

# California Registered Dental Assistant (RDA) Written Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. The use of dry angles during moisture control activities helps control saliva flow from?**
  - A. Stenson's duct**
  - B. Parotid gland**
  - C. Sublingual gland**
  - D. Submandibular gland**
- 2. A surgical dressing that is applied to the surgical site for protection is called a**
  - A. Composite dressing**
  - B. Periodontal dressing**
  - C. Gauze dressing**
  - D. Zinc oxide dressing**
- 3. Which of the following is a sign of anaphylactic shock?**
  - A. Nausea**
  - B. Headache**
  - C. Respiratory distress**
  - D. Itching**
- 4. Routine hand washing for dental healthcare personnel includes the use of?**
  - A. Water and antibacterial soap**
  - B. Hand sanitizer only**
  - C. Water and plain soap**
  - D. Sterile gloves without washing**
- 5. What would be a contraindication to a patient receiving fixed prosthodontics?**
  - A. Poor oral hygiene**
  - B. Allergic to local anesthesia**
  - C. Diabetes**
  - D. High blood pressure**

- 6. The diagnosis of inflamed pulp tissue is**
- A. Apical abscess**
  - B. Pulpitis**
  - C. Periodontitis**
  - D. Gingivitis**
- 7. According to the Center for Disease Control and Prevention, patient-care items that penetrate soft tissue are categorized as?**
- A. Non-critical**
  - B. Semi-critical**
  - C. Critical**
  - D. Not applicable**
- 8. What effect does eugenol have on the pulp?**
- A. Soothing**
  - B. Irritating**
  - C. Neutral**
  - D. Drying**
- 9. Which of the following indicators is placed inside every package of instruments prior to sterilization?**
- A. Biological**
  - B. Mechanical**
  - C. Chemical**
  - D. Physical**
- 10. What are quality control tests?**
- A. Tests for evaluating staff performance**
  - B. Specific tests for monitoring dental x-ray equipment, supplies, and film processing**
  - C. Surveys for patient satisfaction**
  - D. General healthcare facility safety inspections**

## **Answers**

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

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## **Explanations**

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**1. The use of dry angles during moisture control activities helps control saliva flow from?**

- A. Stenson's duct**
- B. Parotid gland**
- C. Sublingual gland**
- D. Submandibular gland**

Dry angles are cotton pads used during dental procedures to absorb saliva and keep the mouth dry. They are placed near Stenson's duct, which is the main duct that carries saliva from the parotid gland. This is because the parotid gland produces the majority of the saliva in our mouth, and using dry angles can help control saliva flow from it. Options B, C, and D are incorrect because they refer to other salivary glands, which may also contribute to saliva production, but are not specifically targeted by the use of dry angles.

**2. A surgical dressing that is applied to the surgical site for protection is called a**

- A. Composite dressing**
- B. Periodontal dressing**
- C. Gauze dressing**
- D. Zinc oxide dressing**

A composite dressing is typically used for wound management that requires both absorption and waterproofing, but a surgical site would not need waterproofing. B: Periodontal dressing, also known as a surgical dressing, is specifically used for protecting surgical sites, unlike the other options. C: A gauze dressing may not provide enough protection for a surgical site as it is porous and allows for air and liquid exchange. D: A zinc oxide dressing is commonly used for skin conditions such as burns or eczema, but it does not provide enough coverage or protection for a surgical site.

**3. Which of the following is a sign of anaphylactic shock?**

- A. Nausea**
- B. Headache**
- C. Respiratory distress**
- D. Itching**

Anaphylactic shock is a severe and potentially life-threatening allergic reaction that occurs due to a hyperactive response of the immune system. It is characterized by a sudden drop in blood pressure and difficulty breathing. Nausea and headache are common symptoms of many allergies, but they are not specific to anaphylactic shock. Itching, also known as pruritus, is a common sign of an allergic reaction, but it can occur in varying degrees for different types of allergies and is not a definitive indicator of anaphylactic shock. Respiratory distress, on the other hand, is a hallmark sign of anaphylactic shock and should be taken seriously as an emergency situation requiring immediate medical attention.

**4. Routine hand washing for dental healthcare personnel includes the use of?**

- A. Water and antibacterial soap**
- B. Hand sanitizer only**
- C. Water and plain soap**
- D. Sterile gloves without washing**

Routine hand washing for dental healthcare personnel should include the use of water and plain soap. Antibacterial soap is not recommended as it increases the risk of bacterial resistance and may not be any more effective than plain soap. Hand sanitizer should be used as a supplementary measure but should not replace hand washing with soap and water. Sterile gloves should not be used without proper hand washing first, as they can become contaminated during glove removal.

