

NCFE DENTAL NURSING 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. Following an accidental spillage of fixer solution, which solution should be used to clean the affected area?**
 - A. Aldehyde solution
 - B. Detergent solution
 - C. Isopropyl alcohol solution
 - D. Sodium hypochlorite solution
- 2. Which instrument is used to clean and widen the root canal during a root filling procedure?**
 - A. File
 - B. Finger plugger
 - C. Plain broach
 - D. Reamer
- 3. Which one of the following conditions is not related to age and therefore is not likely to occur more frequently as a patient ages?**
 - A. Osteoporosis
 - B. Periapical abscess
 - C. Root caries
 - D. Xerostomia
- 4. Which item may not be sterilised if it is taken through a downward displacement autoclave cycle?**
 - A. Aspirating tip
 - B. Burnisher
 - C. Diamond bur
 - D. Luxator
- 5. How does an 'N'-type autoclave differ from a 'B'-type autoclave?**
 - A. Contents may be dried during cycle
 - B. Downward displacement of steam
 - C. Heats to 134°C and holds for 3 min
 - D. Use of a vacuum

- 6. What is true regarding the processing of radiographs?**
- A. Automatic processing is quicker than digital imaging
 - B. Automatic processors must be used under a safety light
 - C. Developer solution is alkaline
 - D. Fixer solution is classed as trade waste
- 7. Which group of individuals is at higher risk for periodontal disease?**
- A. Non-smokers
 - B. Diabetics
 - C. Vegetarians
 - D. Teens
- 8. What term describes the method of bony retention achieved to hold an implant in place within the jaw bone?**
- A. Adhesion
 - B. Alveoplasty
 - C. Conditioning
 - D. Osseointegration
- 9. Under which waste category is lead foil from X-ray film packets classified?**
- A. Infectious waste
 - B. Non-hazardous waste
 - C. Non-infectious waste
 - D. Trade waste
- 10. Which instrument is primarily used to check for periodontal attachment loss?**
- A. Probe
 - B. Explorer
 - C. Scaler
 - D. Mirror

Answers

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

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Explanations

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1. Following an accidental spillage of fixer solution, which solution should be used to clean the affected area?

- A. Aldehyde solution
- B. Detergent solution**
- C. Isopropyl alcohol solution
- D. Sodium hypochlorite solution

Using a detergent solution to clean an area affected by fixer solution is appropriate because detergent is designed to emulsify and break down organic materials, which can effectively remove contaminants. Detergents have the ability to lift substances away from surfaces, making them easier to clean. In the case of a fixer solution, which often contains silver compounds and other chemicals, using a detergent can help to neutralize and wash away residues safely. Other solutions, such as aldehyde solutions, are more toxic and may pose additional hazards rather than effectively cleaning the area. Isopropyl alcohol is a solvent that could potentially lead to insufficient cleaning for the specific chemicals in fixer solutions, as it may not fully neutralize or remove all the residues. Sodium hypochlorite, while effective as a disinfectant, can react chemically with certain components in the fixer and produce hazardous by-products, making it unsuitable for this cleaning task. Therefore, a detergent solution is the safest and most effective choice for cleaning up after a fixer solution spillage.

2. Which instrument is used to clean and widen the root canal during a root filling procedure?

- A. File**
- B. Finger plugger
- C. Plain broach
- D. Reamer

The file is the appropriate instrument used to clean and widen the root canal during a root filling procedure. Root canal therapy involves the meticulous removal of infected or damaged pulp tissue, followed by the cleaning and shaping of the canal system. The file is designed for this specific purpose, featuring a serrated or spiral design that allows it to effectively debride the canal walls, removing debris and bacteria while creating a smooth and appropriately sized canal for filling. Files come in various sizes and shapes to accommodate the unique anatomy of different teeth and their root canals, allowing dental professionals to access and clean even the most delicate and complex structures. This preparation is crucial for ensuring a successful root filling and promoting long-term tooth preservation. While the finger plugger is used for compacting the filling material into the canal, and the plain broach is primarily designed for the removal of pulp tissue rather than cleaning the canal, the reamer, which is similar in function to the file, tends to enlarge the canal rather than focus on cleaning. Therefore, the file is distinctly recognized for its primary role in cleaning and shaping, making it the correct instrument for this part of the root filling procedure.

