

# City & Guilds Level 3 Diploma in Dental Nursing Practice Test (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What function does a flat plastic serve in dentistry?**
  - A. To clean dental tools**
  - B. To fill cavities**
  - C. To remove excess filling materials**
  - D. To create space between teeth**
  
- 2. How often should the recovery position be changed?**
  - A. Every 30 minutes**
  - B. Every 15 minutes**
  - C. Every 10 minutes**
  - D. Only once**
  
- 3. What is a primary function of wedges in dental procedures?**
  - A. To polish tooth surfaces**
  - B. To hold materials in place**
  - C. To apply dental amalgam**
  - D. To assist in tooth extraction**
  
- 4. What is the purpose of using a shade guide during dental procedures?**
  - A. To determine the proper size of the prosthesis**
  - B. To select the appropriate color of dental materials**
  - C. To assess the occlusal relationship**
  - D. To measure the patient's bite**
  
- 5. What bacteria is noted for its later involvement in the development of dental caries?**
  - A. Streptococcus mutans**
  - B. Lactobacillus**
  - C. Staphylococcus aureus**
  - D. Bacillus anthracis**

**6. What tool is specifically used to contour surfaces and carve anatomy back into amalgam?**

- A. Flat plastic**
- B. Burnisher**
- C. Wards caver**
- D. Aspiration tip**

**7. What is contained within the pulp of a tooth?**

- A. Enamel and dentine**
- B. Nerves and blood vessels**
- C. Cementum and cusp**
- D. Ameloblasts and odontoblasts**

**8. What does the Ramus of the mandible refer to?**

- A. Horizontal part of mandible**
- B. Vertical part of mandible**
- C. Posterior part of mandible**
- D. Anterior part of mandible**

**9. Which guideline emphasizes the importance of preventing infection in dental practice?**

- A. NICE Guidelines**
- B. CQC Guidelines**
- C. Health and Safety at Work Act**
- D. Dentists Act**

**10. What agent is commonly used to disinfect non-metallic or fabric surfaces?**

- A. Sodium Hypochlorite - Bleach**
- B. Alcohol-based disinfectants**
- C. Hydrogen Peroxide**
- D. Povidone Iodine**

## **Answers**

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

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## **Explanations**

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## 1. What function does a flat plastic serve in dentistry?

- A. To clean dental tools**
- B. To fill cavities**
- C. To remove excess filling materials**
- D. To create space between teeth**

In dentistry, a flat plastic serves primarily to remove excess filling materials. This tool is designed with a flat surface that allows for precision in managing and shaping dental materials, such as composite resins. After a cavity has been filled, it's crucial to ensure that there is no excess material that could affect the bite or retention of the filling. The flat plastic can effectively adjust the filling to sit comfortably and securely within the tooth, providing a smooth finish and ensuring proper occlusion. The effectiveness of a flat plastic in this role is due to its design, which allows dental professionals to meticulously trim and contour filling materials without disturbing the surrounding tooth structure. This careful manipulation contributes to the overall success of restorative procedures and enhances patient comfort. The other options proposed do not accurately reflect the intended use of a flat plastic in dental practice. Cleaning dental tools, filling cavities, or creating space between teeth involves different instruments and techniques suited for those specific tasks.

## 2. How often should the recovery position be changed?

- A. Every 30 minutes**
- B. Every 15 minutes**
- C. Every 10 minutes**
- D. Only once**

The recovery position should be changed every 30 minutes to ensure that the patient is monitored for any changes in their condition and to prevent complications such as pressure sores. This practice is particularly important because remaining in the same position for prolonged periods can lead to discomfort and could potentially cause skin integrity issues. The 30-minute interval allows for adequate time to assess the patient's vital signs and overall well-being while maintaining their safety in the recovery position, which is designed to keep the airway clear and prevent aspiration. This practice also supports the prevention of muscle stiffness and pressure injuries by encouraging periodic movement.

