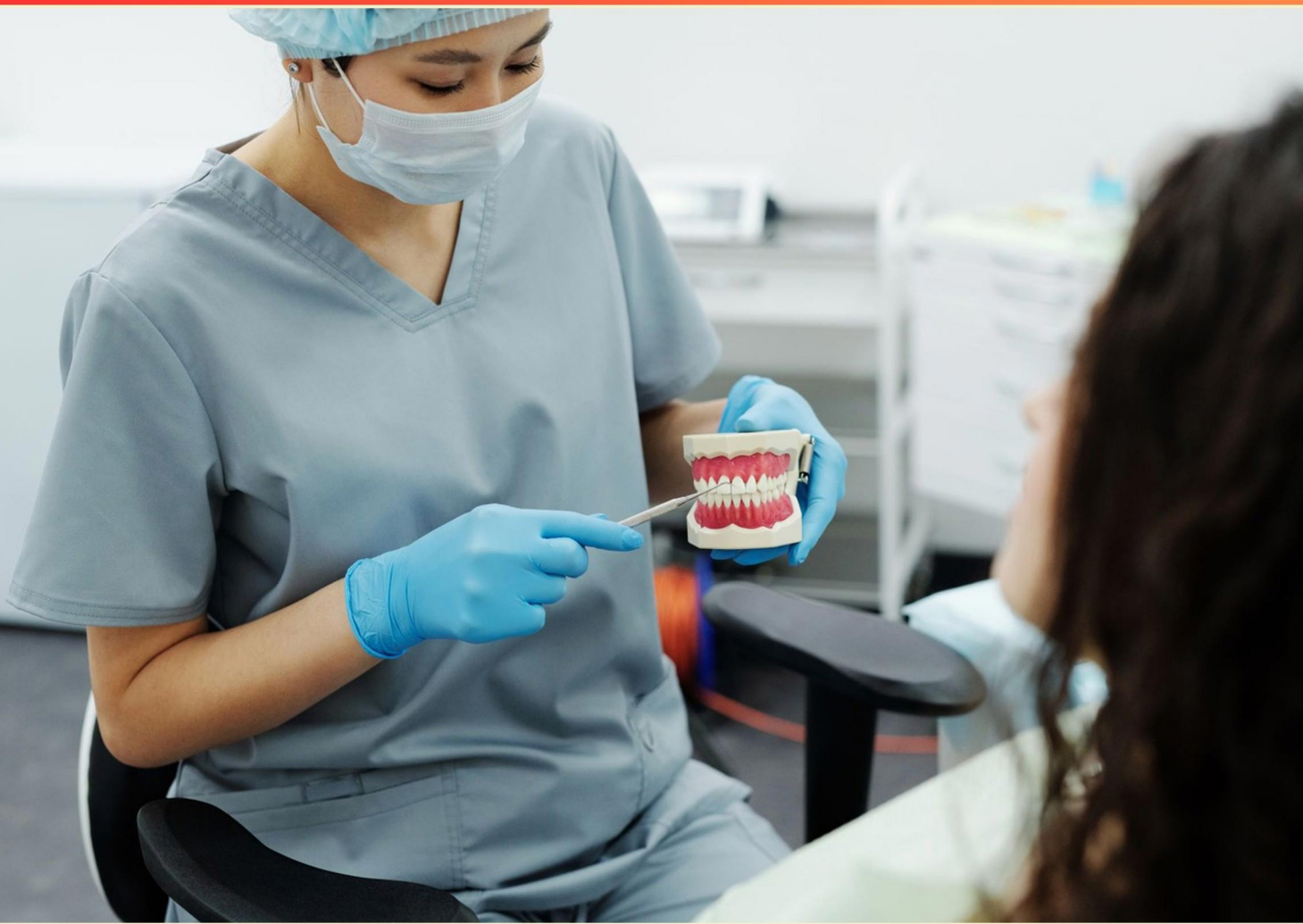


MISSOURI EXPANDED FUNCTION DENTAL ASSISTANT (EFDA) BASIC SKILLS PRACTICE TEST (SAMPLE)