3. Which one of the following conditions is not related to age and therefore is not likely to occur more frequently as a patient ages?

- A. Osteoporosis
- B. Periapical abscess**
- C. Root caries
- D. Xerostomia

Periapical abscesses are localized infections at the apex of a tooth's root, typically arising from untreated dental caries or trauma, rather than directly related to the aging process. While older patients may have a greater prevalence of dental issues due to cumulative factors such as wear and tear, decreased oral hygiene, or medical conditions, periapical abscesses are not inherent to age itself. They can occur in any age group if there is dental decay or other factors that compromise the dental pulp. In contrast, conditions such as osteoporosis, root caries, and xerostomia are more commonly observed in older populations. Osteoporosis can affect bone density and may influence the overall oral health and integrity of the jawbone; root caries are particularly associated with aging as gum recession can expose the roots of teeth to decay; and xerostomia, or dry mouth, often increases in prevalence with age, potentially due to medication side effects or reduced salivary gland function. Thus, periapical abscesses stand out as the condition that is not directly linked to age-related changes and risks.

4. Which item may not be sterilised if it is taken through a downward displacement autoclave cycle?

- A. Aspirating tip**
- B. Burnisher
- C. Diamond bur
- D. Luxator

In a downward displacement autoclave cycle, the removal of air from the chamber is achieved by introducing steam from the top, which then flows downward. This method is effective for sterilizing many dental instruments; however, not all items are appropriate for this type of cycle. The aspirating tip is generally made of plastic or less durable materials that may not withstand the high temperature and pressure of the autoclave process, or it may become distorted or damaged. Due to this vulnerability, it is often not suitable for sterilization in this environment. In contrast, instruments like a burnisher, diamond bur, and luxator are typically made from metal or other materials that can endure the conditions of a downward displacement autoclave and can be adequately sterilized without undergoing any change in their physical properties. Therefore, while those items can endure the process, an aspirating tip is likely to be compromised and, as such, may not be sterilised effectively in this cycle.

5. How does an 'N'-type autoclave differ from a 'B'-type autoclave?

- A. Contents may be dried during cycle
- B. Downward displacement of steam**
- C. Heats to 134°C and holds for 3 min
- D. Use of a vacuum

An 'N'-type autoclave is characterized primarily by its method of steam sterilization, which uses a downward displacement of steam. This type of autoclave relies on pushing the air out of the chamber as steam enters from the top, allowing the steam to come in contact with the instruments or materials being sterilized. This method is effective for sterilizing non-porous items that do not require a vacuum to achieve complete sterilization. In contrast, 'B'-type autoclaves are specifically designed to handle porous loads and items wrapped in textiles. They utilize a vacuum phase to remove air from the chamber before the steam enters, ensuring that steam can penetrate completely into all surfaces of the items being sterilized, which is especially critical for materials that can trap air. While 'N'-type autoclaves are limited in what they can sterilize effectively, 'B'-type autoclaves can be used for a broader range of materials, including those with complex shapes or that are wrapped, making the use of a vacuum essential. Therefore, the distinguishing feature of the 'N'-type being the downward displacement of steam directly relates to how it sterilizes items and sets it apart from the 'B'-type which employs vacuum technology for sterilization

6. What is true regarding the processing of radiographs?

- A. Automatic processing is quicker than digital imaging
- B. Automatic processors must be used under a safety light
- C. Developer solution is alkaline**
- D. Fixer solution is classed as trade waste

The processing of radiographs involves several chemical solutions, and one key aspect is the nature of these solutions. The developer solution, which is used to convert the latent image on the film into a visible image, is indeed alkaline. This alkaline nature is necessary because it helps to reduce the silver halide crystals to metallic silver, with development occurring more efficiently in an alkaline environment. Understanding this is crucial for dental nursing practice, as it influences how radiographs are processed and the techniques used to maintain the quality of images. The pH level and chemical composition directly affect the outcome of the radiographic images, so recognition of the developer's alkaline characteristic is important for anyone involved in radiographic procedures. In contrast, there are some misunderstandings associated with the other options. For example, while automatic processing can be faster than manual processing, digital imaging typically offers even quicker access to radiographs and eliminates some of the chemical processing steps altogether. Additionally, automatic processors do not require safety light conditions, as is true for traditional film processing, and the fixer solution is not categorized as trade waste in the same context. Understanding the properties of these solutions and the environment they require is critical for maintaining safe and effective radiographic practices in dental settings.