### 3. What is a primary function of wedges in dental procedures?

- A. To polish tooth surfaces
- B. To hold materials in place**
- C. To apply dental amalgam
- D. To assist in tooth extraction

The primary function of wedges in dental procedures is to hold materials in place. Wedges are commonly used in restorative dentistry, particularly during the placement of posterior dental restorations. They help create a tight seal between the tooth and the restorative material by providing the necessary separation and support. This is crucial for achieving proper contour and contact points with adjacent teeth, which ultimately contributes to the overall success of the restoration. By properly positioning the wedge, dental professionals can ensure that restorative materials do not flow out of the preparation area and that they achieve the intended volume and shape. This function is essential for durability and long-term success of dental restorations, as well as for preventing potential issues related to overhangs or improper occlusion.

### 4. What is the purpose of using a shade guide during dental procedures?

- A. To determine the proper size of the prosthesis
- B. To select the appropriate color of dental materials**
- C. To assess the occlusal relationship
- D. To measure the patient's bite

Using a shade guide during dental procedures serves the primary purpose of selecting the appropriate color of dental materials to ensure a natural appearance that matches the patient's existing teeth. This is especially crucial in restorative dentistry, where aesthetic outcomes significantly influence patient satisfaction. Shade guides contain a variety of color samples that dental professionals use to visually assess and match the color of a patient's teeth. The correct selection of shade is vital for procedures such as fillings, crowns, and veneers, where the goal is to create a seamless integration between the dental restoration and the surrounding natural dentition. The importance of this selection process cannot be underestimated, as a mismatch can lead to visible restorations that detract from the overall smile and patient appearance. Thus, employing a shade guide is an essential practice that enhances the cosmetic outcome of dental treatments.

**5. What bacteria is noted for its later involvement in the development of dental caries?**

- A. Streptococcus mutans**
- B. Lactobacillus**
- C. Staphylococcus aureus**
- D. Bacillus anthracis**

The development of dental caries, commonly known as tooth decay, is primarily initiated by specific types of bacteria that contribute to the demineralization of tooth enamel. The correct choice, which is *Streptococcus mutans*, is recognized as the primary bacterium involved in the early stages of caries formation. This bacterium is highly adept at metabolizing sugars to produce acid, which lowers the pH in the oral environment and leads to enamel demineralization. While *Lactobacillus* is indeed involved in the later stages of caries progression, contributing to the continued breakdown of dentin and secondary lesions, it is not the initial bacterium responsible for initiating the carious process. Therefore, while *Lactobacillus* plays a significant role in the progression of dental caries, it is not the bacterium that is primarily noted for the formation of caries from the beginning. Bacteria such as *Staphylococcus aureus* and *Bacillus anthracis* are not typically associated with dental caries. *Staphylococcus aureus* is more commonly linked to other infections and conditions, and *Bacillus anthracis* is known for causing anthrax, which is entirely unrelated to oral health and dental caries. Understanding the role of various bacteria in dental health

**6. What tool is specifically used to contour surfaces and carve anatomy back into amalgam?**

- A. Flat plastic**
- B. Burnisher**
- C. Wards caver**
- D. Aspiration tip**

The specific tool used to contour surfaces and carve anatomy back into amalgam is the Wards carver. This instrument is designed with a sharp blade that allows dental professionals to refine the surface of an amalgam restoration effectively. The design and shape of the Wards carver enable precise sculpting of the material, ensuring that the final anatomy closely resembles natural tooth structure. Utilizing a Wards carver helps achieve optimal occlusion and interproximal contouring, which is critical for the overall function and aesthetics of the dental restoration. Proper carving not only enhances the aesthetic quality of the filling but also ensures that the restoration serves its purpose effectively regarding bite and pressure distribution. In contrast, other tools serve different functions—for example, a flat plastic is primarily used for shaping composite materials rather than carving amalgam, a burnisher is used to smooth surfaces and polish, and an aspiration tip is designed for suctioning fluids and debris from the oral cavity during procedures. Each of these has its specific applications, highlighting the unique role of the Wards carver in amalgam restoration.

