

NEBDN Dental Nursing Medical Emergencies in The Clinical Environment 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. Which framework is used to assess and treat patients in medical emergencies?**
 - A. ABCDE approach**
 - B. FAST assessment**
 - C. RICE protocol**
 - D. SOAP method**

- 2. Which sedative is listed among the first aid kit drugs?**
 - A. Glyceryl Trinitrate**
 - B. Adrenaline**
 - C. Aspirin**
 - D. Midazolam**

- 3. Angina typically lasts for how long?**
 - A. A few minutes.**
 - B. Several hours.**
 - C. A day.**
 - D. Several days.**

- 4. Abnormal insulin production results in what?**
 - A. An increase or decrease in blood glucose levels.**
 - B. A decrease in blood glucose only.**
 - C. No effect on glucose.**
 - D. Changes in blood pressure.**

- 5. What is insulin?**
 - A. A vitamin produced by the liver.**
 - B. A hormone produced by the pancreas that regulates blood glucose.**
 - C. A neurotransmitter produced by the brain.**
 - D. A sugar produced by the pancreas.**

- 6. Hyperglycemia is defined as what?**
 - A. Increased levels of glucose in the blood.**
 - B. Decreased levels of glucose in the blood.**
 - C. Normal glucose levels.**
 - D. No glucose in the blood.**

- 7. How many doses of Glyceryl Trinitrate (GTN) spray are used and what is it used for?**
- A. 1 puff; Used for chest pain.**
 - B. 3 puffs; Used for high blood pressure.**
 - C. 2 puffs; Used for anxiety.**
 - D. 2 puffs under the tongue; Used for Angina, suspected heart attack.**
- 8. If blood glucose is below 3.0 mmol/L, which action is indicated?**
- A. Glucose**
 - B. Insulin**
 - C. Water**
 - D. Glucagon**
- 9. The NICE guidelines recommend hospitalisation in case of which situation?**
- A. High risk of recurrence.**
 - B. Status epilepticus.**
 - C. First episode.**
 - D. Difficulty monitoring.**
- 10. In the sequence of actions to manage shock, which is the second step?**
- A. Call 999.**
 - B. Stop further blood loss.**
 - C. Lay patient flat and raise legs.**
 - D. Keep patient warm.**

Answers

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

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Explanations

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1. Which framework is used to assess and treat patients in medical emergencies?

- A. ABCDE approach**
- B. FAST assessment**
- C. RICE protocol**
- D. SOAP method**

At the heart of medical emergencies is a structured, priority-driven assessment that lets you identify and treat the most life-threatening problems first. The ABCDE approach guides this process: start by securing the airway and protecting it, because without an open airway nothing else matters if oxygen can't reach the lungs and brain. Move on to breathing, checking whether the patient is ventilating adequately and providing oxygen or ventilation support as needed. Then assess circulation to ensure blood flow and perfusion, control any major bleeding, and monitor vital signs. Next is disability, a quick neurological check to gauge level of consciousness and brain function. Finally, expose the patient to look for hidden injuries or conditions, while preventing hypothermia. This sequence helps you act quickly and methodically, coordinating actions and deciding when to call for advanced help. In dental or clinical emergency training, this framework is favored because it's practical, repeatable, and focused on the most urgent threats first. Other common terms like FAST describe a targeted assessment for abdominal trauma, RICE is about treating certain injuries over time, and SOAP is a documentation method rather than a real-time emergency assessment and management plan, so they don't provide the same comprehensive, order-of-operations approach for immediate patient care.

2. Which sedative is listed among the first aid kit drugs?

- A. Glyceryl Trinitrate**
- B. Adrenaline**
- C. Aspirin**
- D. Midazolam**

The thing being tested is which medication in a first aid kit can serve as a sedative for handling anxious or agitated patients and certain emergencies. Midazolam fits that role best because it is a fast-acting, short-acting benzodiazepine that can be given in small, titrated doses to achieve the desired level of calm or sedation without prolonged effects. This makes it practical in a dental clinic where quick, controlled sedation or seizure management may be needed under supervision. The other drugs listed have different primary purposes in emergencies: glyceryl trinitrate is used for angina, adrenaline for life-threatening allergic reactions or shock, and aspirin for suspected heart attack. They're not sedatives, so they aren't the appropriate choice when the question asks for a sedative drug in the first aid kit.

3. Angina typically lasts for how long?

- A. A few minutes.**
- B. Several hours.**
- C. A day.**
- D. Several days.**

Angina is chest pain caused by a transient decrease in blood flow to the heart muscle. It is usually short-lived and self-limiting, most often lasting only a few minutes and tending to resolve with rest or a dose of nitroglycerin. Because the pain from angina is from reversible ischemia, it doesn't persist for hours or days; such extended duration would raise concern for unstable angina or a heart attack. So, the best match is a few minutes—the typical angina episode. If pain lasts longer than about five minutes or doesn't improve with rest and nitroglycerin, treat it as an urgent event and seek medical help, as it could indicate a more serious condition.

4. Abnormal insulin production results in what?

- A. An increase or decrease in blood glucose levels.**
- B. A decrease in blood glucose only.**
- C. No effect on glucose.**
- D. Changes in blood pressure.**

Insulin's job is to control blood sugar by helping cells take in glucose and storing excess as glycogen. When its production is abnormal, this control is lost, so blood glucose can either rise or fall. That's why the result is changes in blood glucose levels—ranging from hyperglycemia (high glucose) to hypoglycemia (low glucose). The other ideas don't fit because insulin directly affects glucose balance, not just one direction or something like blood pressure, and it certainly doesn't imply no effect on glucose.

