

NEBDN DENTAL NURSING (UK) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What does Class V caries mainly affect?**
 - A. Incisal edges of anteriors
 - B. Cusps of posterior teeth
 - C. Gingival third of any tooth
 - D. Pits and fissures of molars
- 2. What condition does a person with haemophilia experience?**
 - A. Inability to digest food
 - B. Difficulty in respiration
 - C. Inability to stop bleeding
 - D. Chronic pain in the joints
- 3. What type of bacteria is primarily associated with periodontal disease?**
 - A. Staphylococcus
 - B. Bacillus
 - C. Streptococcus
 - D. Lactobacillus
- 4. Which bone is known to form the forehead?**
 - A. Occipital bone
 - B. Frontal bone
 - C. Temporal bone
 - D. Parietal bone
- 5. What is the primary focus of physiology in relation to dental health?**
 - A. Study of tooth decay
 - B. Understanding body functions
 - C. Analysis of gum disease
 - D. Examination of dental procedures
- 6. What is the primary function of the liver in relation to blood clotting?**
 - A. Producing cholesterol
 - B. Detoxifying harmful substances
 - C. Clotting factor production
 - D. Regulating blood sugar levels

- 7. What is a cephalograph used for in dentistry?**
- A. To examine dental caries
 - B. It is a full head and neck radiograph
 - C. To assess gum inflammation
 - D. To take impressions for orthodontics
- 8. A patient attends for a root canal stage 1 treatment. Which instrument would be used to remove infected tissues?**
- A. Barbed broach
 - B. Mitchell's trimmer
 - C. Rotary paste filler
 - D. Periosteal elevator
- 9. Which of the following is the largest salivary gland?**
- A. Submandibular gland
 - B. Sublingual gland
 - C. Parotid gland
 - D. Minor salivary glands
- 10. Which legislation implements the Quality Assurance policy requirement for patient protection under ALARP principles?**
- A. Health and Safety at Work Act
 - B. IR(ME)R 2000
 - C. Data Protection Act
 - D. Control of Substances Hazardous to Health Regulations

Answers

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

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Explanations

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1. What does Class V caries mainly affect?

- A. Incisal edges of anteriors
- B. Cusps of posterior teeth
- C. Gingival third of any tooth**
- D. Pits and fissures of molars

Class V caries primarily affects the gingival third of any tooth, which is characterized by their location at or just below the margin of the gums. These cavities can occur on both anterior and posterior teeth, making them quite versatile in their presentation. Class V lesions are typically associated with factors such as plaque accumulation, poor oral hygiene, and sometimes, specific anatomical features of teeth that predispose them to decay in these areas. In contrast, the other choices represent different classifications of dental caries. The incisal edges of anteriors are associated with Class IV caries, which are cavities found on the incisal edges of anterior teeth. The cusps of posterior teeth relate to Class I caries, which typically occur in occlusal surfaces where food and plaque can easily accumulate. Lastly, pits and fissures of molars are specifically addressed by Class I caries and do not cover the gingival area, nor do they relate to the types of surfaces that Class V caries usually affects. Thus, the identification of Class V caries being mainly focused on the gingival third highlights the distinct nature of this cavity type.

2. What condition does a person with haemophilia experience?

- A. Inability to digest food
- B. Difficulty in respiration
- C. Inability to stop bleeding**
- D. Chronic pain in the joints

A person with haemophilia experiences the inability to stop bleeding, which is the defining characteristic of this genetic disorder. Haemophilia is a condition where the blood does not clot properly due to the absence or deficiency of certain clotting factors in the blood. This leads to prolonged bleeding after injury, surgery, or even spontaneous bleeding episodes. Individuals with this condition may suffer from internal bleeding, such as in joints or muscles, and may have difficulty with clot formation, meaning that injuries that would typically be minor can turn serious due to excessive blood loss. This impaired clotting ability is the core issue associated with haemophilia, which affects their overall health and necessitates careful management and treatment to prevent bleeding complications. Understanding the mechanics of blood clotting and the role of clotting factors can provide further insight into why individuals with this condition must be vigilant about any potential bleeding risks in their daily lives.

