

# 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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# Table of Contents

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

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

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- 1. Which option is NOT listed as a sign of respiratory distress in this protocol?**
  - A. Dry nasal congestion**
  - B. Sweating**
  - C. Cyanosis**
  - D. Abdominal breathing**
  
- 2. Which of the following is a sign of shock?**
  - A. Dizziness.**
  - B. Rapid breathing.**
  - C. Pale, clammy skin.**
  - D. High fever.**
  
- 3. What is the first recommended action in an emergency scenario?**
  - A. Stay calm**
  - B. Ensure that you are safe**
  - C. Follow the ABCDE approach**
  - D. Reassure nervous patients**
  
- 4. Which statement describes angina pectoris?**
  - A. A coronary artery is partially blocked so blood flow to the heart is reduced but not completely stopped.**
  - B. It only occurs at night.**
  - C. It is caused by infection.**
  - D. It is unrelated to coronary arteries.**
  
- 5. Abdominal thrusts can cause what, and what is the recommended action?**
  - A. They relieve choking immediately; call emergency services.**
  - B. They stop bleeding; apply pressure.**
  - C. They can cause internal damage; advise the patient to see a doctor.**
  - D. They cure the underlying condition; monitor at home.**

- 6. Which of the following is a sign of stroke?**
- A. Slurred speech**
  - B. Slow, deep breathing**
  - C. Slow, strong pulse**
  - D. Nausea and vomiting**
- 7. What is the adult dose of adrenaline injection 1mg/ml and its common use?**
- A. 0.5 mg**
  - B. 1.0 mg**
  - C. 0.3 mg**
  - D. 0.15 mg**
- 8. Which of the following can be a sign or symptom of a stroke?**
- A. Headache**
  - B. Slow, deep breathing**
  - C. Slow, strong pulse**
  - D. Dilated pupils or unequal size**
- 9. Which statement about stroke is true?**
- A. It occurs when a blood vessel supplying the brain becomes blocked, causing hypoxia and brain tissue death.**
  - B. It only occurs if a blood vessel ruptures and bleeds inside the brain.**
  - C. It is a result of a problem with the heart rather than brain vessels.**
  - D. It never leads to brain damage.**
- 10. An Epipen contains a substance used to treat anaphylaxis. What is it?**
- A. Adrenaline (epinephrine).**
  - B. Antihistamine.**
  - C. Steroid.**
  - D. Salbutamol.**

## **Answers**

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

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## **Explanations**

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**1. Which option is NOT listed as a sign of respiratory distress in this protocol?**

- A. Dry nasal congestion**
- B. Sweating**
- C. Cyanosis**
- D. Abdominal breathing**

Recognising respiratory distress relies on signs that show the patient is struggling to breathe and not getting enough oxygen. Sweating happens when the body pumps harder to meet increased breathing effort, so it's a sign of distress. Cyanosis, a bluish tint to lips or face, indicates inadequate oxygen in the blood and is a clear warning sign. Abdominal breathing points to increased work of breathing, with the abdominal muscles working harder to move air in and out. Dry nasal congestion, while common with colds or allergies, does not by itself indicate a compromised airway or breathing difficulty in this protocol, so it isn't listed as a sign of respiratory distress.

**2. Which of the following is a sign of shock?**

- A. Dizziness.**
- B. Rapid breathing.**
- C. Pale, clammy skin.**
- D. High fever.**

Shock is a state where the body isn't getting enough blood flow to its tissues, so organs and skin receive less oxygen and nutrients. A key, observable sign of this reduced perfusion is pale, clammy skin. The body shunts blood away from the skin to protect vital organs, which makes the skin cool and pale and often sweaty, i.e., clammy. Dizziness and rapid breathing can occur as the body attempts to compensate, but they're not as specific or as telling as the skin changes that indicate poor circulation. A high fever isn't a direct sign of shock itself—fever points more to infection, though severe infections can lead to septic shock later. In practice, noticing pale, clammy skin should prompt immediate emergency steps: call for help, assess airway and breathing, monitor circulation, and keep the patient warm while awaiting further care.

**3. What is the first recommended action in an emergency scenario?**

- A. Stay calm**
- B. Ensure that you are safe**
- C. Follow the ABCDE approach**
- D. Reassure nervous patients**

Staying calm gives you the mental clarity and steadiness needed to act effectively. In an emergency, panic can cloud judgment, slow your response, and increase risk to both you and the patient. When you stay composed, you can quickly scan the scene for hazards, decide if it's safe to approach, call for help, and begin a structured, purposeful response. In a dental setting, a calm start also helps you reassure the patient and collaborate with staff without making the situation more chaotic. The remaining actions—checking safety, following a systematic approach, and reassuring the patient—are important steps that follow once you've established a calm, controlled state.

#### 4. Which statement describes angina pectoris?

- A. A coronary artery is partially blocked so blood flow to the heart is reduced but not completely stopped.**
- B. It only occurs at night.
- C. It is caused by infection.
- D. It is unrelated to coronary arteries.

Angina pectoris happens when the heart muscle doesn't get enough oxygen because the coronary arteries are narrowed. Because the blockage is partial, blood flow is reduced but not stopped, so the heart can still receive some oxygen at rest but struggles during activity or stress. That mismatch between oxygen supply and demand produces chest pain or discomfort that typically eases with rest or with nitroglycerin. The statements that say it only happens at night, that it's caused by infection, or that it's unrelated to the coronary arteries don't fit this mechanism, since angina is fundamentally about reversible ischemia from reduced coronary blood flow. In practice, recognizing this pattern helps distinguish angina from other issues, and management centers on rest and nitrate therapy, with urgent care if symptoms don't improve.

