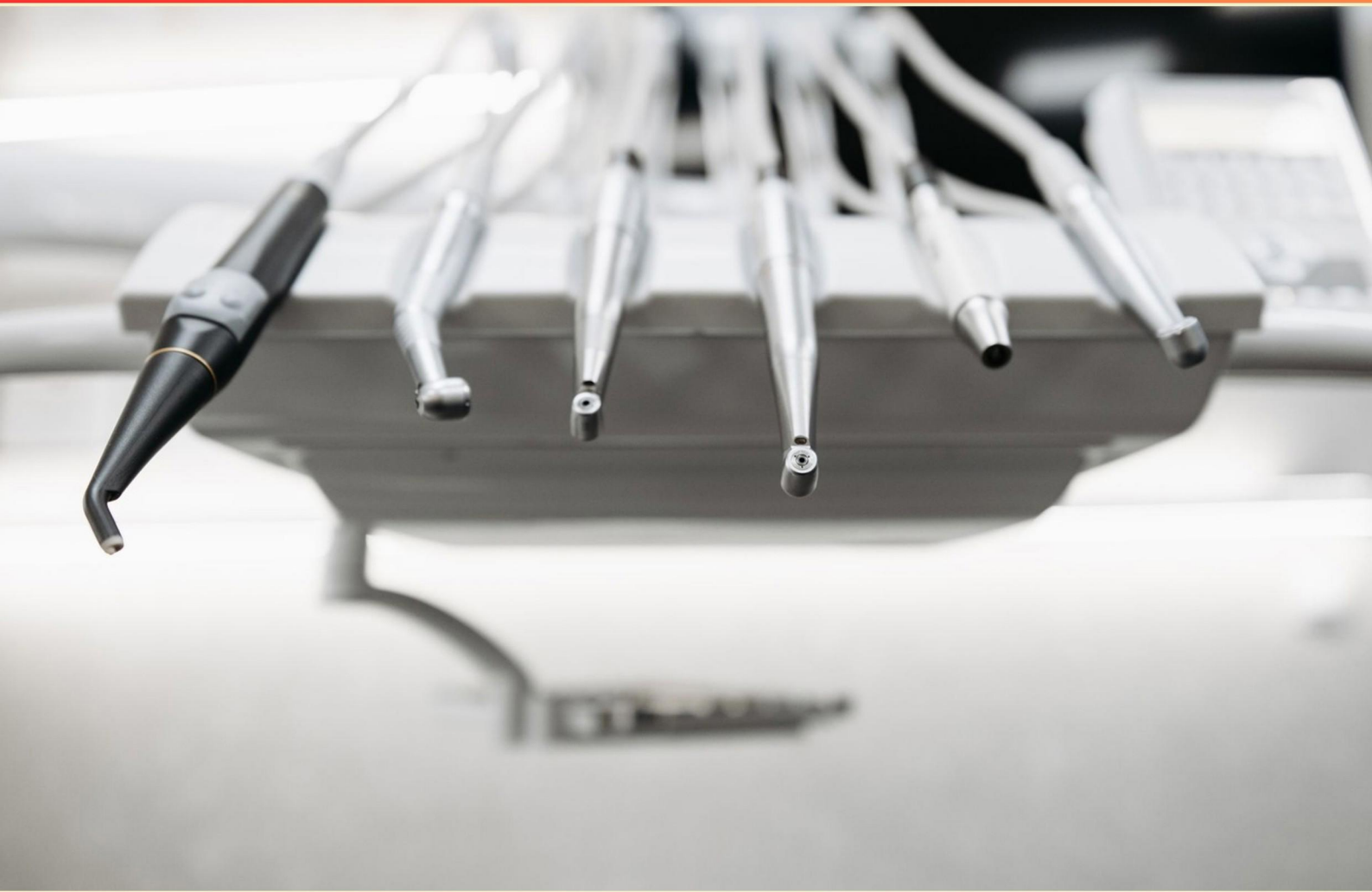


NATIONAL BOARD DENTAL HYGIENE EXAMINATION (NBDHE) DENTAL HYGIENIST PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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

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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. How many days should a pre-medicated patient wait between scaling and root planing appointments?**
 - A. 5 days
 - B. 7 days
 - C. 10 days
 - D. 14 days

