.5-3.5**
- c) 3.5-4.5
- d) Anything about 4 is OK

Rationale: 1-4 is the range but for us to be able to treat them as dental professionals it must be from 2.5-3.5.

**62. Four important factors that can help identify a client at risk for periodontal disease are:**

- a) Alcohol use, gingivitis, moderate plaque, age
- b) Abnormal mobility, fremitis, bleeding, age
- c) Age, tobacco use, attachment loss, abnormal tooth mobility**
- d) Attachment loss, alcohol use, tobacco use, bleeding

Rationale: Alcohol use does not necessarily mean they will get periodontal disease (xerostomia and increased plaque yes, but this is more geared towards gingivitis), bleeding is also geared towards gingivitis, fremitis is incorrect (movement of the teeth), so C is the most correct. Remember\*\* - gingivitis DOES NOT lead to periodontal disease automatically

**63. What is considered normal mobility?**

- a) All mobility is abnormal
- b) 0.5mm or less
- c) 1mm or less**
- d) 2mm or less

Rationale: This is debatable as it depends on the text being read, but remember slight movement is NORMAL, we all have slight movement to our teeth.

**64. Who is the co-therapist?**

- a) Dentist
- b) Dental hygienist
- c) Dental assistant
- d) Patient

Rationale: Direct from the Darby, we are seen more as a therapist (same as the Dentist, Dental Assistant), but the client is ALWAYS the co-therapist because we must work WITH them in order to come to a dental hygiene diagnosis and implementation.

**65. Patients who require full mouth local anaesthetic are usually scheduled for:**

- a) One appointment so that the full mouth can be debridement and another cleaning is not needed
- b) Two appointments – left side and then the right side
- c) Three– four appointments – quadrant scaling to use less anaesthetic per appointment
- d) Four appointments – perform a gross scale, then debride in sextants

Rationale: We would NEVER apply anaesthetic to all areas of the mouth, very uncomfortable for the patient and too much anesthetic at a time. The most correct is B due to the vagueness of the question.

**66. What else can be used as an anticariogenic agent?**

- a) Chlorhexidine
- b) Tetracycline
- c) Listerine
- d) 9% sodium fluoride

Rationale: Direct from the Darby, not common but Chlorhexidine CAN be used as an anticariogenic agent. This is the only one.

**67. Xylitol and amorphous calcium is useful in preventing decay**

True/False

**68. What is acetaminophen?**

- a) Aspirin
- b) Tylenol**
- c) Codeine
- d) Opiod

Rationale: Direct definition.

**69. What is methadone used for?**

- a) In recovering alcoholics so that if they do drink alcohol they get extremely sick
- b) Used to wean a client off an opiod such as morphine**
- c) Used as an antipsychotic drug
- d) Can be used as an antihypertensive or cardiovascular drug

Rationale: The best and only answer.

**70. Age is no longer a risk factor for caries**

True/False

**71. Who is most familiar with the client's oral condition?**

- a) The client**
- b) The dentist
- c) The dental hygienist
- d) The physician

Rationale: This is also debatable, however directly from the Darby it states that the client knows best about their oral condition.

**72. What image demonstrates a wide range of the maxilla, mandibular and surrounding structures?**

- a) Bitewing
- b) Periapical
- c) Ceph
- d) Pan

Rationale: Bitewings are used to view interproximal decay, PA is used to see the apex of a tooth or teeth, and Ceph is used for the side (lateral) view commonly taken in ortho to see the growth.

**73. What does ALARA stand for?**

- a) As low as reachable allowed
- b) As low as reasonably allowed
- c) As low as reasonably achievable
- d) As low as reachable achievable

Rationale: Direct from radiography text.

**74. What shows on the radiograph if the clients' chin is too high?**

- a) Upwards smile line
- b) Reverse smile line
- c) Small anterior teeth
- d) Large anterior teeth

Rationale: If the clients chin is too low, a upwards smile line is shown.

**75. Have recent studies shown that an oral irrigation system can help with dentinal hypersensitivity?**

True/False

**76. When using oral irrigation, the tip should be placed at \_\_\_ degrees angled to the long axis of the tooth at the interproximal space**

- a) 50 degrees
- b) 60 degrees
- c) 80 degrees
- d) 90 degrees

Rationale: Direct from the Darby, please review ultrasonics in your book.

