

DENTAL HYGIENE (DHYG) CONCEPTS PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://dhygconcepts.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. What is true about latent TB infection (LTBI)?**
 - A. It is infectious and spreads easily
 - B. It occurs when the body cannot control TB bacteria
 - C. It can be treated without medication
 - D. It is not active or causing disease
- 2. Fasting primarily affects blood pressure by:**
 - A. Increasing it
 - B. Decreasing it
 - C. No effect on blood pressure
 - D. Causing fluctuations
- 3. Which of the following steps should NOT be performed after a tip breaks?**
 - A. Suctioning the area
 - B. Informing the patient calmly
 - C. Examining the sulcus for the broken tip
 - D. Documenting the incident in the patient record
- 4. What is the minimum sterilization temperature and time for dry heat ovens?**
 - A. 250°F for 30 minutes
 - B. 320°F for 120 minutes
 - C. 270°F for 10 minutes
 - D. 200°F for 90 minutes
- 5. What is the typical mode of transmission for Hepatitis E (HEV)?**
 - A. Airborne particles
 - B. Contaminated water sources
 - C. Unclean food
 - D. Blood transfusions
- 6. Which agency is known for making infection control recommendations in dentistry?**
 - A. Centers for Disease Control and Prevention
 - B. Food and Drug Administration
 - C. American Dental Association
 - D. Environmental Protection Agency

7. What is the main function of macrophages in the TB infection process?

- A. To cure the infection
- B. To surround and contain the bacteria
- C. To spread the infection
- D. To produce antibodies

8. Which type of shank is necessary for accessing posterior teeth?

- A. Simple shank
- B. Complex shank
- C. Multifunctional shank
- D. Curved shank

9. What factor can decrease pulse rate?

- A. Exercise
- B. Strong emotions
- C. Relaxation
- D. Stimulants

10. Which virus causes HIV?

- A. Human Immunodeficiency Virus
- B. Hepatitis Virus
- C. Herpes Simplex Virus
- D. Human Papillomavirus

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is true about latent TB infection (LTBI)?

- A. It is infectious and spreads easily
- B. It occurs when the body cannot control TB bacteria
- C. It can be treated without medication
- D. It is not active or causing disease**

Latent tuberculosis infection (LTBI) refers to a state where a person is infected with Mycobacterium tuberculosis but does not show any signs or symptoms of active tuberculosis disease. In this latent state, the bacteria are present in the body and can remain dormant, meaning they are not currently causing active disease or making the person sick. A key point in understanding LTBI is that individuals with this condition are not infectious; they do not spread the bacteria to others, which distinguishes it from active tuberculosis. The immune system effectively contains the infection, preventing it from progressing to the active form, where symptoms would be present, and the person could transmit the bacteria to others. Unlike other options, which suggest that the individual is either infectious, unable to control the bacteria, or can forgo treatment, recognizing that LTBI is a dormant state helps clarify the importance of monitoring and possibly treating LTBI to prevent future development of active TB disease. Treatment for LTBI is often recommended to reduce the risk of progression to active TB, but it is essential to understand that the infection itself is not causing any disease at this stage.

2. Fasting primarily affects blood pressure by:

- A. Increasing it
- B. Decreasing it**
- C. No effect on blood pressure
- D. Causing fluctuations

Fasting primarily affects blood pressure by decreasing it. This is due to several physiological changes that occur during periods of fasting. When a person fasts, the body begins to utilize stored energy, including glycogen and fat. This metabolic shift can lead to a reduction in overall energy expenditure, which may result in lower heart rates, reduced sympathetic nervous system activity, and improved vascular function. These changes can contribute to lower blood pressure. Additionally, fasting can promote beneficial hormonal changes, such as increased levels of catecholamines, which can impact vascular resistance. Furthermore, a reduction in body weight during prolonged fasting can also lead to decreased blood pressure levels. Collectively, these factors explain why fasting is often associated with a decrease in blood pressure, especially in individuals with hypertension.

