

# ADEX Diagnostic Skills Examination (DSE) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. Why are filters utilized in X-rays?**
  - A. To enhance image quality**
  - B. To remove low energy photons**
  - C. To speed up exposure time**
  - D. To increase radiation dose**
  
- 2. What method is commonly used to ensure the effectiveness of a sterilizer?**
  - A. Chemical indicators**
  - B. Time monitoring**
  - C. Biological indicators**
  - D. Temperature checks**
  
- 3. What can be a result of improper denture fit?**
  - A. Improved speech**
  - B. Comfortable chewing**
  - C. Pain and discomfort**
  - D. Enhanced aesthetics**
  
- 4. What condition may angular cheilitis indicate?**
  - A. Allergy to toothpaste**
  - B. Anorexia/bulimia due to malnutrition**
  - C. Diabetes mellitus**
  - D. Chronic dermatitis**
  
- 5. In what type of disease is a "cotton wool" pattern in bone commonly observed?**
  - A. Paget's disease**
  - B. Dentinogenesis imperfect**
  - C. Fibrous dysplasia**
  - D. Pemphigus vulgaris**
  
- 6. What eye condition is associated with hyperthyroidism?**
  - A. Conjunctivitis**
  - B. Exophthalmos**
  - C. Glaucoma**
  - D. Cataracts**

**7. Which of the following conditions can result in a painful red tongue in a diabetic?**

- A. Uncontrolled blood sugar levels**
- B. Vitamin D deficiency**
- C. Thyroid dysfunction**
- D. Infections**

**8. What effect should patients be cautioned about when using anti-cholinergic medications?**

- A. Mydriasis**
- B. Vomiting**
- C. Bradycardia**
- D. Diarrhea**

**9. In cases of hypotension during pregnancy, why is it advisable to lay the patient on her left side?**

- A. To reduce vena cava compression**
- B. To promote fetal movement**
- C. To avoid excessive blood flow to the head**
- D. To enhance lung capacity**

**10. Under what condition is Ketoconazole contraindicated?**

- A. When taken with azithromycin**
- B. When taken with erythromycin**
- C. When taken with penicillin**
- D. When taken with tetracycline**

## **Answers**

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

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## **Explanations**

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## 1. Why are filters utilized in X-rays?

- A. To enhance image quality
- B. To remove low energy photons**
- C. To speed up exposure time
- D. To increase radiation dose

The utilization of filters in X-ray imaging primarily serves to remove low-energy photons from the X-ray beam. Low-energy photons often do not contribute to the quality of the image; instead, they can increase patient exposure to unnecessary radiation without providing valuable information. By filtering out these low-energy photons, the X-ray system can produce a clearer image with better contrast and reduce the overall radiation dose to the patient. This practice enhances the efficiency of the imaging process, focusing on the photons that contribute meaningful diagnostic information while minimizing patient risk. While enhancing image quality and potentially impacting exposure times may seem relevant, the fundamental purpose of filtering is about managing energy levels within the X-ray beam to optimize both safety and image outputs. Increasing the radiation dose goes against the principle of minimizing unnecessary exposure in medical imaging.

## 2. What method is commonly used to ensure the effectiveness of a sterilizer?

- A. Chemical indicators
- B. Time monitoring
- C. Biological indicators**
- D. Temperature checks

The selection of biological indicators as a method to ensure the effectiveness of a sterilizer is based on their ability to assess whether the sterilization process has effectively killed all viable microorganisms. Biological indicators typically consist of highly resistant bacterial spores that are placed in the sterilization load. After the cycle is completed, these indicators are incubated under controlled conditions to determine if any spores survived. The growth or lack of growth of these spores directly indicates whether the sterilization parameters (such as time, temperature, and humidity) were sufficient to achieve sterilization. While chemical indicators are useful for verifying that certain conditions (like temperature and steam presence) were met, they do not provide evidence of microbial lethality. Time monitoring and temperature checks are important for ensuring that the sterilizer operates within the specified parameters but do not confirm whether these parameters were effective in destroying all microorganisms present. Therefore, biological indicators stand out as the most reliable method for validating the overall efficacy of the sterilization process, making them the best choice in this context.