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. What is the normal breathing rate for an adult?**
 - A. 8-12 breaths per minute
 - B. 12-20 breaths per minute
 - C. 20-30 breaths per minute
 - D. 30-40 breaths per minute
- 2. What is the primary purpose of an autoclave in dentistry?**
 - A. Disinfect instruments
 - B. Decontaminate instruments
 - C. Clean instruments
 - D. Sterilize instruments
- 3. The Bloodborne Pathogens Standard is issued by which federal agency?**
 - A. Occupational Safety and Health Administration
 - B. Centers for Disease Control and Prevention
 - C. National Institute for Occupational Safety and Health
 - D. Environmental Protection Agency
- 4. Do the CDC guidelines for infection control dentistry cover more topics than the Bloodborne Pathogens Standard?**
 - A. False
 - B. Not specified
 - C. It varies by setting
 - D. True
- 5. Biological monitoring verifies sterilization by confirming that all spore-forming microorganisms have been destroyed.**
 - A. Verifies sterilization by confirming that all spore-forming microorganisms have been destroyed
 - B. Tests only non-spore-forming organisms
 - C. Records the duration of each cycle
 - D. Tests the chemical potency of sterilants

- 6. Negative reproduction is best described as:**
- A. Wax pattern
 - B. Model
 - C. Impression
 - D. Die
- 7. The bottom number of a blood pressure reading represents which measurement?**
- A. Systolic
 - B. Diastolic
 - C. Pulse
 - D. Respiratory rate
- 8. What instrument is commonly used to measure blood pressure in the arteries?**
- A. Stethoscope
 - B. Sphygmomanometer
 - C. Otoscope
 - D. Thermometer
- 9. Blood pressure is defined as the pressure exerted by the blood against the walls of blood vessels.**
- A. The oxygen content of blood
 - B. The pressure that is exerted by the blood against the walls of blood vessels
 - C. The rate of heartbeats
 - D. The temperature of the blood
- 10. Among the following, which is the primary active ingredient used in chemical vapor sterilization?**
- A. Formaldehyde
 - B. Methanol
 - C. Acetaldehyde
 - D. Ethanol

Answers

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

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Explanations

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1. What is the normal breathing rate for an adult?

- A. 8-12 breaths per minute
- B. 12-20 breaths per minute**
- C. 20-30 breaths per minute
- D. 30-40 breaths per minute

Normal resting breathing for an adult is about 12 to 20 breaths per minute. This range reflects a comfortable, steady rate that meets the body's oxygen needs without extra effort. Individual factors can shift this a little: well-trained individuals may breathe a bit more slowly, while fever, anxiety, pain, or illness can raise the rate above 20. Breathing consistently slower than 12 or faster than about 20–25 can signal a problem and warrants attention. Among the options, the 12–20 breaths per minute range best matches the typical resting rate for adults, making it the correct choice.

2. What is the primary purpose of an autoclave in dentistry?

- A. Disinfect instruments
- B. Decontaminate instruments
- C. Clean instruments
- D. Sterilize instruments**

Autoclave is used for sterilization. It exposes instruments to saturated steam under high pressure, which reliably destroys all forms of microbial life, including heat-resistant spores, when the cycle is correctly controlled. This total destruction of viable organisms is what makes sterilization essential for instruments that contact sterile tissues or enter the bloodstream. Disinfection lowers the number of microbes on a surface but doesn't guarantee the elimination of all organisms or spores. Cleaning removes visible debris but doesn't kill microbes. Decontamination is a broader term that may include cleaning and disinfection but does not by itself ensure sterility.

3. The Bloodborne Pathogens Standard is issued by which federal agency?

- A. Occupational Safety and Health Administration**
- B. Centers for Disease Control and Prevention
- C. National Institute for Occupational Safety and Health
- D. Environmental Protection Agency

This question tests which federal agency regulates occupational safety standards related to bloodborne pathogens. The correct agency is OSHA, the Occupational Safety and Health Administration. OSHA does create and enforce mandatory standards for workplaces, including dental offices, to protect workers from hazards like bloodborne pathogens. The Bloodborne Pathogens Standard requires an exposure control plan, universal precautions, engineering and work practice controls, appropriate PPE, vaccination and post-exposure evaluation, ongoing training, and recordkeeping. The CDC and its NIOSH component provide guidelines and research but do not issue mandatory standards, while the EPA handles environmental protection and does not regulate occupational exposure to bloodborne pathogens.

4. Do the CDC guidelines for infection control dentistry cover more topics than the Bloodborne Pathogens Standard?

- A. False
- B. Not specified
- C. It varies by setting

D. True

The CDC infection control guidelines in dentistry encompass a wide range of infection prevention practices beyond just Bloodborne Pathogens exposure. They cover hand hygiene, use of personal protective equipment, sterilization and disinfection of instruments, surface cleaning and barriers, environmental infection control, dental unit water quality, waste management, and administrative practices to prevent cross-contamination. In contrast, the Bloodborne Pathogens Standard focuses specifically on protecting workers from exposure to bloodborne pathogens, detailing required elements like the exposure control plan, engineering and work-practice controls, PPE, vaccination, post-exposure evaluation, and training. Because the CDC guidelines address all of these areas plus many additional topics related to infection prevention in the dental setting, they cover more topics overall.

