

DENTAL CARE DELIVERY IN THE UNITED STATES PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. In risk assessment, what is meant by tailoring treatment?**
 - A. Performing the same treatment for all patients.
 - B. Adjusting care plan based on a patient's risk for caries, periodontal disease, or other conditions.
 - C. Reducing the number of visits regardless of risk.
 - D. Ignoring patient preferences.
- 2. Civil service agencies fall under which government department?**
 - A. The federal government
 - B. The state Department
 - C. The local city council
 - D. The private sector Employment Commission
- 3. What does NBDHE stand for?**
 - A. National Board Dental Hygiene Exam
 - B. National Board for Dental Hygiene Education
 - C. National Board Dental Health Exam
 - D. National Board of Dental Hygiene Examination
- 4. Prevalence is the number of existing cases at a point in time. Which statement best reflects this concept?**
 - A. It measures new cases developing over time
 - B. It is the number of existing cases at a point in time
 - C. It equals the mortality rate
 - D. It is the rate of disease spread
- 5. Which sectors are included in the dental care delivery system in the United States?**
 - A. Private sector
 - B. Federal government
 - C. State government
 - D. All of the above

- 6. Approximately how many officers are in the PHS Commissioned Corps?**
- A. 6000
 - B. 1000
 - C. 20000
 - D. 3500
- 7. Which of the following statements about risk-based infection control in dental settings is true?**
- A. It ignores standard precautions to save time.
 - B. It tailors precautions to risk and uses enhanced measures as needed, in addition to standard precautions for all patients.
 - C. It relies only on patient symptom checking.
 - D. It uses infection control only for high-risk patients.
- 8. PHI stands for which term under HIPAA?**
- A. Protected Health Identity
 - B. Personal Health Information
 - C. Private Health Insurance
 - D. Protected Health Information
- 9. Which of the following is a goal of the US Public Health Service?**
- A. Prevent and control diseases
 - B. Identify health hazards in the environment
 - C. Help provide health care to Native Americans
 - D. All of the above
- 10. Why was the COSTEP program established?**
- A. To attract qualified students in accredited health care programs into the Commissioned Corps and service in the PHS
 - B. To expand private dental practices
 - C. To standardize dental hygiene curricula nationwide
 - D. To fund hospital construction projects

Answers

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

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Explanations

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1. In risk assessment, what is meant by tailoring treatment?

- A. Performing the same treatment for all patients.
- B. Adjusting care plan based on a patient's risk for caries, periodontal disease, or other conditions.**
- C. Reducing the number of visits regardless of risk.
- D. Ignoring patient preferences.

Tailoring treatment in risk assessment means adjusting the care plan to fit each patient's level of risk for caries, periodontal disease, and other conditions. This approach uses the individual risk profile to decide what preventive measures to emphasize, how often to schedule visits, and what level of monitoring is needed. For someone at high caries risk, the plan might include more frequent recalls, fluoride applications, sealants, and targeted dietary counseling, whereas a low-risk patient could be managed with less frequent visits and standard preventive care. In periodontal risk, higher risk may justify earlier interventions, more frequent maintenance, and closer monitoring. The aim is to optimize outcomes by matching the intensity of care to risk rather than applying the same plan to every patient or ignoring patient preferences.

2. Civil service agencies fall under which government department?

- A. The federal government
- B. The state Department**
- C. The local city council
- D. The private sector Employment Commission

Civil service agencies are part of the state government's personnel system, housed within the state-level department that oversees public employment and merit-based hiring. This department—often named the Department of Civil Service, Department of Personnel, or Administrative Services—manages state employee recruitment, classification, and policies, separating these functions from political processes. The federal government has its own separate personnel framework, a local city council handles municipal staff, and the private sector is not a government department, so the state-level department is the appropriate home for state civil service agencies.

3. What does NBDHE stand for?

- A. National Board Dental Hygiene Exam**
- B. National Board for Dental Hygiene Education
- C. National Board Dental Health Exam
- D. National Board of Dental Hygiene Examination

The key idea is recognizing the official name of the licensure assessment for dental hygienists. NBDHE stands for National Board Dental Hygiene Examination. This is the standardized exam used by U.S. state licensing boards to assess competence for practicing dental hygiene, typically administered through the Joint Commission on National Dental Examinations. The wording matches the field exactly: "National Board" for the nationwide exam, "Dental Hygiene" describes the profession, and "Examination" (often shortened to Exam in the acronym) indicates it's an assessment. The other options change words in ways that don't reflect the official title—for example, using "for" instead of "Board," or "Dental Health" instead of "Dental Hygiene," or "of" instead of "Board." Those don't align with the recognized name of the exam.