**77. What are three things that can be used in an oral irrigation unit?**

- a) Water, tetracycline, chlorhexidine
- b) Water, chlorhexidine, essential oils
- c) Water, chlorhexidine, salt water

Rationale: Salt water CANNOT be used, tetracycline would not be used due to the staining concerns of the teeth and essential oils is a form of Listerine so B is the most correct.

**78. When two bactericidal antibiotics are given together, they may exert a greater effect than when each is given separately. This is called:**

- a) Antibiotic synergism
- b) Antibiotic antagonism
- c) Antibiotic togetherness
- d) Antibiotic resistance

Rationale: Direct from your pharmacology chapter so please review

**79. When a bacteriostatic and bactericidal antibiotic are given together their effect can be reduced. What is this called?**

- a) Antibiotic synergism

b) Antibiotic antagonism

c) Antibiotic togetherness

d) Antibiotic resistance

Rationale: Direct from your pharmacology chapter so please review.

**80. Systemic antibiotics have been shown to have limited effect on:**

a) Chronic periodontitis

b) Gingivitis

c) Aggressive periodontal disease

d) Periodontal disease of the endodontic origin

Rationale: Direct from your Darby, although antibiotics can be used in chronic periodontal disease (as an extra step towards healing) studies have shown unfortunately the limited effect it has. The BEST effect for chronic periodontal disease is proper OH and debridement.

**81. What does ADME stand for?**

a) Antibiotic strain, distribution, metabolic, and excretion

b) Absorption, distribution, metabolism, and excretion

c) Absorption, damaged strain, metabolism, and excretion

d) Antibodies strain, damaged strain, metabolic and excretion

Rationale: Direct from pharmacology, please review.

**82. Clindamycin should be:**

a) Taken with food and water

b) Taken with food

c) Taken only twice a day

d) Taken before bed

Rationale: Direct from your pharmacology chapters, please review.

**83. Amoxicillin is the safest drug known**

True/False

**84. What is the most common reason for sealants to fail?**

- a) The child not practicing proper oral hygiene
- b) Not maintaining a dry field when sealants are placed**
- c) The sealant is too high
- d) The child grinding the sealant away

Rationale: B is the best answer. Lack of OH leads to decay but not sealant fail, if the sealant is too high it should eventually wear down, and the child grinding the sealant away is very rare and if its into the grooves (as it should be) grinding likely wouldn't touch the area.

**85. What percent of acid etch is typically used for sealant placement?**

- a) 15%
- b) 32%
- c) 57%
- d) 37%**

Rationale: Depends on the text and the manufacturers instructions but D IS the most common percentage used.

**86. What are two advantages of glass ionomer materials?**

- a) Adhere chemically to the tooth and fluoride releasing**
- b) Retains water and fluoride releasing
- c) Dries quicker and fluoride releasing
- d) Can never produce a 'high' sealant and fluoride releasing

Rationale: Fluoride is the most important component and adheres chemically is the other property. The rest are incorrect.

**87. Glass ionomer content and filler content are important to look at when choosing a sealant material**

True/False

**88. What is one of the most common childhood diseases?**

- a) Asthma
- b) Xerostomia
- c) Caries
- d) Aggressive periodontitis

**89. The severity of attachment loss can increase with age**

True/False

**90. Adults these days with gingivitis are at least:**

- a) 10%
- b) 30%
- c) 50%
- d) 75%

**91. What is the health belief model?**

K

- b) Clients will demonstrate a skill
- c) Client will explain they understand a skill
- d) Client will quit a goal and a new one will need to be made

**92. Self efficacy is a key construct in this model:**

- a) Maslow's model
- b) Health belief model**
- c) Theory of reasoned action
- d) Health promotion model

**93. What is the greatest achievement of public health in the twentieth century?**

- a) Whitening tooth paste
- b) Dental insurance
- c) Water fluoridation**
- d) Chlorhexidine

**94. Explain universal/standard precautions**

- In the past it was considered only blood as infections, but NOW blood, sweat, saliva..everything is considered infectious.

**95. Explain why the bass brushing technique would be used**

- For periodontal clients with deep pockets.