**5. What would be a contraindication to a patient receiving fixed prosthodontics?**

- A. Poor oral hygiene**
- B. Allergic to local anesthesia**
- C. Diabetes**
- D. High blood pressure**

A contraindication refers to a factor or condition that would make a particular treatment or procedure inadvisable. Therefore, the other options listed (B Allergic to local anesthesia, C: Diabetes, D: High blood pressure) are not direct contraindications to receiving fixed prosthodontics, although they may require extra precautions to ensure the safety and success of the treatment. Poor oral hygiene, on the other hand, can make it difficult for the fixed prosthodontics to properly adhere and function in the mouth, making it a contraindication for the procedure. It is important for patients to maintain good oral hygiene before and after receiving any type of dental treatment.

**6. The diagnosis of inflamed pulp tissue is**

- A. Apical abscess**
- B. Pulpitis**
- C. Periodontitis**
- D. Gingivitis**

Inflamed pulp tissue refers to the inflammation of the connective tissue and blood vessels within the pulp of a tooth. This is commonly known as pulpitis and is caused by various factors such as dental caries, trauma, or infection. This condition is separate from apical abscess, which is an infection at the root of a tooth, and periodontitis, which is the inflammation of the tissues surrounding the tooth. Gingivitis is also a different condition that only affects the gums and not the pulp tissue. Therefore, out of all the given choices, pulpitis is the correct diagnosis for inflamed pulp tissue.

**7. According to the Center for Disease Control and Prevention, patient-care items that penetrate soft tissue are categorized as?**

- A. Non-critical**
- B. Semi-critical**
- C. Critical**
- D. Not applicable**

Penetrating patient-care items are categorized as "critical" according to the Center for Disease Control and Prevention. This is because these items come into contact with sterile tissue or the vascular system, and have a high risk of transmitting infectious agents if not properly sterilized. Non-critical items come into contact with intact skin and are at a lower risk of transmitting infectious agents. Semi-critical items come into contact with mucous membranes and carry a moderate risk of infection, but are not inserted into sterile tissue. "Not applicable" is not a category for patient-care items, but rather an option for circumstances where the question does not apply.

**8. What effect does eugenol have on the pulp?**

- A. Soothing**
- B. Irritating**
- C. Neutral**
- D. Drying**

Eugenol is a natural oil derived from cloves that has analgesic and anti-inflammatory properties, making it soothing for the pulp. Option B is incorrect because eugenol is known to have a numbing effect on the pulp, reducing pain and inflammation rather than causing irritation. Option C is incorrect as eugenol does have an effect on the pulp, rather than being neutral. Option D is incorrect because eugenol is not known to have a drying effect on the pulp, but rather it helps to reduce discomfort and promote healing.

**9. Which of the following indicators is placed inside every package of instruments prior to sterilization?**

- A. Biological**
- B. Mechanical**
- C. Chemical**
- D. Physical**

Chemical indicators, also known as process indicators or internal indicators, are specifically designed to react to a specific sterilization process and can be placed inside every package prior to sterilization. This allows for the indicators to indicate if the instrument package has been exposed to the sterilization process and ensures that all areas within the package have been reached by the sterilizing agent. The other options, biological, mechanical, and physical indicators, are not placed inside the package but are used to monitor the sterilization process. Biological indicators involve using live, non-pathogenic microorganisms to test the effectiveness of the sterilization process. Mechanical indicators measure time, temperature, and pressure during the process. Physical indicators monitor the physical aspects of the process, such as color change or destruction of packaging. While these are important indicators in ensuring proper sterilization, they are not placed inside the package itself. Therefore, they are not the

**10. What are quality control tests?**

- A. Tests for evaluating staff performance**
- B. Specific tests for monitoring dental x-ray equipment, supplies, and film processing**
- C. Surveys for patient satisfaction**
- D. General healthcare facility safety inspections**

Quality control tests are specifically designed tests for monitoring dental x-ray equipment, supplies, and film processing. Option A is incorrect because those are performance evaluations for staff, not specific tests for equipment and supplies. Option C is incorrect because those are surveys for patient satisfaction, not tests for equipment and supplies. Option D is incorrect because those are general safety inspections for healthcare facilities, not specific tests for dental x-ray equipment, supplies, and film processing.