#### 5. Abdominal thrusts can cause what, and what is the recommended action?

- A. They relieve choking immediately; call emergency services.
- B. They stop bleeding; apply pressure.
- C. They can cause internal damage; advise the patient to see a doctor.**
- D. They cure the underlying condition; monitor at home.

Abdominal thrusts can relieve an airway obstruction, but the forces used to dislodge a blockage can also cause internal injury to organs or tissues in the abdomen. Because of this risk, the safest next step after an episode is to have the person seen by a clinician to check for hidden injuries or delayed complications. This emphasizes patient safety: the maneuver can be life-saving, yet it isn't without potential harm, so medical assessment helps ensure any damage is identified and managed.

#### 6. Which of the following is a sign of stroke?

- A. Slurred speech
- B. Slow, deep breathing
- C. Slow, strong pulse
- D. Nausea and vomiting**

Speech disturbance is a key indicator that brain function is affected during a stroke; when blood flow to language areas of the brain is disrupted, speech can become slurred, words may be hard to form, or comprehension may be impaired. This makes slurred speech the most direct sign among the options for recognizing a stroke in an emergency. In contrast, slow, deep breathing can arise from other medical issues affecting respiration; a slow, strong pulse is not a typical stroke signal, and nausea or vomiting can occur for many reasons and is not a reliable sign of stroke on its own. If stroke is suspected, act quickly: call emergency services, determine when symptoms began, monitor breathing, keep the person safe and comfortable, and avoid giving anything by mouth until professionals arrive.

**7. What is the adult dose of adrenaline injection 1mg/ml and its common use?**

- A. 0.5 mg**
- B. 1.0 mg**
- C. 0.3 mg**
- D. 0.15 mg**

Adrenaline at a concentration of 1 mg/mL is used intramuscularly in adults for acute anaphylaxis. The standard dose is 0.5 mg given into the muscle, which delivers a rapid effect. This amount works quickly because adrenaline acts on both alpha and beta receptors: the alpha-adrenergic action constricts dilated blood vessels, raising blood pressure and reducing swelling around the airway, while the beta-adrenergic action bronchodilates to improve breathing. The intramuscular route provides fast absorption with a safer profile in emergency settings outside hospital. The common use of this dose is to treat life-threatening allergic reactions, where rapid reversal of airway compromise and hypotension is essential. If symptoms persist, a second 0.5 mg dose can be given after several minutes while additional medical care is arranged.

**8. Which of the following can be a sign or symptom of a stroke?**

- A. Headache**
- B. Slow, deep breathing**
- C. Slow, strong pulse**
- D. Dilated pupils or unequal size**

Stroke can present with a sudden change in neurological function, and recognizing these signs quickly is essential because timely treatment can reduce brain damage. Headache can be a sign of a stroke, particularly if it comes on suddenly and is very severe, which can happen with a hemorrhagic stroke where a blood vessel bursts inside the brain. In a dental or clinical emergency, a sudden severe headache should raise concern for a possible stroke and prompt urgent evaluation and escalation. The other options don't fit as typical early stroke signs. Slow, deep breathing points more toward airway or respiratory issues rather than a brain event. A slow, strong pulse isn't a hallmark marker of stroke. Dilated pupils or unequal pupil size can occur with various brain injuries or conditions but aren't classic, primary stroke signs in the common emergency context. So, headache stands out as a possible stroke sign among the choices, and spotting it early supports rapid response.

**9. Which statement about stroke is true?**

- A. It occurs when a blood vessel supplying the brain becomes blocked, causing hypoxia and brain tissue death.**
- B. It only occurs if a blood vessel ruptures and bleeds inside the brain.**
- C. It is a result of a problem with the heart rather than brain vessels.**
- D. It never leads to brain damage.**

Strokes happen when the blood supply to part of the brain is interrupted, so the brain tissue is deprived of oxygen and nutrients and brain cells start to die. The statement that is true describes this exact mechanism: a brain-supplying vessel becomes blocked, leading to hypoxia and brain tissue death. This corresponds to the ischemic type of stroke, which is the most common. It's important to recognize there is another form where a brain vessel ruptures and bleeds, which is hemorrhagic stroke, but the blocking mechanism in the true statement correctly captures a primary cause of many strokes. Either way, stroke can cause serious brain damage, underscoring why rapid recognition and emergency care are crucial. In a dental setting, if stroke signs appear, stop the procedure, call emergency services, and monitor the patient while awaiting help.

**10. An Epipen contains a substance used to treat anaphylaxis. What is it?**

- A. Adrenaline (epinephrine).**
- B. Antihistamine.**
- C. Steroid.**
- D. Salbutamol.**

Adrenaline (epinephrine) is the substance in an Epipen and is used to treat anaphylaxis. It works quickly to reverse the life-threatening features of a severe allergic reaction: it constricts blood vessels to raise blood pressure and reduce swelling in the airway, and it relaxes the smooth muscle in the airways to improve breathing. This combination tackles the main dangers of anaphylaxis fast, which is why an Epipen is the first-line emergency treatment. Antihistamines and steroids don't reverse these acute problems quickly enough or address the blood pressure collapse and airway swelling as effectively. Antihistamines mainly help symptoms like itching or rash, and steroids take longer to have an effect. Salbutamol can help with bronchospasm, but it doesn't address the dangerous vascular components and airway edema as adrenaline does. In anaphylaxis, adrenaline is the essential, immediate intervention, often followed by urgent medical help.

## 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](mailto: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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