**96. Explain each step – ADPIE – in the process of care**

- Assessment, diagnosis, planning, implementation, evaluation. Please refer to your Darby and know this full process/

**97. Explain how the client should store their toothbrush**

- in a dry place away from bacteria and not in a cupboard

**98. Explain the different percentages of fluoride that can be given to a client**

- 0.05% NaS, 1.1-2% Neutral, 1.23% APF, 8% Stannous

**99. Explain what to do if an asthmatic client is having trouble breathing in the dental office**

- They need to have their inhaler handy at all times!

**100. Routine dental diseases such as dental caries can be diagnosed through the approach known as:**

a) Appearance recognition

b) Preliminary diagnosis

c) Working diagnosis

d) Clinical impression

Rationale: As dental hygienists and dentists we are always looking in the mouth for routine dental examinations, so A is the best answer.

**101. What chemical mediators induce the formation of thrombin, fibrinopeptides, and factor X?**

a) Vasoactive amids

b) Kinin system

c) Complement system

d) Clotting

Rationale: Direct from pharmacology text, please review.

**102. Chronic inflammation is:**

a) Tissue destruction

b) Neutrophils

c) Rapid onset

d) Focal macrophage

Rationale: Chronic inflammation destroys the tissue specifically. Rapid onset is incorrect due to chronic being slow.

**103. The first vascular change to occur during an inflammatory response is:**

a) Vasodilation

b) Vasoconstriction

c) Increased permeability

d) Hemoconcentration of vessels

Rationale: Directly from the Darby, vasoconstriction happens FIRST.

**104. A child recare client who presents with active caries or at a high risk for caries should have bitewing radiographs every:**

a) 3-4 months

b) 3 months always

**c) 6-12 months**

d) 12 months

Rationale: 3 months would be too soon, as a recare generally refers to 6 or 9 months (based on insurance but also how often the DH recommends). 6-12 months is the next best as its the soonest recare available and with active caries/high risk this is key.

**105. Which one of the following tissues is most radiosensitive?**

a) Endocrine

b) Digestive

**c) Reproductive**

d) Respiratory

e) Nervous

Rationale: C is the most correct, chart directly from Darby.

**106. Elongation error results from inadequate vertical angulation**

**True/False**

**107. Overlapping proximal contacts error results from excessive vertical angulation**

**True/False**

**109. Papillomaviruses are responsible for:**

- a) Warts
- b) Cold sores
- c) Chicken pox
- d) Shingles

Rationale: Only and best answer specifically for papillomavirus.

**110. The majority of microorganisms are:**

- a) Pathogenic
- b) Toxic
- c) Non-pathogenic
- d) Infectious

Rationale: C only answer, straight definition. Think about our mouths as an example, we all have bacteria- normal oral flora, and most microorganisms are non-pathogenic

**111. The general steps in viral multiplication are:**

- a) Penetration, attach, synthesis, release
- b) Attach, penetrate, uncoat, synthesis, release
- c) Uncoat, release, synthesis, attach

Rationale: Direct from micro, the direct steps for viral multiplication.

**112. What do you look at for the stain to be gram positive or negative?**

- a) Cell wall
- b) Cell membrane
- c) Ribosomes
- d) Capsule

Rationale: Staining is ALWAYS looking at the cell wall.

**113. In which type is insulin ALWAYS required for diabetes:**

a) Type I

b) Type III

c) Type III

Rationale: Best and final answer. Review your diabetes notes.

**114. What is nitroglycerins most common side effect?**

a) GI upset

b) Severe headache

c) Chest pains

d) Hypertension

Rationale: Direct from pharmacology, a minor side effect but can be severe as in severe headaches. GI upset is too vague, chest pains happen from angina/MI, an hypertension is incorrect.

**115. If a client is allergic to Penicillin, what antibiotic should be given as for premedication?**

a) Clindamycin

b) Amoxicillin

c) Metronidazole

d) Tetracycline

Rationale: Clindamycin is ALWAYS given if a client is allergic to PEN.

**116. Which of the following produces the least amount of cariogenicity?**

a) Liquid sweets

- b) Solid sweets
- c) Retentive sweets
- d) Refined carbs

Rationale: The Darby says liquid sweets (surprisingly)

**117. Which of the following findings can indicate failure of an implant?**

- a) Peri-implantitis
- b) Mobility**
- c) Bone loss
- d) Bleeding

Rationale: B is the most correct, however, keep in mind SLIGHT mobility can be normal as minor blood loss can happen up to the first year but anything more than slight is considered bad news.