4. Prevalence is the number of existing cases at a point in time. Which statement best reflects this concept?

- A. It measures new cases developing over time
- B. It is the number of existing cases at a point in time**
- C. It equals the mortality rate
- D. It is the rate of disease spread

Prevalence tells us how widespread a condition is in a population at a specific moment by counting everyone who currently has the condition. This differs from incidence, which looks at new cases developing over time. Prevalence can be a raw count or a proportion of the population, and it reflects both how often new cases occur and how long people live with the condition (longer duration increases prevalence). It does not measure deaths (mortality) or how rapidly a disease is spreading (transmission). So the statement that best reflects prevalence is that it is the number of existing cases at a point in time.

5. Which sectors are included in the dental care delivery system in the United States?

- A. Private sector
- B. Federal government
- C. State government
- D. All of the above**

The dental care delivery system in the United States includes multiple sectors: private sector providers, the federal government, and state governments. Each plays a distinct role, and together they cover the range of who delivers care and how it's funded and regulated. The private sector is the backbone of everyday care, with private dental offices, clinics, and private insurers that finance and deliver most routine services. The federal government contributes through programs that serve specific populations and support public health, such as care for veterans, active-duty military, Native American communities, and certain public health initiatives. State governments regulate the profession and administer many public programs, including Medicaid, CHIP, and state-funded clinics, as well as licensure and professional standards for dentists. Because care comes from private practitioners as well as programs at both federal and state levels, all of these sectors are involved.

6. Approximately how many officers are in the PHS Commissioned Corps?

- A. 6000**
- B. 1000
- C. 20000
- D. 3500

The size of the PHS Commissioned Corps is best understood as a mid-sized uniformed public-health force. The active-duty officer count is about six thousand. This places it squarely between a few thousand and twenty thousand, making six thousand the most accurate approximate figure. Smaller numbers like around a thousand or around three thousand five hundred are not aligned with how many officers are typically reported, and twenty thousand would be larger than the official estimate. For dental professionals, this size helps explain the opportunities to serve across federal agencies in public health roles, such as in the CDC, FDA, or NIH.

7. Which of the following statements about risk-based infection control in dental settings is true?

- A. It ignores standard precautions to save time.
- B. It tailors precautions to risk and uses enhanced measures as needed, in addition to standard precautions for all patients.**
- C. It relies only on patient symptom checking.
- D. It uses infection control only for high-risk patients.

Risk-based infection control in dental settings means using standard precautions for every patient and adding enhanced measures based on an assessment of risk. Standard precautions provide the baseline protection for all encounters, including hand hygiene, appropriate PPE, safe handling of sharps, and proper instrument processing and environmental cleaning. When the risk is higher—due to patient history, known or suspected infection, or the nature of the dental procedure—additional safeguards are added on top of those baseline practices. Relying solely on symptoms isn't reliable because many infections can be asymptomatic, and limiting precautions only to high-risk patients would expose others and staff to potential transmission. This approach balances consistent protection for everyone with heightened measures when the situation warrants it.

8. PHI stands for which term under HIPAA?

- A. Protected Health Identity
- B. Personal Health Information
- C. Private Health Insurance
- D. Protected Health Information**

The term tested is the official HIPAA terminology for health data. PHI stands for Protected Health Information, which refers to any individually identifiable health information that is created or received by a covered entity and relates to the patient's past, present, or future health care or payment for health care, in any form (electronic, paper, or other). This protection applies to data that can identify the person, such as name, date of birth, or medical record numbers, and it is safeguarded by the Privacy and Security Rules. The option "Protected Health Identity" isn't used in HIPAA, so it isn't correct. "Personal Health Information" is similar in meaning but not the official HIPAA term. "Private Health Insurance" concerns coverage rather than protected health data. Therefore, the correct choice is Protected Health Information.

9. Which of the following is a goal of the US Public Health Service?

- A. Prevent and control diseases
- B. Identify health hazards in the environment
- C. Help provide health care to Native Americans
- D. All of the above**

Public health work spans preventing disease, protecting the environment, and delivering care to underserved groups. The US Public Health Service is built to prevent and control diseases across the population, identify and mitigate health hazards in the environment, and provide health care to Native American communities through the Indian Health Service. Because these areas all align with the Service's mission, all of these goals are part of what the US Public Health Service aims to do.

10. Why was the COSTEP program established?

- A. To attract qualified students in accredited health care programs into the Commissioned Corps and service in the PHS**
- B. To expand private dental practices
- C. To standardize dental hygiene curricula nationwide
- D. To fund hospital construction projects

COSTEP was created to attract qualified students in accredited health care programs into the Commissioned Corps and to encourage service in the Public Health Service. It provides early exposure to federal public health roles and helps build a pipeline of future PHS officers who can contribute to national public health missions. It isn't about expanding private practice, standardizing curricula nationwide, or funding hospital construction.

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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.

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

<https://dentalcaredeliveryintheus.examzify.com>

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

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