NEBDN Dental Nursing (UK) Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. Which BPE score indicates a probing depth of 6 mm or more?

A. Score 2

B. Score 3

C. Score 4

D. Score 5

2. Which size needle is most appropriate for inferior dental block (IDB) injections?

A. Short 25mm

B. Long 32mm

C. Extra long 40mm

D. Medium 30mm

3. What is the primary benefit of using a friction grip tapered diamond bur for crown preparation?

A. It allows for easier removal of decay

B. It minimizes the time needed for the procedure

C. It produces near-parallel preparation

D. It enhances tooth whitening effects

4. What does a higher kVp setting do to an X-ray image?

A. Increases image density

B. Reduces image sharpness

C. Enhances image contrast

D. Decreases radiation exposure

5. What condition does the rubella vaccination primarily protect against?

A. Measles

B. German measles

C. Mumps

D. Pneumonia

6. What does the term 'congenitally' refer to?

- **A. From infancy**
- **B. From childhood**
- **C. From birth**
- **D. From diagnosis**

7. What is the anticipated outcome of using a dental radiograph with proper exposure settings?

- **A. Blurry images**
- **B. Diminished contrast**
- **C. Clear, diagnostic images**
- **D. Unnecessary radiation exposure**

8. What is angular cheilitis?

- **A. An oral fungal infection**
- **B. A periodontal disease**
- **C. A bacterial infection of the gums**
- **D. None of the above**

9. What is the name of the joint where the mandible articulates with the skull?

- **A. Glendale joint**
- **B. TMJ (Temporomandibular Joint)**
- **C. Sacroiliac joint**
- **D. Atlantoaxial joint**

10. What is the significance of flossing in dental care?

- **A. It strengthens tooth enamel**
- **B. It cleans food particles between teeth**
- **C. It replaces brushing**
- **D. It can whiten teeth**

Answers

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

Explanations

1. Which BPE score indicates a probing depth of 6 mm or more?

A. Score 2

B. Score 3

C. Score 4

D. Score 5

The correct answer is based on the basic periodontal examination (BPE) scoring system, which is used to assess periodontal health. The BPE scores provide a numerical representation of the clinical conditions observed in the periodontal examination. A score of 4 specifically indicates that there is a probing depth of 6 mm or more present in the assessed buccal and/or interproximal sites. This level of probing depth suggests more significant periodontal disease, requiring further investigation and possibly a more comprehensive periodontal assessment. In contrast, other scores reflect less severe probing depths. A score of 2 indicates the presence of bleeding on probing, but the probing depth would not exceed 3 mm. A score of 3 suggests probing depths of 4 to 5 mm, which are still considered less severe conditions. A score of 5 is reserved for cases that exhibit complex periodontal issues requiring referral to a specialist, though it typically refers to additional findings such as the presence of furcation involvement or significant bone loss, but it does not specifically indicate that probing depths are 6 mm or more. Thus, the correct identification of score 4 aligns precisely with the threshold for probing depths of 6 mm or more.

2. Which size needle is most appropriate for inferior dental block (IDB) injections?

A. Short 25mm

B. Long 32mm

C. Extra long 40mm

D. Medium 30mm

The most appropriate needle size for inferior dental block (IDB) injections is typically the long 32mm needle. The IDB is a common procedure in dentistry used to achieve anaesthesia in the lower jaw, particularly for the molar teeth. The 32mm length needle provides sufficient reach to effectively deposit the anesthetic solution near the inferior alveolar nerve, which is located deep within the tissues at the mandible. Achieving the correct depth of penetration is crucial to ensure that the anesthetic effectively blocks sensation in the targeted area. A longer needle facilitates this process, allowing practitioners to navigate through various tissue layers and reach the nerve adequately. Shorter needles, such as the 25mm option, may not provide enough length to effectively reach the inferior alveolar nerve, especially in patients with greater anatomical variations or thicker soft tissue layers. Similarly, while an extra-long 40mm needle may seem like it could ensure better access, its length is generally unnecessary and can increase the risk of complications, such as damaging surrounding structures or causing unsafe advancements. The medium 30mm needle is also insufficient for the same reasons as the short needle, lacking the necessary length for reliable anaesthetic delivery. Thus, the use of a long 32mm needle