**118. Which of the gingival fibers holds the gingival tissue close to the tooth?**

- a) Circular**
- b) Transseptal
- c) Alveologingival
- d) Dentogingival

Rationale: Direct from the text, holding the gingiva close to the tooth is always A

**119. In the case of perio, what is the first area to be involved in bone resorption?**

- a) Facial and lingual aspects
- b) Cancellous portion of bone
- c) Cortical plate of interdental septum**
- d) Lamina dura

Rationale: interdentally the bone - all other areas incorrect.

**120. If a client is on periodontal maintenance what is the MAX recommended for recare?**

- a) 3 months
- b) 4 months
- c) 3-4 months
- d) 6 weeks

Rationale: They should be seen every 3 months if on a periodontal maintenance schedule.

**CASE STUDIES \*\*RATIONALES FOR CASE STUDIES ARE DIRECTLY FROM MOSBYS (GREEN BOOK) BOARD EXAM REVIEW TEXT - PLEASE REVIEW IF ANY CONCERNS**

After working two years in private practice, you are asked to serve as a dental hygiene consultant at a community based center in your community. The centre provides free medical care to working people who do not have medical insurance. The director is writing a grant proposal to seek funding to furnish a dental care facility (clinic) and community education meeting room.

**121. The director needs documentation on the oral hygiene status of adult population receiving care at the clinic. The director seeks to collect data that can be understood by both dental and non dental professionals. What is the best way to evaluate oral hygiene status in population groups?**

- a) GI
- b) PII
- c) PHP
- d) CPI

e) OHI-S

**122. You decide to select a group of clients by using a computer program that selects 10 percent of the entire client population of record enrolled at the clinic. The sample selection strategy that best describes:**

- a) Research
- b) Sample
- c) Convenience
- d) Random

**CASE** – Your nephew attends a local high school and tells one of the school counsellors that you are a dental hygienist that enjoys conducting community oral healthcare education programs. The counsellor contacts you and explains her concern about the increased cigarette smoking within the student body. You agree to work with the counsellor on this risky behaviour problem.

**123. To figure out the extent of the problem, what is the best way to gather information?**

- a) Survey the parents
- b) Survey the teachers
- c) Meet with teachers
- d) Meet with the student leaders

**124. The dental hygienist plans to emphasize health related hazards of smoking to the female high school students. Which of the following supports this approach?**

- a) Oral cancer rates individuate the gender gap is narrowing between females and males
- b) Female students are more likely to change their behaviour
- c) Increased cancer rates for women are because of prolonged use of tobacco
- d) A and C

**CASE** – A dentist and dental hygienist are invited to participate in a cable television network program aimed at improving consumer knowledge about dentistry and dental hygiene. For each program, a particular topic is discussed followed by viewers calling in to have their questions answered.

**125. What type of prepayment plan allows a person to receive care from any licensed dentist that the person chooses?**

- a) Open panel
- b) Closed panel
- c) Solo
- d) Group

**126. Which of the following statements about utilization of dental services is incorrect?**

- a) Each generation needs a variety of dental services
- b) Age and gender do not play a role**
- c) Higher income and education usually mean better usage
- d) Demand for services is influenced by third party coverage

Rationale: Age and gender DO play a role.

**127. What is the normal temperature for an adult?**

- a) 96.0-99.5**
- b) 90.1-93.2
- c) 96.2-97.9
- d) 96

Rationale: A range and depends on the text.

**128. When should you see a diabetic client?**

- a) 1-2 hours after breakfast**
- b) Right after breakfast
- c) 30 minutes after breakfast
- d) Within 5 hours after breakfast

Rationale: They need a chance to eat and in the morning is usually the best time for them.

**129. Avulsed teeth:**

- a) Should be handled by the root only
- b) Should be placed in milk right away
- c) Should be handled by the crown only**
- d) Should have tissue removed from the root

Rationale: The most correct answer, NEVER handle a tooth by the root and some cases you can put it in milk, however the most correct and most IMPORTANT thing to note is handling it by the crown only!

