

Dental Hygiene (DHYG) Concepts 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. What should a clinician aim for regarding thigh position while seated?**
 - A. Perpendicular to the ground**
 - B. Inclined upwards**
 - C. Thighs parallel to the floor**
 - D. Crossed over each other**

- 2. What is the normal pulse rate for children?**
 - A. 60-80 bpm**
 - B. 70-90 bpm**
 - C. 90-120 bpm**
 - D. 100-140 bpm**

- 3. What is a fungal manifestation commonly seen in AIDS?**
 - A. Candidiasis**
 - B. Pneumocystis pneumonia**
 - C. Tuberculosis**
 - D. Histoplasmosis**

- 4. Why should amoxicillin be avoided for patients allergic to penicillin?**
 - A. It may exacerbate anxiety**
 - B. They could have a cross allergy**
 - C. It can cause xerostomia**
 - D. It is ineffective for their condition**

- 5. What is the ideal position for a clinician's back while seated?**
 - A. Leaning forward towards the patient**
 - B. Curved away from the backrest**
 - C. Back against the seat back**
 - D. Completely upright without support**

- 6. What do extended lower shanks reach on the root surface?**
- A. Only the coronal third**
 - B. The middle and apical third**
 - C. Only the apical third**
 - D. The entire root surface**
- 7. For effective gripping, what feature is essential in handle design?**
- A. Weight**
 - B. Diameter**
 - C. Texture**
 - D. Length**
- 8. What is cortisone metabolized into to exert its anti-inflammatory effects?**
- A. Adrenaline**
 - B. Cortisol**
 - C. Estrogen**
 - D. Insulin**
- 9. What is the primary use of bisphosphonates?**
- A. Treatment and prevention of pregnancy complications**
 - B. Treatment and prevention of osteoporosis**
 - C. Treatment for heart disease**
 - D. Management of diabetes**
- 10. Where do orange and red stains typically appear?**
- A. At the incisal edge**
 - B. Cervical third of teeth**
 - C. In the middle third of the tooth**
 - D. On the occlusal surface**

Answers

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

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Explanations

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1. What should a clinician aim for regarding thigh position while seated?

- A. Perpendicular to the ground**
- B. Inclined upwards**
- C. Thighs parallel to the floor**
- D. Crossed over each other**

For optimal ergonomics while seated, a clinician should aim for the thighs to be parallel to the floor. This position helps maintain a neutral spine and allows for better stability and balance during clinical procedures. When the thighs are parallel, it reduces strain on the lower back and hips, enabling the clinician to maintain a comfortable and efficient working posture for extended periods. Maintaining this alignment is crucial as it can prevent musculoskeletal issues and enhance overall productivity during patient care. Proper thigh positioning supports adequate blood circulation and reduces the risk of fatigue, empowering the clinician to perform their duties more effectively. In contrast, having the thighs perpendicular to the ground can create unnatural pressure on the lower body, while an upward incline can strain the back and hips. Crossing the thighs might lead to imbalances and restrict circulation, which can also contribute to discomfort and fatigue. Thus, achieving a parallel position provides the best alignment for health and practicality in a clinical setting.

2. What is the normal pulse rate for children?

- A. 60-80 bpm**
- B. 70-90 bpm**
- C. 90-120 bpm**
- D. 100-140 bpm**

The normal pulse rate for children typically ranges from 90 to 120 beats per minute (bpm). This elevated range compared to adult pulse rates is due to the higher metabolic rate and physiological demands of growing children. Infants and younger children generally have higher pulse rates that can fall within this range, reflecting their developmental needs and activity levels. The ranges provided in the other choices either fall below or above the expected normal ranges for children. A pulse rate too low could indicate bradycardia, while a rate that is too high may signal tachycardia, which can be concerning. Therefore, understanding the normal pulse rate for children helps in assessing their health and ensuring they are within expected physiological parameters for growth and development.