- 2. If a tooth becomes wet due to saliva contact during sealant preparation, what is the next correct step?**
 - A. Use air/water syringe to re-rinse and dry the tooth
 - B. Use air/water syringe to dry the tooth
 - C. Re-etch for the full amount of time
 - D. Re-etch for a shorter amount of time

- 3. What is the primary use of Listerine in dental practice?**
 - A. Subgingival irrigation
 - B. Antimicrobial treatment
 - C. Fluoride application
 - D. Orthodontic care

- 4. Which of the following is the most radioresistant?**
 - A. Glands
 - B. Reproductive organs
 - C. Bone Marrow
 - D. Nerves

- 5. Which statement is NOT true regarding ADHD?**
 - A. Treatment may include stimulants
 - B. May cause irritability and impulsiveness
 - C. More common in girls
 - D. Can make it difficult to acquire new skills

- 6. What does the first number in a blood pressure reading indicate?**
- A. Systolic
 - B. Diastolic
 - C. Kortokoff sounds
 - D. Blood pressure
- 7. What condition is characterized by tightening of skin around the mouth that can limit mouth opening?**
- A. Angioedema
 - B. Scleroderma
 - C. Systemic lupus erythematosus
 - D. Psoriasis
- 8. A flat stone may be used to sharpen a curette by hand. The face of the curette should be at what angle to the stone?**
- A. 50-65 degrees
 - B. 75-85 degrees
 - C. 90-100 degrees
 - D. 100-110 degrees
- 9. Vital whitening is performed on which of the following?**
- A. Dentures
 - B. Tooth with no live nerve
 - C. Tooth with live nerve
 - D. Cavities
- 10. What condition occurs when the normal shedding of epithelium in the tongue does not take place?**
- A. Geographic tongue
 - B. Halitosis
 - C. Black hairy tongue
 - D. Melanin pigmentation

Answers

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

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Explanations

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1. How many days should a pre-medicated patient wait between scaling and root planing appointments?

- A. 5 days
- B. 7 days
- C. 10 days**
- D. 14 days

The recommended waiting period for a pre-medicated patient between scaling and root planing appointments is typically 10 days. This timeframe is important because it allows sufficient healing of the soft tissues in the mouth as well as the possible regeneration of the periodontal tissues that may have been affected during the first appointment. When a patient undergoes scaling and root planing, the procedure involves not only removing plaque and calculus from the teeth but also manipulating the gingival tissues. This can lead to inflammation and discomfort, and waiting a full 10 days helps ensure that the area has adequately healed. Additionally, this interval allows the dental hygienist to assess the response to the initial treatment and make any necessary adjustments for further care. Waiting too long or too short a duration can impact the effectiveness of the treatment, as well as patient comfort and outcomes. The 10-day period thus strikes a balance between allowing for healing and maintaining continuity in treatment.

2. If a tooth becomes wet due to saliva contact during sealant preparation, what is the next correct step?

- A. Use air/water syringe to re-rinse and dry the tooth
- B. Use air/water syringe to dry the tooth
- C. Re-etch for the full amount of time
- D. Re-etch for a shorter amount of time**

When a tooth becomes wet due to saliva contact during the preparation for sealants, it is important to re-etch the surface to ensure proper bonding and adhesion of the sealant material. The correct approach is to re-etch for a shorter amount of time. The purpose of re-etching is to remove any contaminating saliva and modify the surface of the enamel to enhance the bonding surface for the sealant. A shorter re-etching time is effective because it allows for the cleansing of the area without overexposing the tooth to the etching agent, which could potentially damage the enamel. It's essential to note that while it might seem logical to re-etch for the full amount of time initially prescribed, excessive etching could lead to over-etching, which can adversely affect the tooth structure. This is why the consideration for a shorter time is optimal, just enough to ensure the surface is prepared without causing harm. Using an air/water syringe may help dry the tooth but won't adequately address the contamination from saliva. Therefore, solely drying the tooth or re-rinsing it wouldn't provide the necessary surface reconditioning that comes from re-etching.