3. Which of the following steps should NOT be performed after a tip breaks?

- A. Suctioning the area**
- B. Informing the patient calmly
- C. Examining the sulcus for the broken tip
- D. Documenting the incident in the patient record

In the scenario of a broken tip during a dental procedure, suctioning the area is generally not the recommended first step. While maintaining a clear field is important for visibility and safety, suctioning may inadvertently push debris further into the sulcus or surrounding tissues, complicating the retrieval of the broken piece. Informing the patient calmly is crucial to alleviate any anxiety they may feel and to maintain trust. Examining the sulcus for the broken tip is essential to locate and remove the piece, thus preventing potential complications. Documenting the incident in the patient record serves to maintain a clear clinical history and ensure that all actions taken are noted for future reference and accountability. Each of these steps contributes to a thorough and safe response to the incident, while suctioning, although sometimes beneficial, may not be the best immediate action to take following a tip break.

4. What is the minimum sterilization temperature and time for dry heat ovens?

- A. 250°F for 30 minutes
- B. 320°F for 120 minutes**
- C. 270°F for 10 minutes
- D. 200°F for 90 minutes

The minimum sterilization temperature and time for dry heat sterilization requires conditions that effectively eliminate all microorganisms, including spores. The correct answer states that the temperature should be set at 320°F for a duration of 120 minutes. This level of heat and time is sufficient to ensure that all pathogenic organisms are destroyed, which is essential in a dental setting where hygiene and safety are paramount. Dry heat sterilization operates through the transfer of heat to the instruments through convection, and it is important that the temperatures are high enough to achieve sterilization effectively. In comparison, the other options present temperatures and times that do not meet the established standards for effective sterilization. For instance, a lower temperature or insufficient time may not adequately kill all microorganisms, and therefore, these conditions would not be deemed safe for sterilizing dental instruments.

5. What is the typical mode of transmission for Hepatitis E (HEV)?

- A. Airborne particles
- B. Contaminated water sources**
- C. Unclean food
- D. Blood transfusions

Hepatitis E virus (HEV) is primarily transmitted through the ingestion of contaminated water. This mode of transmission is particularly prevalent in areas with poor sanitation and inadequate access to clean drinking water. The fecal-oral route is the main way the virus spreads, meaning that if water sources are contaminated with feces containing the virus, individuals who consume this water can become infected. While unclean food may sometimes be a concern for other types of hepatitis, HEV is most commonly associated with waterborne transmission rather than foodborne transmission. Airborne particles and blood transfusions are not typical transmission routes for Hepatitis E. Understanding the primary transmission method emphasizes the importance of water sanitation and hygiene practices in preventing outbreaks of Hepatitis E.

6. Which agency is known for making infection control recommendations in dentistry?

- A. Centers for Disease Control and Prevention
- B. Food and Drug Administration
- C. American Dental Association**
- D. Environmental Protection Agency

The agency recognized for making infection control recommendations in dentistry is the Centers for Disease Control and Prevention (CDC). The CDC is a critical resource for public health and safety, and it provides comprehensive guidelines focused on preventing the spread of infections in healthcare settings, including dental practices. Their recommendations are particularly important for dental hygienists and dentists as they outline best practices for infection control, sterilization, and disinfection that help reduce the risk of transmission of infectious diseases in the dental environment. These guidelines are based on research and collective expertise, ensuring that dental professionals have the most effective and up-to-date information to protect both their clients and themselves. While the other organizations mentioned play significant roles in dental health and safety, their functions differ. The Food and Drug Administration (FDA) is responsible for regulating medical devices and materials used in dental care, rather than making direct recommendations for infection control. The American Dental Association (ADA) does provide guidelines and resources but relies heavily on CDC recommendations and collaborates with them on infection control policies. The Environmental Protection Agency (EPA) focuses on environmental health regulations but is not specifically tasked with infection control in dentistry.