## 7. What is contained within the pulp of a tooth?

- A. Enamel and dentine
- B. Nerves and blood vessels**
- C. Cementum and cusp
- D. Ameloblasts and odontoblasts

The pulp of a tooth is a vital structure that contains nerves and blood vessels, which are essential for providing the tooth with nutrients and sensory functions. The nerve fibers within the pulp allow the tooth to sense temperature and pain, while the blood vessels supply oxygen and nutrients necessary for the health and vitality of the tooth. The pulp also plays a role in the formation of dentin, as it contains cells that contribute to the production of this tissue. In contrast, enamel and dentine are two outer layers of the tooth but are not found within the pulp. Cementum is a substance that covers the roots of the teeth, and although it is crucial for tooth stability, it does not reside within the pulp. Ameloblasts and odontoblasts are specialized cells involved in the formation of enamel and dentin, respectively, but they are not contained within the pulp itself; rather, odontoblasts are found along the boundary of the pulp chamber and play a role in dentin formation.

## 8. What does the Ramus of the mandible refer to?

- A. Horizontal part of mandible
- B. Vertical part of mandible**
- C. Posterior part of mandible
- D. Anterior part of mandible

The Ramus of the mandible refers to the vertical part of the mandible that extends upwards from the body of the mandible. This structure is integral to the overall shape and function of the lower jaw. It consists of two main components: the coronoid process and the condylar process, which articulate with the skull and allow for the movement necessary for chewing and speaking. The design of the ramus supports various muscles that assist in mastication, making it a critical element in both functional and anatomical terms. Other parts of the mandible, such as the horizontal part, refer to the body of the mandible which primarily supports the teeth. The posterior and anterior parts describe different regions, but it's the vertical segment known as the ramus that specifically provides the definition sought in the question. Understanding the structure and function of the ramus aids in grasping the broader anatomy of the mandible and its role in oral health.

**9. Which guideline emphasizes the importance of preventing infection in dental practice?**

- A. NICE Guidelines**
- B. CQC Guidelines**
- C. Health and Safety at Work Act**
- D. Dentists Act**

The NICE Guidelines, established by the National Institute for Health and Care Excellence, provide comprehensive recommendations that focus on improving patient care and managing risks in various healthcare settings, including dental practices. One of the key areas they address is the prevention of infection, stressing the adoption of strict infection control measures to safeguard both patients and dental staff. These guidelines encompass protocols for sterilization, disinfection, personal protective equipment, and overall hygiene practices, all aimed at minimizing the risk of infectious diseases in the dental environment. While the other options also play significant roles in healthcare and dental practice, they do not specifically focus primarily on infection prevention. The CQC Guidelines emphasize regulatory compliance and quality of care, the Health and Safety at Work Act ensures general workplace safety but is broader in scope, and the Dentists Act regulates the practice of dentistry without directly dictating infection control procedures in the same specific manner as the NICE Guidelines.

**10. What agent is commonly used to disinfect non-metallic or fabric surfaces?**

- A. Sodium Hypochlorite - Bleach**
- B. Alcohol-based disinfectants**
- C. Hydrogen Peroxide**
- D. Povidone Iodine**

The commonly used agent for disinfecting non-metallic or fabric surfaces is sodium hypochlorite, commonly referred to as bleach. This powerful disinfectant is effective against a wide range of pathogens, including bacteria, viruses, and fungi. Sodium hypochlorite works by releasing chlorine in a solution, which is a potent antimicrobial agent that disrupts the proteins and cellular processes of microorganisms, leading to their inactivation. It is particularly valued for its ability to clean and disinfect surfaces quickly and effectively. However, while it is effective, sodium hypochlorite can be corrosive and may cause discoloration or damage to some fabrics and non-metallic surfaces if not used correctly, so it must be diluted appropriately and used with care. In contrast, alcohol-based disinfectants are also effective in many contexts, particularly for hard surfaces and skin, but may not penetrate fabrics as effectively as bleach. Hydrogen peroxide is useful as a disinfectant as well, but its application on non-metallic or fabric surfaces may not be as common due to the potential for bleaching and material degradation. Povidone iodine, primarily used for skin antisepsis, does not serve as a universal disinfectant for non-metallic or fabric surfaces in the same way that sodium

# 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://cityandguildslvl3dentalnursing.examzify.com>**

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

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