5. What is insulin?

- A. A vitamin produced by the liver.**
- B. A hormone produced by the pancreas that regulates blood glucose.**
- C. A neurotransmitter produced by the brain.**
- D. A sugar produced by the pancreas.**

Insulin is a hormone produced by the pancreas that regulates blood glucose levels. It signals cells to take in glucose from the bloodstream and promotes its storage as glycogen in the liver and muscles or its conversion to fat, helping to lower blood sugar after meals and keep fasting levels stable. It is not a vitamin, not a neurotransmitter, and not a sugar. This distinction matters in dental practice because many patients with diabetes rely on insulin therapy, and recognizing hypoglycemia or hyperglycemia is crucial for safe management.

6. Hyperglycemia is defined as what?

- A. Increased levels of glucose in the blood.**
- B. Decreased levels of glucose in the blood.**
- C. Normal glucose levels.**
- D. No glucose in the blood.**

Hyperglycemia means elevated glucose levels in the blood. The body keeps blood sugar within a narrow range using insulin, but when this regulation is impaired or overwhelmed, glucose remains high after meals or between them. That elevated level is the defining feature. It's different from hypoglycemia, which is when glucose is too low, and from normal glucose levels, which are within the healthy range. The idea of no glucose in the blood isn't accurate, since some glucose is always circulating and is needed for energy. In a dental clinical context, recognizing hyperglycemia is important because high blood sugar can impair healing and increase infection risk.

7. How many doses of Glyceryl Trinitrate (GTN) spray are used and what is it used for?

- A. 1 puff; Used for chest pain.**
- B. 3 puffs; Used for high blood pressure.**
- C. 2 puffs; Used for anxiety.**
- D. 2 puffs under the tongue; Used for Angina, suspected heart attack.**

Glyceryl trinitrate spray acts quickly because it's taken under the tongue, where the medication is absorbed into the bloodstream fast to dilate blood vessels and relieve chest pain from angina. A single dose of two puffs is the standard initial amount, providing prompt relief of symptoms. This use extends to a suspected heart attack by helping to ease chest pain while emergency help is arranged. It's not used to treat anxiety or to manage high blood pressure in this setting, and the typical emphasis in basic guidelines is on two puffs as the starting dose rather than one or three.

8. If blood glucose is below 3.0 mmol/L, which action is indicated?

- A. Glucose**
- B. Insulin**
- C. Water**
- D. Glucagon**

When blood glucose falls to as low as 3.0 mmol/L, the brain is not getting enough fuel, so the priority is to raise the glucose level quickly with a fast-acting carbohydrate. The best action is to give glucose right away, such as glucose gel or a sugary drink that the patient can swallow. This rapidly increases blood glucose within minutes and helps reverse the symptoms of hypoglycemia that can impair thinking, speech, and coordination. Giving insulin would make the situation worse by lowering blood glucose further, so it's not appropriate here. Water alone won't raise blood glucose and won't correct the deficit quickly. Glucagon is reserved for situations where the person cannot take oral carbohydrates or is unconscious; in those cases an injection is used, but if the patient can safely swallow, oral glucose is preferred for a faster and simpler correction. After giving glucose, recheck the blood glucose after about 10 minutes and repeat if still low, then provide a longer-lasting carbohydrate to prevent a future drop.

9. The NICE guidelines recommend hospitalisation in case of which situation?

- A. High risk of recurrence.**
- B. Status epilepticus.**
- C. First episode.**
- D. Difficulty monitoring.**

Status epilepticus is a medical emergency. It means a seizure lasts more than five minutes or seizures occur in rapid succession without the person regaining full consciousness between them. Because ongoing seizure activity can lead to brain injury, hypoxia, and other serious complications, NICE guidelines require urgent hospital admission for definitive treatment, monitoring, and investigations to find the cause and optimise ongoing management. In practice, this is why, if a patient experiences this in a clinical setting, you would stop the procedure, ensure safety, call emergency services immediately, and provide initial supportive care while help is on the way. After the episode ends, admission to hospital for thorough evaluation and treatment planning is typically indicated to prevent further episodes and address any underlying issues. Other situations, such as a first-ever seizure or a high risk of recurrence, may require prompt evaluation, but they do not carry the same automatic hospital admission mandate as status epilepticus. Difficulty monitoring can raise safety concerns, but the clear NICE directive for this emergency is the need for hospital-based care when seizures are prolonged or continuous.

10. In the sequence of actions to manage shock, which is the second step?

- A. Call 999.**
- B. Stop further blood loss.**
- C. Lay patient flat and raise legs.**
- D. Keep patient warm.**

In managing shock, the priority is to preserve circulating blood and perfusion. After you have summoned help, the next crucial action is to stop any external bleeding. Ongoing blood loss rapidly worsens shock by draining volume and dropping blood pressure, so controlling the source of bleeding is the most immediate way to stabilize the patient while waiting for this emergency team. In practice, apply direct pressure with a clean dressing to any wound and avoid removing dressings once they're in place. Only after bleeding is being controlled should you position the patient to aid circulation (flat with legs raised if no spinal injury) and work to keep them warm. This sequence targets the most life-threatening factor first, which is the continuing loss of blood.

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://nebdndentalnursingmedeminclinenvi.examzify.com>

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

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