7. What is the main function of macrophages in the TB infection process?

- A. To cure the infection
- B. To surround and contain the bacteria**
- C. To spread the infection
- D. To produce antibodies

*The primary function of macrophages in the context of a tuberculosis (TB) infection is to surround and contain the bacteria. When *Mycobacterium tuberculosis* enters the body, macrophages play a crucial role in the immune response by engulfing the bacteria through a process called phagocytosis. Once inside the macrophages, the bacteria are often not immediately destroyed but are instead contained within an environment known as a granuloma. This formation is essential as it helps to prevent the spread of the bacteria to other parts of the body. The granuloma effectively walls off the infection, allowing the immune system to manage it and prevent further dissemination. This containment strategy is a hallmark of TB infection and reflects the complex interaction between the pathogen and the host's immune response. In contrast, the other options do not accurately describe the macrophages' role in TB. The goal is not to cure the infection outright, as the bacteria may persist in a dormant state within macrophages. Macrophages do not spread the infection; rather, their containment strategy aims to limit the spread. Also, while macrophages are involved in the immune response, they do not produce antibodies; that function is primarily carried out by B cells in the adaptive immune system.*

8. Which type of shank is necessary for accessing posterior teeth?

- A. Simple shank
- B. Complex shank**
- C. Multifunctional shank
- D. Curved shank

The complex shank is specifically designed to provide adequate access to the posterior teeth, which are located further back in the mouth. The complexity of the shank allows for the necessary angulation needed to maneuver around the contours of the oral cavity, reaching areas that are often challenging to access. Posterior teeth have multiple surfaces and are situated in a position that requires instruments with a more intricate design to effectively clean and treat them. The complex shank features bends and curves that enable the dental professional to maintain proper visibility and positioning while also providing the leverage needed to effectively work on these teeth. This design contrasts with a simple shank, which is generally straighter and better suited for anterior teeth where access is more straightforward. Multifunctional shanks and curved shanks are not specifically tailored for accessing the posterior areas and may lack the specific angulations needed for efficiency and effectiveness in these hard-to-reach places.

9. What factor can decrease pulse rate?

- A. Exercise
- B. Strong emotions
- C. Relaxation**
- D. Stimulants

Relaxation is a factor that can decrease pulse rate because it activates the parasympathetic nervous system, which is responsible for the body's rest-and-digest functions. When an individual is in a state of relaxation, such as during meditation, deep breathing, or light activities, the heart rate tends to slow down as the body moves away from a stress response. This physiological response helps lower the demand for oxygen in the body and promotes a sense of calm, resulting in a decreased pulse rate. In contrast, exercise increases the demand for oxygen as the muscles work harder, leading to a rise in pulse rate to supply more oxygen-rich blood throughout the body. Strong emotions, whether positive or negative, can stimulate the body's fight-or-flight response, raising heart rate due to the release of stress hormones. Stimulants, such as caffeine or certain medications, can also increase heart rate as they stimulate the central nervous system, leading to a quicker pulse.

10. Which virus causes HIV?

- A. Human Immunodeficiency Virus**
- B. Hepatitis Virus
- C. Herpes Simplex Virus
- D. Human Papillomavirus

The virus responsible for HIV is the Human Immunodeficiency Virus. This virus attacks the immune system, specifically targeting CD4 cells, which are crucial for the body's ability to fight off infections. As HIV progresses, it can lead to Acquired Immunodeficiency Syndrome (AIDS), a condition characterized by a severely weakened immune system. Understanding HIV is essential for healthcare professionals, including dental hygienists, who may encounter patients living with the virus. The other options refer to different viruses that cause distinct health issues. The Hepatitis Virus is associated with liver infections, the Herpes Simplex Virus is known for causing oral and genital herpes, and the Human Papillomavirus is primarily linked to certain types of cancers. Each of these viruses has unique characteristics and modes of transmission, distinguishing them from HIV.

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!

SAMPLE