

NEBDN OSCE PRACTICE EXAM (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. Which device provides isolation by placing a latex dam around the tooth?**
 - A. Rubber dam frame
 - B. Rubber dam
 - C. Round burs
 - D. Clamp forceps
- 2. Coning (beam restriction) problems typically produce which exposure issue?**
 - A. Collimator not straight
 - B. Scratched
 - C. Brown stains
 - D. Fogged film
- 3. Which instrument is used to retract the buccal mucosa near the canine region?**
 - A. buccal canine retractor
 - B. roberts retractor
 - C. upper straight forceps
 - D. adams pliers
- 4. Which tool is used to punch holes in the rubber dam sheet for teeth to isolate?**
 - A. Rubber dam punch
 - B. Slow straight hand piece
 - C. Rubber dam frame
 - D. Rubber dam clamp
- 5. Which term refers to a matrix used in restorative dentistry alongside traditional methods?**
 - A. Siqveland matrix
 - B. Tofflemire matrix
 - C. Sectional matrix
 - D. Wedges

- 6. Dental plaster casts should be stored in which color container?**
- A. Blue container
 - B. Black container
 - C. Red container
 - D. White container
- 7. At the onset of an epileptic fit, which step should be taken first?**
- A. Remove anything that may harm the casualty
 - B. Remove any onlookers
 - C. If no recovery within 5 minutes administer midazolam buccally and call 999
 - D. Call 999 immediately
- 8. Which device on the palate applies gentle force to move teeth, often used to open spaces?**
- A. Z spring
 - B. Buccal tube
 - C. Palatal finger spring
 - D. Band removers
- 9. Cytotoxic contaminated sharps should be stored in which container?**
- A. Yellow container purple lid
 - B. Purple lid yellow container
 - C. Yellow container orange lid
 - D. Yellow container red lid
- 10. Blank spots on a radiograph are typically due to which processing mishap?**
- A. Splashed
 - B. Crystals on film
 - C. Brown stains
 - D. Fogged film

Answers

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

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Explanations

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1. Which device provides isolation by placing a latex dam around the tooth?

- A. Rubber dam frame
- B. Rubber dam**
- C. Round burs
- D. Clamp forceps

Isolating the tooth from saliva to keep the working area dry is achieved with a rubber dam. The latex sheet encircles the tooth, creating a barrier that protects the operative field, improves visibility, and reduces the risk of debris or irrigant entering the airway. The frame provides tension and support to keep the dam taut, while clamps and forceps are used to secure the dam around the tooth. Round burs, in contrast, are cutting instruments and do not provide isolation.

2. Coning (beam restriction) problems typically produce which exposure issue?

- A. Collimator not straight**
- B. Scratched
- C. Brown stains
- D. Fogged film

When the beam restriction device isn't aligned, the X-ray field won't match the film exactly. If the collimator or cone is not straight, the light field used to position the patient won't cover the entire film area, so part of the film is not exposed properly. This produces a cone cut—a sharp, straight edge on the film where exposure suddenly stops on one side, while the rest of the image looks normal. Other issues listed (scratches, brown stains, or film fog) come from handling or processing problems, not from beam alignment. To prevent this, ensure the collimator is perpendicular to the film and centered so the light field and X-ray field coincide.

3. Which instrument is used to retract the buccal mucosa near the canine region?

- A. buccal canine retractor**
- B. roberts retractor
- C. upper straight forceps
- D. adams pliers

Retracting the buccal mucosa in the canine region is all about creating a clear, protected working field so you can see and access the tooth and surrounding structures. A buccal canine retractor is designed specifically for this area: its blade sits in the buccal sulcus near the canine and gently pulls the cheek away laterally. This targeted retraction provides good visibility, reduces the risk of mucosal trauma, and stabilizes the soft tissue while you work. While a general cheek/lip retractor can lift tissue, it isn't as precisely suited to the canine region, and other instruments like straight forceps or pliers are used for different tasks rather than soft-tissue retraction.

4. Which tool is used to punch holes in the rubber dam sheet for teeth to isolate?

A. Rubber dam punch

B. Slow straight hand piece

C. Rubber dam frame

D. Rubber dam clamp

Punching holes in the rubber dam sheet is done with the rubber dam punch. This instrument is designed with a die plate that creates clean, round openings in the dam that match the teeth you plan to isolate. Using the correct punch ensures the holes are evenly sized and properly spaced, which helps the dam fit snugly around each tooth and provides an effective seal against saliva. The other tools have different roles and don't create the holes: a slow straight hand piece is a drill used for cutting or shaping tooth structure, not punching dam holes; a rubber dam frame holds the dam taut and provides a stable surround but doesn't make holes; and a rubber dam clamp anchors the dam around a tooth during placement, again without punching holes.