3. What is the primary benefit of using a friction grip tapered diamond bur for crown preparation?

A. It allows for easier removal of decay

B. It minimizes the time needed for the procedure

C. It produces near-parallel preparation

D. It enhances tooth whitening effects

The primary benefit of using a friction grip tapered diamond bur for crown preparation is that it produces near-parallel preparation. This feature is crucial in restorative dentistry, particularly in crown procedures, as it allows for a more precise and uniform reduction of tooth structure. The tapered design of the bur is specifically engineered to facilitate the creation of a consistent preparation angle, which enhances the fit and retention of the crown. Achieving near-parallel walls in tooth preparations is essential for ensuring that the crown does not have excessive resistance during placement, as well as allowing for even distribution of forces on the restoration after it is cemented. This not only contributes to the longevity of the crown but also helps in providing an optimal outcome aesthetically and functionally. While other options may present beneficial aspects, they do not relate directly to the specific advantages provided by the tapered diamond bur in the context of crown preparation. For instance, the removal of decay or the time saved in procedures can be influenced by multiple factors beyond the tool itself, while tooth whitening is unrelated to the function of a diamond bur during crown preparation.

4. What does a higher kVp setting do to an X-ray image?

A. Increases image density

B. Reduces image sharpness

C. Enhances image contrast

D. Decreases radiation exposure

The correct answer highlights that a higher kilovolt peak (kVp) setting contributes to an increase in image density. In the context of X-ray imaging, density refers to the overall blackness or darkness of the radiographic film. When the kVp is increased, it enhances the penetrating power of the X-ray beam. This means that a greater number of X-rays reach the film or digital sensor, resulting in a darker image or higher density. In addition to increasing density, an increase in kVp also tends to reduce image contrast, though this aspect is not highlighted in the correct answer but is important to understand. As kVp increases, the range of beam energies increases, which can cause a reduction in the difference between various tissue densities on the film, leading to a more uniform image rather than a sharply differentiated one. Moreover, while higher kVp settings may affect radiation exposure, particularly in terms of reducing the amount of time the patient is subjected to radiation, the primary effect of a higher kVp is indeed the increase in image density. This knowledge is vital for dental nurses and radiographers when adjusting settings to obtain the best quality X-ray images while considering patient safety and image diagnostic criteria.

5. What condition does the rubella vaccination primarily protect against?

A. Measles

B. German measles

C. Mumps

D. Pneumonia

The rubella vaccination primarily protects against German measles, which is a contagious viral infection caused by the rubella virus. This vaccination is an essential part of public health efforts to prevent the spread of the disease, especially considering the serious implications it can have for pregnant women and their unborn children, including congenital rubella syndrome. This is why the emphasis on vaccination is crucial, as it helps to achieve herd immunity and protect vulnerable populations. The other options, while related to infectious diseases, are associated with different viruses. Measles and mumps are caused by separate viruses and are prevented by other vaccines, such as the MMR (measles, mumps, rubella) vaccine, but they are not specifically targeted by the rubella vaccine alone. Pneumonia, being a condition caused by various pathogens and not a specific viral disease like rubella, is also not prevented by the rubella vaccination. Therefore, the correct answer highlights the specific focus of the rubella vaccine in protecting against German measles.

6. What does the term 'congenitally' refer to?

A. From infancy

B. From childhood

C. From birth

D. From diagnosis

The term 'congenitally' refers to conditions or traits that are present at birth. This term is derived from the word 'congenital,' which specifically pertains to abnormalities or features that a person is born with, as opposed to those that develop later in life. Therefore, when discussing medical or dental issues that are described as congenital, it is important to understand that these are inherent conditions that are established during fetal development and observable immediately at birth or shortly thereafter. The other options, while they refer to different stages of development or time frames, do not accurately capture the definition of 'congenitally.' For example, 'from infancy' and 'from childhood' imply a timeframe post-birth, whereas 'from diagnosis' suggests a point in time when a condition is identified, rather than indicating its origin or presence at birth. Understanding this distinction is crucial in the medical and dental fields, as it impacts how conditions are treated and managed from the very start of a patient's life.