### 3. What can be a result of improper denture fit?

- A. Improved speech
- B. Comfortable chewing
- C. Pain and discomfort**
- D. Enhanced aesthetics

Improper denture fit can lead to pain and discomfort because dentures that do not fit well can create pressure points on the gums and soft tissues of the mouth. This can result in sore spots, irritation, and even infection. When dentures are too loose, they may cause friction during normal activities such as eating or speaking, further contributing to discomfort. Additionally, a poor fit may lead to difficulty in maintaining proper oral hygiene, exacerbating any associated oral health issues. Therefore, addressing the fit of dentures is crucial not only for comfort but for overall oral health and function.

### 4. What condition may angular cheilitis indicate?

- A. Allergy to toothpaste
- B. Anorexia/bulimia due to malnutrition**
- C. Diabetes mellitus
- D. Chronic dermatitis

Angular cheilitis is characterized by inflammation and cracked corners of the mouth, which can often suggest underlying nutritional deficiencies or systemic health issues. In this context, option B, indicating anorexia or bulimia due to malnutrition, is particularly relevant. Individuals with these eating disorders may experience deficiencies in essential vitamins and minerals, such as B vitamins and iron, which are crucial for maintaining healthy skin and mucosal integrity. When these nutrients are lacking, it can lead to complications like angular cheilitis. While angular cheilitis can be associated with other conditions, its presence in the context of eating disorders correlates with how malnutrition impacts oral health. Recognizing this link allows healthcare providers to assess the nutritional status of individuals presenting with this symptom, guiding them towards appropriate interventions.

**5. In what type of disease is a "cotton wool" pattern in bone commonly observed?**

- A. Paget's disease**
- B. Dentinogenesis imperfect**
- C. Fibrous dysplasia**
- D. Pemphigus vulgaris**

The presence of a "cotton wool" pattern in bone is most commonly associated with Paget's disease. This condition is characterized by abnormal and excessive remodeling of bone, leading to the formation of structurally disorganized and enlarged bones. The "cotton wool" appearance refers to the radiological finding that presents as areas of radiolucency and radiopacity within the affected bones, resembling a fluffy, cotton-like texture. Paget's disease typically affects the pelvis, skull, spine, and long bones. The altered bone structure can lead to symptoms like bone pain, deformity, and an increased risk of fractures. The distinctive cotton wool appearance is a reflection of the chaotic bone remodeling processes that occur, featuring areas of both increased and decreased density. In contrast, other conditions listed in the question do not exhibit this specific radiological pattern associated with Paget's disease. Dentinogenesis imperfect pertains to dental formation issues and does not affect bone structure in the same way. Fibrous dysplasia involves the abnormal growth of fibrous tissue in bones, leading to a different presentation on imaging. Pemphigus vulgaris is an autoimmune disease primarily affecting the skin and mucous membranes, without any characteristic bone pattern observed in radiology.

**6. What eye condition is associated with hyperthyroidism?**

- A. Conjunctivitis**
- B. Exophthalmos**
- C. Glaucoma**
- D. Cataracts**

Hyperthyroidism can lead to a condition known as exophthalmos, which is characterized by the protrusion or bulging of the eyes. This occurs primarily due to the inflammation and swelling of the eye muscles and the tissues behind the eyes, a common feature of Graves' disease, the most prevalent cause of hyperthyroidism. The autoimmune response in Graves' disease causes an accumulation of glycosaminoglycans (GAGs) in the retro-orbital space, leading to an increase in volume and pressure behind the eyeball, resulting in outward displacement. Other eye conditions listed, while they can affect individuals, do not specifically correlate with hyperthyroidism in the way that exophthalmos does. Conjunctivitis is an inflammation of the conjunctiva and can be caused by various factors, including infections and allergies. Glaucoma is related to increased intraocular pressure and is not directly associated with hyperthyroidism. Cataracts involve the clouding of the lens of the eye and are typically age-related or due to other systemic conditions, rather than being linked to thyroid dysfunction.