**130. Instrument breakage can be minimized by:**

- a) Sharpening once a week
- b) Replacing the tips monthly
- c) Careful sharpening
- d) Using a natural stone

Rationale: Sharpening when needed is very important and remember not to OVER sharpen, this can weaken the instrument. Sharpening should never be done routinely, as it depends specifically when it needs to be sharpened.

**131. Two rescuer CPR is started using the compression to ventilation ratio of:**

- a) 5:1
- b) 5:2
- c) 15:2
- d) 30:2

Rationale: Direct from the handbook, but can change yearly so always update!

**132. After syncope, expect signs of recovery after:**

- a) 5 minutes
- b) 15 minutes
- c) 30 minutes
- d) 40 minutes

Rationale: If it takes someone longer than 5 minutes to recover from fainting something could be seriously wrong and other measures need to be taken.

**133. While supine, the weight of the uterus of a pregnant woman may cause:**

- a) Hypertension
- b) Reduced cardiac output by 25 percent**
- c) Increased cardiac output by 25 percent
- d) Compression of the aortic arch

Rationale: Direct, only and best answer.

**134. Ethical duties are usually greater than legal duties**

True/False

**135. The purpose of the villi in the small intestine is to increase the surface area for absorption**

True/False

### **Critical Thinking**

136. Discuss all classes of occlusion

- Class I (ideal), Class II, and Class III - please refer to your Darby, this is a MUST know!

137. Describe all of Black's Cavity Classifications

- Again, refer to your Darby and KNOW this!

138. When antineoplastic agents are not enough, what is used next?

- Radiation/Chemotherapy

139. Is the goal to treat cancer aggressively or slowly to prevent additional harm?

- Aggressively

140. Can estrogens be used to help prevent breast cancer?

- Yes

141. What are some examples of faster growing, normal cells that are easily destroyed?

- Hair follicles

142. Can excellent OH help prevent osteonecrosis?

- Yes

143. What is known as the master gland?

-Pituitary gland

144. What secretes hormones and where are they transported?

- Endocrine glands and are transported to target organs (by the blood)

145. What is Hashimotos' Disease?

- Chronic inflammation of the thyroid, common in woman

146. If a client is now unconscious (suffering from hypoglycemia) what do you do?

- Dextrose intravenously

147. Your client is 21 years of age and reported to you that her only medication is birth control pills. What types of things should you make her aware of?

- can cause an increased chance of gingivitis (due to hormones), as well as if taking antibiotics another form of birth control must be used to prevent pregnancy

148. Steroids are secreted by what?

- Adrenal cortex

149. Are steroids used topically or systemically, acute or chronic?

- Both

150. What are antacoids considered?

-Self remedies, occurs naturally in the body

151. Discuss the steps in what happens when there is an allergic reaction?

- Allergic reaction happens, mast cells release, histamine released as well as antacids by the body

152. What does epi do exactly when treating an allergic reaction?

- EPI dilates bronchioles

153. If a client has a latex allergy, what time of day is the best to see them?

- In the morning, first thing

154. Can benadryl be used in sedation?

- Yes

155. Discuss prostaglandins

- Involved with periodontal disease. Inflammation, than bone loss.c

156. What is Churg-Strauss Syndrome?

- Involves inflammation of the tissues, occurs with some clients who have asthma - very rare.

157. What is unipolar and what is bipolar depression?

- Unipolar - depression, bipolar - mania (ups and downs with their mood)

158. What is OCD and what category does it fit into?

- obsessive compulsive disorder

159. When is ECT used?

- With extreme depression, words rapidly

160. What are extrapyramidal effects?

- Muscle movements, tremors

161. What can be used to treat hiccups that could also help mentally disturbed clients?

- Antiemetics

162. What is orthostatic hypotension?

- When a client gets up too quickly and feels faint, side effect of many antipsychiatric meds

163. What is lithium used to treat?

- Bipolar disorder

164. What causes epilepsy?

-Electrical activity in the brain

165. What are the two major groups of seizures?

- Generalized and partial

166. What seizure can last greater than 30 minutes?

- Status Epilepticus

167. If a gingivectomy is performed on someone with gingival overgrowth, is there a risk of it growing back?

- Yes, especially if medication is continued

168. What drug can be used to treat trigeminal neuralgia, and what is this condition?

- Dilantin

169. List some examples of CVD

- Hypertension, angina, stroke..