3. What type of bacteria is primarily associated with periodontal disease?

- A. Staphylococcus
- B. Bacillus**
- C. Streptococcus
- D. Lactobacillus

Periodontal disease is primarily associated with specific types of bacteria that thrive in the subgingival environment. The bacteria most commonly linked to periodontal disease are often Gram-negative anaerobes, with *Porphyromonas gingivalis* being one of the key pathogens. The choice indicating *Bacillus* is not typically associated with periodontal issues. *Bacillus* species are generally known for their roles in soil and food spoilage rather than periodontal pathogens. In contrast, *Streptococcus*, particularly *Streptococcus mutans*, is more commonly associated with dental caries rather than periodontal disease. *Lactobacillus* also has a strong association with dental caries but not specifically with periodontal disease. The type of bacteria that plays a significant role in periodontal disease includes a variety of Gram-negative anaerobic bacteria rather than the options provided. Understanding the primary pathogens responsible for periodontal disease is crucial in dental nursing, as recognizing these organisms aids in the diagnosis, treatment, and prevention of periodontal conditions.

4. Which bone is known to form the forehead?

- A. Occipital bone
- B. Frontal bone**
- C. Temporal bone
- D. Parietal bone

The frontal bone is the key structure that forms the forehead. It plays a crucial role in the anatomy of the skull, providing the anterior (front) portion and contributing to the formation of the eye sockets and the nasal cavity. This bone is easily identifiable as the section of the skull that extends from the forehead down to the eyebrows and up to the hairline. Understanding the significance of the frontal bone helps contextualize its protective function for the frontal lobes of the brain, as well as its contribution to facial aesthetics and the skull's overall shape. In contrast, the occipital bone is located at the back of the skull, the temporal bone is situated on the side of the skull near the ears, and the parietal bone forms the upper sides and roof of the cranium. Each of these bones serves distinct purposes and locations within the skull's anatomy. The frontal bone's role is unique and necessary for defining the forehead area.

5. What is the primary focus of physiology in relation to dental health?

- A. Study of tooth decay
- B. Understanding body functions**
- C. Analysis of gum disease
- D. Examination of dental procedures

The primary focus of physiology in relation to dental health is understanding body functions. Physiology involves studying how various systems in the body operate, which can significantly impact dental health and treatment. For instance, understanding how the immune system responds to oral bacteria helps dental professionals manage diseases like gingivitis and periodontitis, as it provides insights on how body functions contribute to maintaining oral health. Additionally, knowledge of physiological processes aids in comprehending how medications interact within the body during dental procedures and how systemic health conditions can affect oral health. This understanding is fundamental for effective dental care, allowing dental professionals to provide holistic treatment that addresses not just the dental issues but also the underlying physiological principles involved. Other aspects, such as tooth decay, gum disease, and dental procedures, while important, are more specific issues that derive from or are influenced by the broader understanding of bodily functions. Emphasizing physiology thus lays the groundwork for a more comprehensive approach to dental health.

6. What is the primary function of the liver in relation to blood clotting?

- A. Producing cholesterol
- B. Detoxifying harmful substances
- C. Clotting factor production**
- D. Regulating blood sugar levels

The primary function of the liver in relation to blood clotting is the production of clotting factors. The liver synthesizes proteins such as fibrinogen, prothrombin, and various other factors that are essential for the coagulation cascade. These proteins work together to form blood clots, which are crucial for stopping bleeding and initiating the healing process after an injury. The liver's role is vital because without adequate production of these clotting factors, the body would struggle to maintain hemostasis, leading to increased risk of bleeding disorders. This function underscores the liver's importance not only in producing essential proteins but also in overall vascular health. The other options relate to different functions of the liver but do not directly address blood clotting. For instance, while the liver does produce cholesterol, detoxifies substances, and regulates blood sugar levels, these activities are separate from the specific process of clotting factor synthesis, which is critical for blood coagulation.