5. Biological monitoring verifies sterilization by confirming that all spore-forming microorganisms have been destroyed.

- A. Verifies sterilization by confirming that all spore-forming microorganisms have been destroyed**
- B. Tests only non-spore-forming organisms
- C. Records the duration of each cycle
- D. Tests the chemical potency of sterilants

Biological monitoring relies on using spores of hardy, spore-forming microorganisms as the test organisms. The basic idea is that if a sterilization cycle can destroy these highly resistant spores, it should kill most other microbes too, ensuring sterility of the load. After a cycle, the spores in a biological indicator are incubated to see if any growth occurs; no growth means the cycle was effective at achieving sterility. This is different from other checks. Non-spore-forming organisms are not reliable proof of sterilization because they're killed more easily and don't challenge the process. Recording how long a cycle runs tells you exposure time, not whether all microbes were destroyed. Checking the chemical potency of sterilants verifies the presence and activity of the chemical, but doesn't prove that any microorganisms were killed.

6. Negative reproduction is best described as:

- A. Wax pattern
- B. Model
- C. Impression**
- D. Die

A negative reproduction is an impression—the material records the inverse, or imprint, of the teeth and surrounding tissues. That's why the best answer is impression: it captures the shape in a way that is the opposite of the actual surfaces. When you later pour gypsum into that impression, you create a positive reproduction, such as a model (or dies for individual teeth). The other terms describe positive replicas or fabrication tools—not the negative imprint itself.

7. The bottom number of a blood pressure reading represents which measurement?

- A. Systolic
- B. Diastolic**
- C. Pulse
- D. Respiratory rate

Blood pressure has two numbers that show the pressure in the arteries at different parts of the heartbeat. The top number is systolic pressure, the peak pressure when the heart contracts. The bottom number is diastolic pressure, the pressure in the arteries when the heart muscle relaxes between beats. This lower value reflects the minimum arterial pressure during the resting phase of the heartbeat. Pulse and respiratory rate are separate vital signs—pulse is the heart rate, and respiratory rate is breaths per minute—so they are not the numbers shown in a blood pressure reading. For example, in a reading like 120/80 mmHg, 80 represents the diastolic pressure.

8. What instrument is commonly used to measure blood pressure in the arteries?

- A. Stethoscope
- B. Sphygmomanometer**
- C. Otoscope
- D. Thermometer

Measuring arterial blood pressure requires a device that can occlude the artery and display the pressure. The sphygmomanometer is designed for this purpose. It typically includes a cuff, a pump to inflate, and a gauge (or a digital readout) to show the pressure. When used with a stethoscope, you listen for the Korotkoff sounds as the cuff is slowly released; the first sound signals the systolic pressure, and the point at which the sounds disappear marks the diastolic pressure. Some modern devices are automatic and provide the numbers directly without auscultation. The other tools serve different tasks: a stethoscope is for listening to internal sounds, an otoscope checks the ear, and a thermometer measures temperature. The sphygmomanometer is the instrument specifically used to measure arterial blood pressure.

9. Blood pressure is defined as the pressure exerted by the blood against the walls of blood vessels.

- A. The oxygen content of blood
- B. The pressure that is exerted by the blood against the walls of blood vessels**
- C. The rate of heartbeats
- D. The temperature of the blood

Blood pressure is the force that circulating blood exerts on the walls of the arteries as the heart pumps. This definition captures the idea that pressure results from the heart's pumping action and the resistance the vessels offer as blood travels through them. The other ideas relate to different aspects of circulation but not to the pressure on vessel walls: oxygen content describes how much oxygen is carried in the blood, heart rate describes how often the heart beats per minute, and temperature is a separate bodily measure not defining pressure. Understanding this helps you interpret why blood pressure matters for dental care, since abnormally high or low pressures can affect how a patient tolerates procedures and anesthesia.

10. Among the following, which is the primary active ingredient used in chemical vapor sterilization?

A. Formaldehyde

B. Methanol

C. Acetaldehyde

D. Ethanol

In chemical vapor sterilization, the essential sterilant is formaldehyde in vapor form. When the chamber is heated, formaldehyde vapor fills the space and penetrates instruments and wraps. It works by cross-linking proteins and nucleic acids in microorganisms, effectively destroying bacteria, viruses, fungi, and spores. The other substances listed (methanol, acetaldehyde, ethanol) aren't the primary sterilizing agent in this method; they mainly serve as solvents or carriers to help form the vapor but don't provide the same broad sterilization. Because formaldehyde is toxic, handling CVS requires proper ventilation and safety precautions.

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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://missouriefdabasicskills.examzify.com>

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

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