7. Which group of individuals is at higher risk for periodontal disease?

- A. Non-smokers
- B. Diabetics**
- C. Vegetarians
- D. Teens

Individuals with diabetes are indeed at a higher risk for periodontal disease. This relationship is largely due to the way diabetes affects the body's ability to manage glucose levels and the overall immune response. Elevated blood sugar levels can lead to a higher level of glucose in the saliva, which provides a conducive environment for bacteria to thrive. Moreover, diabetes can impair the body's ability to heal and fight infections, making oral tissues more susceptible to inflammation and infection, including periodontal disease. People with diabetes also often have a condition known as diabetic periodontal disease, which can progress faster and be more severe than in those without diabetes. Managing diabetes is crucial for maintaining oral health, and individuals with this condition must be vigilant about their dental care practices to mitigate the risks associated with periodontal disease. Regular dental visits and maintaining good oral hygiene are essential for those with diabetes to prevent periodontal complications.

8. What term describes the method of bony retention achieved to hold an implant in place within the jaw bone?

- A. Adhesion
- B. Alveoplasty
- C. Conditioning
- D. Osseointegration**

Osseointegration is the process by which a dental implant becomes firmly anchored to the jawbone. It occurs when the bone cells grow and integrate into the surface of the implant, allowing for stability and strength. This biological mechanism is critical for the long-term success of the implant, as it creates a direct structural and functional connection between the living bone and the implant. During osseointegration, factors such as the material of the implant, the quality of the surrounding bone, and the surgical technique all play significant roles. Proper osseointegration leads to successful functional and aesthetic outcomes for dental implants, making it essential in implant dentistry. It distinguishes dental implants from other forms of prosthetics that do not involve this kind of integration with the bone, thereby ensuring a more durable and reliable solution for tooth replacement.

9. Under which waste category is lead foil from X-ray film packets classified?

- A. Infectious waste
- B. Non-hazardous waste**
- C. Non-infectious waste
- D. Trade waste

Lead foil from X-ray film packets is classified as non-hazardous waste because it does not pose a risk of infection or harm to individuals and the environment when disposed of properly. This material is not contaminated with pathogens or hazardous substances that are typical of infectious waste, which includes items like used needles or soiled gauze. Non-hazardous waste refers to materials that can be safely managed without risk of infection or toxicity. Lead, while being a heavy metal that requires careful handling, is not classified as hazardous in the context of typical waste management practices for dental settings, provided it is disposed of according to regulations. The classification helps in determining the appropriate disposal methods and ensures compliance with environmental safety standards.

10. Which instrument is primarily used to check for periodontal attachment loss?

- A. Probe**
- B. Explorer
- C. Scaler
- D. Mirror

The probe is the primary instrument used to check for periodontal attachment loss because it is specifically designed to measure the depth of the periodontal pockets around each tooth. This measurement helps in assessing the health of the periodontal tissues and determining the extent of any periodontal disease present. The probe typically has calibrated markings that allow for accurate depth measurement, providing critical information about how much attachment has been lost due to periodontal disease. While other instruments have their specific functions within dental practice, they do not serve the same purpose in assessing periodontal health. For example, the explorer is primarily used for detecting caries or irregularities on the tooth surface. The scaler is used to remove calculus from the teeth but does not measure periodontal attachment. The mirror is a diagnostic tool for visibility and reflection in the oral cavity but is not involved in periodontal assessments. Therefore, the probe stands out as the essential instrument for evaluating periodontal attachment loss.

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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://ncfedentalnursing.examzify.com>

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

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