3. What is the primary use of Listerine in dental practice?

- A. Subgingival irrigation
- B. Antimicrobial treatment**
- C. Fluoride application
- D. Orthodontic care

Listerine is primarily used in dental practice as an antimicrobial treatment. Its formulation includes essential oils and other compounds that help reduce the microbial load in the oral cavity. The use of Listerine can aid in controlling plaque, gingivitis, and bad breath by targeting periodontal pathogens, which is crucial in maintaining oral health. While subgingival irrigation can involve antiseptic solutions, Listerine is not typically employed specifically for this purpose in the same way. Fluoride application is important for caries prevention, but Listerine does not provide significant fluoride benefits. Furthermore, in orthodontic care, the focus is on maintaining oral hygiene and space management rather than the specific antimicrobial effects that products like Listerine offer. Thus, its role as an antimicrobial mouth rinse stands out as the primary use in dental practices.

4. Which of the following is the most radioresistant?

- A. Glands
- B. Reproductive organs
- C. Bone Marrow
- D. Nerves**

The most radioresistant tissues in the human body are typically those that are less actively proliferating. Nerve tissues have a low rate of cell division, which confers a degree of radioresistance when compared to tissues that are highly mitotic. This is because radiation primarily affects actively dividing cells. Other tissues, such as bone marrow and reproductive organs, have higher rates of cell turnover and are therefore more susceptible to the damaging effects of radiation. Glandular tissues can vary in their radioresistance depending on their activity and type (such as salivary glands being somewhat radioresistant, but others may not be). Nerve cells, being largely post-mitotic and not undergoing division regularly, have mechanisms that allow them to better withstand the effects of radiation exposure, which includes the ability to repair DNA damage more effectively. This relative resistance to radiation damage makes nerve tissues the most radioresistant among the options presented.

5. Which statement is NOT true regarding ADHD?

- A. Treatment may include stimulants
- B. May cause irritability and impulsiveness
- C. More common in girls**
- D. Can make it difficult to acquire new skills

The statement indicating that ADHD (Attention-Deficit/Hyperactivity Disorder) is more common in girls is not true. Research shows that ADHD is generally diagnosed more frequently in boys than in girls. While girls can have ADHD, they often present with symptoms that may be less recognizable or more subtle compared to boys, which can lead to underdiagnosis in females. This may contribute to the misconception that it is more common in girls. The other statements about ADHD are accurate. Treatment often includes stimulant medications, which are commonly prescribed to help manage the symptoms of ADHD by increasing levels of certain neurotransmitters in the brain. ADHD can indeed lead to behaviors such as irritability and impulsiveness, as individuals struggle with self-regulation and emotional control. Additionally, the challenges associated with ADHD can make it more difficult for affected individuals to acquire new skills, particularly in environments that require sustained attention and focus.

6. What does the first number in a blood pressure reading indicate?

- A. Systolic**
- B. Diastolic
- C. Kortokoff sounds
- D. Blood pressure

The first number in a blood pressure reading represents the systolic pressure, which measures the pressure in the arteries when the heart beats and pumps blood. This phase is crucial as it provides insight into how the arteries respond to the pressure exerted from the heart, reflecting the heart's effectiveness in pumping blood throughout the body. Systolic pressure is typically the higher of the two numbers recorded in a blood pressure measurement, demonstrating the maximum pressure during the heartbeat. Understanding systolic pressure is important in assessing cardiovascular health, as elevated levels can indicate an increased risk for heart disease and other conditions. In contrast, the second number reflects diastolic pressure, which gauges the pressure in the arteries when the heart rests between beats. Kortokoff sounds relate to the sounds heard through a stethoscope when measuring blood pressure but do not pertain to a specific numerical reading. Blood pressure, as a concept, encompasses both systolic and diastolic measurements, which together provide a complete picture of an individual's vascular health.