3. What is a fungal manifestation commonly seen in AIDS?

- A. Candidiasis**
- B. Pneumocystis pneumonia**
- C. Tuberculosis**
- D. Histoplasmosis**

Candidiasis is indeed a fungal manifestation commonly associated with AIDS (Acquired Immunodeficiency Syndrome). This condition arises because the immune system of individuals with AIDS is significantly compromised, making them more vulnerable to opportunistic infections, including those caused by fungi. Candidiasis is caused by the overgrowth of *Candida* species, a type of yeast that is normally present in the body. In individuals with a healthy immune system, this fungus is typically kept in check; however, when the immune response is weakened, such as in the case of AIDS, it can proliferate uncontrollably. This can lead to oral thrush, esophageal candidiasis, and other related infections that are indicative of advanced immunosuppression. The other options listed, while they are serious conditions related to AIDS, are not fungal infections. *Pneumocystis pneumonia* is caused by a fungal organism but is classified primarily as a type of pneumonia associated with a protozoan-like organism, not a traditional fungal infection. Tuberculosis is a bacterial infection, and histoplasmosis is a fungal disease but is not as commonly seen in AIDS patients compared to candidiasis. Therefore, candidiasis stands out as a primary example of a fungal infection that often manifests in those living with AIDS,

4. Why should amoxicillin be avoided for patients allergic to penicillin?

- A. It may exacerbate anxiety**
- B. They could have a cross allergy**
- C. It can cause xerostomia**
- D. It is ineffective for their condition**

Amoxicillin should be avoided in patients allergic to penicillin because it is a type of penicillin, and there is a potential for cross-reactivity between different penicillin derivatives. This means that if a patient has a history of allergic reactions to penicillin, they may also react to amoxicillin, leading to serious allergic reactions such as anaphylaxis or skin rashes. Understanding the structural similarities among these antibiotics is crucial for ensuring patient safety and avoiding adverse drug reactions. The other options do not address the specific nature of the allergy. Anxiety exacerbation is unrelated to antibiotic use, xerostomia is not a known consequence of taking amoxicillin specifically for those with penicillin allergies, and while amoxicillin could potentially be ineffective for certain conditions, this does not pertain to the patient's allergy status. Thus, the cross allergy between penicillin and amoxicillin is the key reason for avoiding it in allergic patients.

5. What is the ideal position for a clinician's back while seated?

- A. Leaning forward towards the patient**
- B. Curved away from the backrest**
- C. Back against the seat back**
- D. Completely upright without support**

The ideal position for a clinician's back while seated is with the back against the seat back. This position promotes proper posture, which is essential for maintaining comfort and preventing musculoskeletal disorders, especially during lengthy periods of practice. When the back is supported by the seat, it allows for the natural curvature of the spine and reduces strain on the back muscles. An optimal seating posture contributes to the clinician's ability to work effectively without fatigue or discomfort, which can ultimately impact the quality of care provided to patients. Maintaining this position helps align the head, neck, and spine, facilitating better visibility and access to the oral cavity during dental procedures. In contrast, leaning forward towards the patient can lead to poor spinal alignment and increased strain on the back and neck. A curved back away from the backrest also places unnecessary pressure on the lumbar region and may lead to discomfort over time. Sitting completely upright without support can limit relaxation and ultimately lead to fatigue and discomfort, making it harder for the clinician to focus on their work.

6. What do extended lower shanks reach on the root surface?

- A. Only the coronal third**
- B. The middle and apical third**
- C. Only the apical third**
- D. The entire root surface**

Extended lower shanks are specifically designed to allow dental hygienists and dentists to effectively access deeper areas of the root surface, particularly when dealing with periodontal disease or other conditions that might require thorough cleaning of the tooth root. The purpose of these extended shanks is to provide the necessary reach to engage with the middle and apical thirds of the root. The design of the extended shank enables dental professionals to maneuver the instruments more easily into deep pockets and around complex anatomical features of the tooth root, ensuring that they can remove plaque, calculus, and debris that may have accumulated in these areas. This access is crucial for effective periodontal therapy, as cleaning the entire root surface allows for better healing and maintenance of periodontal health. This understanding of how extended lower shanks function helps clarify why the middle and apical thirds are reachable with these instruments, providing a more comprehensive approach to dental hygiene practices.