7. What is the anticipated outcome of using a dental radiograph with proper exposure settings?

A. Blurry images

B. Diminished contrast

C. Clear, diagnostic images

D. Unnecessary radiation exposure

Using a dental radiograph with proper exposure settings is essential for obtaining clear and diagnostic images. When the exposure settings are optimized, the resulting radiographs have the right amount of light and contrast, allowing for accurate interpretation of the dental anatomy, structures, and any potential pathologies. Clear images enable dental professionals to make informed decisions regarding diagnosis and treatment plans. In contrast, blurry images occur when the exposure settings are inappropriate or if there is movement during the exposure. Diminished contrast results when the radiograph is underexposed or overexposed, either of which can obscure important details. Unnecessary radiation exposure is a concern when proper exposure settings are not utilized; however, accurate settings actually minimize radiation by ensuring that only the required exposure time and intensity are used to achieve clear images. Therefore, the anticipated outcome of using a dental radiograph with proper settings is indeed clear, diagnostic images.

8. What is angular cheilitis?

A. An oral fungal infection

B. A periodontal disease

C. A bacterial infection of the gums

D. None of the above

Angular cheilitis is characterized as an oral fungal infection, typically caused by yeast organisms like Candida. It manifests as inflammation and cracking at the corners of the mouth, which can be quite uncomfortable. This condition occurs when the skin folds at the corners of the mouth become trapped in an environment conducive to fungal growth, often exacerbated by moisture from saliva. Factors that contribute to angular cheilitis can include nutritional deficiencies, dry skin, and systemic conditions that compromise the immune system. In contrast, periodontal disease primarily affects the tissues around the teeth, causing gum inflammation and potential tooth loss but does not specifically involve the corners of the mouth. Similarly, while a bacterial infection of the gums can lead to gingivitis or periodontitis, it is not the same as angular cheilitis, which is distinctly a fungal condition. Therefore, identifying angular cheilitis as an oral fungal infection aligns with its clinical presentation and etiology.

9. What is the name of the joint where the mandible articulates with the skull?

A. Glendale joint

B. TMJ (Temporomandibular Joint)

C. Sacroiliac joint

D. Atlantoaxial joint

The name of the joint where the mandible articulates with the skull is the TMJ, or Temporomandibular Joint. This joint is crucial for involuntary and voluntary movements of the jaw, such as chewing and speaking. It connects the temporal bone of the skull to the mandible, allowing for movement in multiple directions, including elevation, depression, and gliding. The unique structure of the TMJ includes a disc made of fibrocartilage that assists in absorbing shock and providing a smooth movement, which is essential for the functions mentioned. Understanding the TMJ is vital for dental professionals since dysfunction of this joint can lead to pain and various dental issues. The other options refer to different joints in the body that do not involve the mandible. For instance, the Glendale joint is not a recognized anatomical joint, while the sacroiliac joint connects the lower spine to the pelvis, and the atlantoaxial joint allows for rotation of the head. Each of these joints serves specific functions unrelated to the mandible's articulation with the skull, highlighting the importance of the TMJ in dental practice.

10. What is the significance of flossing in dental care?

A. It strengthens tooth enamel

B. It cleans food particles between teeth

C. It replaces brushing

D. It can whiten teeth

Flossing is significant in dental care primarily because it cleans food particles and plaque from between the teeth, where toothbrushes typically cannot reach. These areas are prone to the buildup of food debris and plaque, which can lead to tooth decay and gum disease if not properly maintained. By incorporating flossing into a daily routine, individuals can effectively remove debris and reduce the risk of cavities and periodontal issues that might arise from neglecting these hard-to-reach spaces. While other options highlight benefits related to dental hygiene, they do not accurately reflect the primary role of flossing. For example, the notion that flossing strengthens tooth enamel is misleading; enamel strength is more closely associated with dietary choices and the use of fluoride. Additionally, flossing is not a substitute for brushing but rather a complementary practice intended to enhance overall oral health. The suggestion that it can whiten teeth also does not align with the primary purpose of flossing, which is focused on cleaning between the teeth rather than altering their color.