**7. Which of the following conditions can result in a painful red tongue in a diabetic?**

- A. Uncontrolled blood sugar levels**
- B. Vitamin D deficiency**
- C. Thyroid dysfunction**
- D. Infections**

A painful red tongue in a diabetic individual is often associated with uncontrolled blood sugar levels. Diabetes can lead to various oral complications, including alterations in the oral mucosa and increased susceptibility to infections. Poorly controlled blood sugar levels can cause a range of inflammatory conditions in the oral cavity, including glossitis, which manifests as a swollen, red, painful tongue. Additionally, high blood glucose can disrupt normal blood flow and may lead to changes in the quality of saliva, putting individuals at risk for further complications such as fungal infections (e.g., candidiasis), which can also cause discomfort and redness of the tongue. Therefore, maintaining good glycemic control is crucial in preventing these oral manifestations and discomfort. The other options, while they can affect overall health, do not directly correlate with the specific presentation of a painful red tongue in the context of diabetes. Vitamin D deficiency is more commonly linked to bone health and may affect general well-being rather than specifically leading to a red tongue. Thyroid dysfunction can influence metabolism and energy levels but is not a primary cause of tongue changes in diabetes. Infections, although they can contribute to oral issues, are often secondary to the underlying problem of uncontrolled blood sugar.

**8. What effect should patients be cautioned about when using anti-cholinergic medications?**

- A. Mydriasis**
- B. Vomiting**
- C. Bradycardia**
- D. Diarrhea**

Patients should be cautioned about mydriasis, which refers to the dilation of the pupils, as it is a well-known effect of anti-cholinergic medications. These medications work by blocking the action of acetylcholine, a neurotransmitter that plays a critical role in various body functions, including the regulation of pupil size. When acetylcholine is inhibited, the constrictor muscles of the iris relax, leading to pupil dilation. This can result in heightened sensitivity to light and blurred vision, particularly in individuals with existing vision issues. Mydriasis is especially relevant in clinical settings where quick visual assessments may be necessary, or in situations such as driving or operating machinery, where visual clarity is essential. Additionally, patients who have conditions like glaucoma need to be particularly cautious since increased pupil size can worsen their condition by increasing intraocular pressure. In contrast, vomiting, bradycardia, and diarrhea are less commonly associated with anti-cholinergic medications. While these medications can affect a variety of systems in the body, the direct association with pupil dilation makes mydriasis the primary concern for patients using these types of medications.

**9. In cases of hypotension during pregnancy, why is it advisable to lay the patient on her left side?**

- A. To reduce vena cava compression**
- B. To promote fetal movement**
- C. To avoid excessive blood flow to the head**
- D. To enhance lung capacity**

Laying a patient on her left side during cases of hypotension in pregnancy is advisable primarily because this position helps reduce compression of the vena cava, specifically the inferior vena cava, which can occur when a pregnant woman is positioned supine (lying flat on her back). The inferior vena cava carries deoxygenated blood from the lower body back to the heart, and in the later stages of pregnancy, the growing uterus can exert pressure on this vessel when the mother is supine. This compression can lead to reduced venous return, causing further drops in blood pressure and potentially affecting both maternal and fetal well-being. By positioning the woman on her left side, the weight of the uterus is shifted away from the inferior vena cava, allowing for improved blood flow back to the heart and thus enhancing overall circulation. This position not only helps stabilize blood pressure but also promotes optimal perfusion for the fetus, which is crucial during episodes of hypotension. The benefits of this positioning for maternal and fetal health underscore the importance of understanding maternal physiology during pregnancy.

**10. Under what condition is Ketoconazole contraindicated?**

- A. When taken with azithromycin**
- B. When taken with erythromycin**
- C. When taken with penicillin**
- D. When taken with tetracycline**

Ketoconazole is contraindicated when taken with erythromycin due to the potential for significant drug interactions. Erythromycin is a known inhibitor of the cytochrome P450 3A4 enzyme, which is responsible for the metabolism of many drugs, including ketoconazole. When ketoconazole is taken alongside erythromycin, it can lead to increased plasma levels of ketoconazole, which may enhance the risk of adverse effects and toxicity. This interaction emphasizes the importance of understanding pharmacokinetic properties when safety concerns arise with multiple medications. Other options do not carry the same level of concern regarding contraindications. While azithromycin also affects the same metabolic pathways, it is generally not considered to have the same pronounced effect as erythromycin on ketoconazole's metabolism. Penicillin and tetracycline do not have significant clinical interactions with ketoconazole that would contraindicate their concurrent use.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://adexdse.examzify.com>**

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

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