7. For effective gripping, what feature is essential in handle design?

- A. Weight**
- B. Diameter**
- C. Texture**
- D. Length**

The essential feature for effective gripping in handle design is texture. A textured handle provides an enhanced surface for the fingers to grip, which can significantly reduce the likelihood of slipping during use. Good texture can improve tactile feedback and help maintain control of the instrument, leading to better precision and comfort during procedures. While weight, diameter, and length also play roles in handle design, they are not primarily focused on the gripping aspect. For example, the weight may influence the overall feel but does not directly correlate with grip security. Similarly, diameter can affect handle comfort and fit for different hand sizes, yet without the appropriate texture, a smoothly surfaced handle may still be difficult to hold securely. Length can impact reach but does not directly enhance gripping ability. Thus, texture emerges as the key element that directly affects how well an individual can grip and control a handle in practical use.

8. What is cortisone metabolized into to exert its anti-inflammatory effects?

- A. Adrenaline**
- B. Cortisol**
- C. Estrogen**
- D. Insulin**

Cortisone is metabolized into cortisol in the body, and this conversion is crucial for its anti-inflammatory effects. Once cortisone is converted to cortisol, it can bind to glucocorticoid receptors in various tissues, leading to a range of biological responses that help reduce inflammation. Cortisol has a more potent anti-inflammatory effect than cortisone itself and is responsible for many of the therapeutic effects seen in conditions that involve inflammation, such as arthritis and allergic reactions. The other options do not play a role in this specific metabolism. Adrenaline is a hormone primarily involved in the body's fight-or-flight response and does not have the same anti-inflammatory properties. Estrogen is a hormone primarily involved in reproductive functions and also does not convert from cortisone or play a direct role in inflammation. Insulin is involved in glucose metabolism and has no connection with the metabolism of cortisone into a substance that provides anti-inflammatory effects. Thus, the correct answer emphasizes the critical metabolism of cortisone into cortisol to achieve its intended therapeutic actions.

9. What is the primary use of bisphosphonates?

- A. Treatment and prevention of pregnancy complications
- B. Treatment and prevention of osteoporosis**
- C. Treatment for heart disease
- D. Management of diabetes

The primary use of bisphosphonates is in the treatment and prevention of osteoporosis. These medications work by inhibiting osteoclast-mediated bone resorption, which helps to increase bone density and reduce the risk of fractures in individuals who have or are at high risk for osteoporosis. This condition is characterized by weakened bones and a decrease in bone mass, particularly in postmenopausal women and older adults, making bisphosphonates particularly valuable in managing and preventing related complications. In contrast, the other options relate to medical conditions that bisphosphonates do not address. They do not play a role in treating pregnancy complications, managing heart disease, or controlling diabetes. Therefore, bisphosphonates are specifically linked to bone health and are an essential therapeutic choice for individuals concerned with osteoporosis.

10. Where do orange and red stains typically appear?

- A. At the incisal edge
- B. Cervical third of teeth**
- C. In the middle third of the tooth
- D. On the occlusal surface

Orange and red stains are commonly associated with the accumulation of chromogenic bacteria, dietary choices, or habits related to oral hygiene, particularly in areas that are hard to clean effectively. The cervical third of the teeth is the region closest to the gums, and this area often experiences more plaque retention due to its anatomical shape and position. Stains in this location are particularly noticeable because they can develop from substances in the diet, such as certain beverages, or due to poor oral hygiene practices. The cervical third tends to be more prone to plaque buildup and stains because it is frequently shielded by gingival tissues that can make thorough cleaning difficult. This location is also where bacteria can thrive, leading to discoloration. In contrast, the other areas mentioned, like the incisal edge, middle third, or occlusal surface, would show different types of staining or might be less likely to retain orange and red stains due to their exposure to less plaque accumulation and more mechanical cleaning action during chewing and routine oral hygiene practices. Therefore, the cervical third of the teeth is indeed the correct area for these specific types of stains to typically appear.

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://dhygconcepts.examzify.com>

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

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