5. Which term refers to a matrix used in restorative dentistry alongside traditional methods?

A. Siqveland matrix

B. Tofflemire matrix

C. Sectional matrix

D. Wedges

In restorative dentistry, achieving an accurate proximal contact and contour often requires more than a single traditional matrix system. The Siqveland matrix is a specialized proximal matrix designed to be used alongside conventional methods, providing stable support for the proximal wall and helping recreate a proper contact during class II restorations. Its design works in conjunction with standard tools like retainers and matrix bands, and is especially useful in challenging cases where the ordinary matrix alone may not produce the ideal contact. Wedges may still be used to seal margins, but the matrix itself is what shapes and stabilizes the proximal aspect, which is why this term describes a matrix used in addition to traditional methods.

6. Dental plaster casts should be stored in which color container?

A. Blue container

B. Black container

C. Red container

D. White container

Keeping plaster casts clean and easy to inspect is essential because they are porous and can absorb moisture, stains, or contaminants. A white container provides a light, neutral background that makes any dirt, moisture, or structural defects stand out clearly, so you can verify the cast's condition at a glance. It also aids quick visual checks for cracks or deformations and helps ensure the casts remain dry and hygienic during storage. While other colors might be used for different materials or lab organization, white is favored for plaster casts because it supports visibility, cleanliness, and condition checks.

7. At the onset of an epileptic fit, which step should be taken first?

- A. Remove anything that may harm the casualty
- B. Remove any onlookers**
- C. If no recovery within 5 minutes administer midazolam buccally and call 999
- D. Call 999 immediately

The first priority is safety. When a seizure starts, you act to protect the person from injury and reduce hazards around them. The best initial step is to remove anything nearby that could cause harm. Clear away sharp objects, furniture, or anything they might hit, so their movements are less likely to cause injury. This directly lowers the risk of trauma during the convulsions. After you've removed hazards, you can take other appropriate actions: avoid restraining the person, do not put anything in their mouth, and gently cushion the head and loosen tight clothing. Time the seizure and be prepared to call for help if it lasts longer than about five minutes or if there are complications. Administering a prescription medicine like midazolam should only occur under the specific protocol and by trained personnel. Removing onlookers can be helpful for privacy and space, but it doesn't reduce immediate risk in the same direct way as removing hazards.

8. Which device on the palate applies gentle force to move teeth, often used to open spaces?

- A. Z spring
- B. Buccal tube
- C. Palatal finger spring**
- D. Band removers

The idea here is using a small appliance that sits on the palate to guide tooth movement with light, continuous pressure. The palatal finger spring is designed exactly for this: a curved spring attached to the palatal area that exerts a gentle force on a tooth (or group of teeth) to move them and create space. Because it is anchored to the palate, it delivers controlled forces without needing bulky labial hardware, making it especially useful for opening spaces between teeth gradually and safely. Other devices don't fit this scenario as neatly. A Z spring works between teeth to alter spacing, not from the palate. A buccal tube is a component attached to a molar to guide the archwire, not a palatal appliance that applies a direct moving force. Band removers are simply tools to take bands off bands, not devices that move teeth.

9. Cytotoxic contaminated sharps should be stored in which container?

- A. Yellow container purple lid**
- B. Purple lid yellow container
- C. Yellow container orange lid
- D. Yellow container red lid

Contaminated cytotoxic sharps need to be kept in a dedicated, rigid sharps container that clearly signals the hazard. In many healthcare settings, cytotoxic waste is indicated by a yellow container, and the purple lid specifically identifies it as a cytotoxic sharps container. This color combination makes it immediately obvious to staff that the contents are cytotoxic and must be disposed of through the licensed cytotoxic waste stream, usually via high-temperature incineration. The container's rigid, puncture-resistant design also protects against needle-stick injuries and leaks, keeping staff and the environment safer. Using any other color combination could mislabel the waste and lead to inappropriate disposal, so the yellow container with a purple lid is the correct choice.

10. Blank spots on a radiograph are typically due to which processing mishap?

A. Splashed

B. Crystals on film

C. Brown stains

D. Fogged film

Blank spots show up when processing solution contacts the film in patches, disrupting development in those areas. If processing chemicals splash onto the film, they can remove the developed image or prevent any development in those spots, leaving clear (blank) patches on the final radiograph. This is distinct from crystals on film (which appear as specks due to emulsion/solution issues), brown stains (color changes from washing issues), or fogged film (overall haziness from extra exposure or chemical fog). So localized chemical splashes during processing best explain discrete blank areas on the radiograph.

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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://nebdnosce.examzify.com>

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

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