7. What is a cephalograph used for in dentistry?

- A. To examine dental caries
- B. It is a full head and neck radiograph**
- C. To assess gum inflammation
- D. To take impressions for orthodontics

A cephalograph is specifically used in dentistry to take a full head and neck radiograph, which is essential for orthodontic evaluation and treatment planning. This imaging technique allows dental professionals to assess the relationships between the teeth, jaws, and facial structures. It provides a lateral view of the head that includes the skull, jawline, and teeth, enabling orthodontists to analyze growth patterns, tooth alignment, and skeletal relationships. The use of a cephalograph is particularly valuable for diagnosing malocclusions and planning orthodontic treatments. By examining these radiographs, dental professionals can gather crucial information regarding the position of teeth and bone structure, which plays a significant role in the development of effective treatment plans. In contrast, the other options relate to different dental procedures or areas of focus. For instance, examining dental caries involves visual and clinical assessments rather than radiographic imaging specific to the head and neck. Assessing gum inflammation usually requires periodontal examinations, not an overall head radiograph. Taking impressions for orthodontics typically involves physical molds of teeth rather than a radiographic technique. Thus, the cephalograph's primary function in capturing detailed, full head and neck radiographs clearly highlights its significance in orthodontics.

8. A patient attends for a root canal stage 1 treatment. Which instrument would be used to remove infected tissues?

- A. Barbed broach**
- B. Mitchell's trimmer
- C. Rotary paste filler
- D. Periosteal elevator

In the context of root canal treatment, the primary goal during the initial stage is to remove infected pulp tissue from within the root canal system. The barbed broach is specifically designed for this purpose. It is an endodontic instrument that features barbs along its length, allowing it to grasp and effectively remove soft, necrotic tissue from the canal. The barbed broach is particularly advantageous because its design facilitates the extraction of tissue while minimizing damage to the canal walls. This is crucial for maintaining the integrity of the canal structure as much as possible during treatment. Other instruments listed have different primary functions. For example, a Mitchell's trimmer is usually employed for finishing and contouring dental restorations rather than for pulp tissue removal. The rotary paste filler is used in the filling stage of root canal treatment, applying filling materials rather than removing infected tissue. A periosteal elevator is designed to lift the periosteum from the underlying bone and assist in surgical procedures, making it unsuitable for the task of removing infected pulpal tissue. Thus, the barbed broach is the most appropriate and effective instrument for the removal of infected tissues in the root canal during the initial treatment stage.

9. Which of the following is the largest salivary gland?

- A. Submandibular gland
- B. Sublingual gland
- C. Parotid gland**
- D. Minor salivary glands

The parotid gland is the largest salivary gland in the human body. Situated near the ear, it is responsible for producing a significant portion of saliva, particularly during the process of chewing. Saliva secreted from the parotid gland contains enzymes such as amylase, which begins the digestive process in the mouth, and it plays a crucial role in maintaining oral health by helping to neutralize acids and providing lubrication. In contrast, the submandibular gland, while also significant in size and function, is smaller than the parotid gland and located beneath the jaw. The sublingual gland is even smaller and situated beneath the tongue, mainly producing mucous saliva. Minor salivary glands are numerous but are not considered large glands; they are distributed throughout the oral cavity and are much less prominent than the major glands. The size and location of the parotid gland allow it to have a considerable impact on the overall production of saliva, which is why it is recognized as the largest salivary gland.

10. Which legislation implements the Quality Assurance policy requirement for patient protection under ALARP principles?

- A. Health and Safety at Work Act
- B. IR(ME)R 2000**
- C. Data Protection Act
- D. Control of Substances Hazardous to Health Regulations

The legislation that implements the Quality Assurance policy requirement for patient protection under ALARP (As Low As Reasonably Practicable) principles is the IR(ME)R 2000. This regulation specifically governs the use of ionising radiation in medical exposure, ensuring that all procedures involving radiation are justified and that the associated risks are kept as low as possible while still achieving the intended benefits of treatment or diagnostic procedures. ALARP principles emphasize that the risks of exposure to radiation should be managed to the lowest reasonable level, balancing the potential benefits of medical interventions against the risks involved. The IR(ME)R 2000 effectively enforces quality assurance measures and safe practices in environments where patients may receive radiation exposure, aligning with the goal of patient protection. In contrast, the Health and Safety at Work Act primarily focuses on broader workplace safety matters and employer responsibilities toward all employees and the public, rather than specifically addressing patient safety concerning radiation. The Data Protection Act deals with the protection of personal data rather than health and safety concerns. The Control of Substances Hazardous to Health Regulations is aimed at controlling exposure to hazardous substances in the workplace and does not specifically apply to radiation safety in a patient care context.

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://nebdndentalnursinguk.examzify.com>

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

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