7. What condition is characterized by tightening of skin around the mouth that can limit mouth opening?

- A. Angioedema
- B. Scleroderma**
- C. Systemic lupus erythematosus
- D. Psoriasis

The condition characterized by tightening of the skin around the mouth, which can significantly limit mouth opening, is scleroderma. This autoimmune disorder leads to the hardening and tightening of the skin and connective tissues. The process involves collagen deposition, resulting in skin changes that can affect the flexibility and movement of oral and perioral tissues. In scleroderma, the skin becomes thickened and tight, which can restrict facial movement and make actions such as opening the mouth more difficult. This can have implications for oral hygiene and eating, making it an important condition to recognize in a clinical setting. Other conditions listed may affect the skin or cause swelling, but they do not typically lead to the specific tightening of skin around the mouth and consequent limitations in mouth opening as seen in scleroderma. Angioedema is primarily noted for sudden swelling due to vascular permeability, systemic lupus erythematosus can lead to various skin manifestations and systemic complications, and psoriasis is associated with scaly patches rather than tight skin. Hence, the unique features of scleroderma make it the correct answer for this question.

8. A flat stone may be used to sharpen a curette by hand. The face of the curette should be at what angle to the stone?

- A. 50-65 degrees
- B. 75-85 degrees
- C. 90-100 degrees
- D. 100-110 degrees**

The face of the curette should be positioned at an angle of 100-110 degrees to the stone while sharpening by hand. This specific angle allows for effective sharpening of the instrument without compromising the blade's integrity. When the curette's face is held at this angle, it enables the sharp edges to be refined properly, which enhances cutting efficiency during dental procedures. Maintaining the angle within this range assures that the sharpening process is effective for the curved blade of the curette, which is integral in reaching and treating interproximal areas of teeth. Additionally, this angle supports the preservation of the blade's original contour, thereby preventing damage that can occur from inappropriate sharpening angles. In contrast, other angles such as 50-65 degrees, 75-85 degrees, or 90-100 degrees do not provide the optimal sharpening effect necessary for maintaining the proper functionality of the curette. These angles are either too shallow or not adequately positioned to sharpen the blade effectively, which can lead to wear and tear or ineffective instrument performance.

9. Vital whitening is performed on which of the following?

- A. Dentures
- B. Tooth with no live nerve
- C. Tooth with live nerve**
- D. Cavities

Vital whitening refers to the cosmetic procedure aimed at lightening the color of teeth that still have an active nerve supply, meaning the tooth is still living and vital. This process is typically done on teeth that are discolored due to various factors like stains from food and beverages or intrinsic discoloration caused by trauma or developmental issues, but where the pulp is still alive. In this context, teeth that have no live nerve or significant structural issues cannot be effectively treated with vital whitening. For example, dentures, which are artificial replacements for lost teeth, do not undergo whitening procedures because they are not natural teeth with nerves. Similarly, a tooth that no longer has a viable nerve supply, such as one that has undergone root canal treatment, generally cannot benefit from vital whitening. These teeth may require different treatment options if they need to be lightened, such as external bleaching methods or restorative approaches. Lastly, cavities represent areas of decay that require restorative care, and they do not qualify for whitening since the focus is on decay management rather than aesthetic enhancement. Thus, vital whitening is specifically indicated for teeth that still contain living pulp, making it a targeted treatment for enhancing the aesthetics of vital teeth.

10. What condition occurs when the normal shedding of epithelium in the tongue does not take place?

- A. Geographic tongue
- B. Halitosis
- C. Black hairy tongue**
- D. Melanin pigmentation

The condition characterized by the abnormal accumulation of keratin on the filiform papillae of the tongue, leading to a dark, hair-like appearance is known as black hairy tongue. This occurs when there is a disruption in the natural exfoliation process of the epithelial cells on the tongue's surface. Normally, the epithelial cells should shed regularly, allowing for the renewal of the tongue's surface. However, in black hairy tongue, factors such as poor oral hygiene, smoking, certain medications, and dry mouth can hinder this normal shedding process, causing the keratinized cells to accumulate and form a discolored, elongated appearance resembling hair. This condition is not directly related to geographic tongue, which is characterized by patches of smooth, red areas appearing on the tongue's surface due to the loss of papillae without the hairy appearance. Halitosis, or bad breath, is a separate issue typically stemming from bacteria or food particles rather than an epithelial shedding disorder. Melanin pigmentation refers to darker pigmentation of the mucosal surfaces and is not related to the exfoliation of epithelial cells, but rather to a pigmentation process. Thus, black hairy tongue is specifically linked to the failure of normal epithelial cell turnover on the tongue.

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:

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

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