170. What is the cardiac dose of EPI?

- 0.02 or 0.04 (depending on the text - please refer to your current issue of the Darby)

171. Discuss the differences between the pace makers made 20 years ago and the ones they currently make today?

- Pacemakers made today are normally shielded and can be used around ultrasonics

172. If a client is diagnosed with hypertension what are the steps towards treatment?

- Diet, exercise is primary...if that fails, medication needs to be given

173. What is angina? Can it lead to a heart attack?

- Chest pain - lack of oxygen to the heart, and yes it can lead to a heart attack

174. What is digoxin?

- Antiarrhythmic drug

175. Discuss bradycardia and tachycardia?

- Slow heart rate, and fast heart rate

176. Discuss proper use of NTG in a medical emergency

- Place nitro (have the client do it if they can) under the tongue, wait 5 minutes, if not helping give another pill, wait 5 minutes, can give another one but after the third NO MORE NITRO can be given. Rush to the hospital!

177. How many hours daily must the client be NTG free?

- 8-12 hours vacation needed

178. What is MI?

- Myocardial infarction

179. What is malignant hypertension? Common or rare?

- Rare

180. If a client has hypertension, what should you do at each dental visit?

- Take the blood pressure

181. Discuss Warfarin and how it applies to dentistry

- INR number must be monitored, antibiotics may be required prior to dental appointments (depending on the clients other conditions)

182. What is trench mouth? What are the common bacteria? How do you treat it?

- ANUG, spirochetes, debridement MUST be done and include a rinse (hydrogen peroxide, chlorhexidine)

183. Discuss Candidiasis

- Fungal infection - please refer to your oral pathology book for the different types

184. What is Nystatin used to treat?

- Fungal infections

185. What is caused by a 'dry socket' and how is it treated?

- When the blood clot isn't properly formed (commonly if you smoke after having the extraction)

186. Can antibiotics be given in the case of a dry socket?

- Yes, only if infection is present

187. What is RAS also known as? And list the three types

- Recurrent Aphthous Stomatitis (canker sore) - Minor, major and herpetiform

188. What is Lichen Planus and what are the different types? What is the cause?

- Skin condition with oral lesions on the mucous membranes - striated, plaque-like, and erosive. Cause is UNKNOWN.

189. If a client has psoriasis, what is a common finding in the mouth?

- Geographic tongue

190. Where is pericoronitis found?

- Inflammation of tissue around the crown of the tooth, common with impacted teeth

191. What is the best way to treat sensitivity from recession?

- Fluoride varnish

192. What is pilocarpine?

- Saliva substitute (increased saliva)

193. What are the three drug-types that cause gingival enlargement?

- Dilantin, Cyclosporine, Calcium Channel Blockers

194. Discuss decay and how it is formed

- Time, host, and diet for decay to form

195. A client has generalized 4mm pockets; discuss how you would explain the disease process to them

- Inflammation, oral hygiene needs to be improved, 4mm can be brought down to a healthy level (3mm or less) with proper OH and increased cleaning intervals, if it gets worse can cause bone loss.

196. Your client is a smoker with 4-6mm pockets, discuss how you would explain their condition and how smoking may or may not relate

- Moderate periodontal disease, possible bone loss (radiographs to know for sure), if they continue smoking the disease will not get better

197. List the immediate benefits when a client stops smoking

- Breath better, increased lung function, stain reduced, plaque will not build up as quickly, etc.

198. What are incipient cavities? How are they prevented/cured?

- Decay not far enough into the enamel, prevented and cured by FLUORIDE as well as proper OH.

199. A client is interested in replacing all of their amalgam fillings into white; what type of things would you discuss with them? Is this recommend, why or why not?

- If they do not need to be replaced, not a good idea due to additional tooth structure being removed. Removing amalgams heat up the filling material and this is when mercury is released from the fillings.

200. A client needs a crown – why may they need this crown and how would you explain this?

- A crown adds strength to a tooth that has a very large restoration, and with a large restoration chances of it breaking are strong. A crown simply goes over the tooth once the tooth is shaved down a few millimeters to make room for the crown (often referred to as a 'cap')

