

Ohio Expanded Function Dental Assistant (EFDA) Board Practice Exam (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

- 1. What is the main purpose of using topical anesthetic agents?**
 - A. To numb the surface tissues before local anesthetic administration or to reduce discomfort**
 - B. To increase sensitivity in the area**
 - C. To serve as a long-term pain management solution**
 - D. To create a barrier against infection**
- 2. How can EFDAs help manage patient anxiety in the dental chair?**
 - A. By providing distractions such as music**
 - B. By providing reassurance and clear explanations about the procedure**
 - C. By avoiding conversation completely**
 - D. By promising no discomfort will occur**
- 3. Which metals are commonly found in dental alloy?**
 - A. Silver, copper, tin, zinc**
 - B. Gold, palladium, platinum, nickel**
 - C. Aluminum, mercury, titanium, cobalt**
 - D. Copper, lead, iron, magnesium**
- 4. In which area on the tooth is the enamel thickest?**
 - A. At the incisal edge**
 - B. At the cusp tip**
 - C. At the occlusal and incisal surface**
 - D. At the cervical margin**
- 5. In the context of dental assisting, what does the acronym SDS stand for?**
 - A. Standard Dosage Sheets**
 - B. Safety Data Sheets**
 - C. Structured Dental Standards**
 - D. Substance Determination Systems**

- 6. Which of the following actions contributes to effective chairside assistance?**
- A. Maintaining a noisy environment**
 - B. Having tools and materials readily accessible**
 - C. Focusing solely on the dentist**
 - D. Neglecting to monitor patient comfort**
- 7. What is the best practice for managing a dental emergency?**
- A. Wait for the dentist to arrive**
 - B. Immediately start CPR**
 - C. Apply direct pressure to severe bleeding**
 - D. Ignore the emergency**
- 8. Which condition is characterized by the loss of tooth structure due to gastric acid exposure?**
- A. Attrition**
 - B. Erosion**
 - C. Abrasion**
 - D. Abfraction**
- 9. Which dental procedures can an EFDA in Ohio perform?**
- A. Creating dental crowns and bridges**
 - B. Placing and finishing restorations**
 - C. Diagnosing dental diseases**
 - D. Conducting orthodontic consultations**
- 10. How should dental dams be secured during use?**
- A. By using a rubber band**
 - B. By placing it loosely over the teeth**
 - C. By using clamps to hold it in position**
 - D. By holding it manually throughout the procedure**

Answers

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

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Explanations

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1. What is the main purpose of using topical anesthetic agents?

- A. To numb the surface tissues before local anesthetic administration or to reduce discomfort**
- B. To increase sensitivity in the area**
- C. To serve as a long-term pain management solution**
- D. To create a barrier against infection**

The primary function of topical anesthetic agents is to numb surface tissues prior to procedures, such as local anesthetic administration or other dental work, thereby reducing discomfort for the patient. By applying a topical anesthetic, the clinician can help minimize the pain that patients may feel from the injection of local anesthetics or even from certain dental procedures. This is especially important as it enhances patient comfort and can even help reduce anxiety related to dental visits. The other options do not accurately reflect the primary role of topical anesthetics. For instance, increasing sensitivity in an area runs contrary to the purpose of anesthetics, which is to relieve sensation. Topical anesthetics are not intended for long-term pain management; instead, they provide temporary relief for surface pain. Finally, while maintaining infection control is crucial in dental practices, topical anesthetics do not function as barriers against infection. Their role is strictly focused on numbing sensation to make procedures more tolerable for patients.

2. How can EFDAs help manage patient anxiety in the dental chair?

- A. By providing distractions such as music**
- B. By providing reassurance and clear explanations about the procedure**
- C. By avoiding conversation completely**
- D. By promising no discomfort will occur**

Providing reassurance and clear explanations about the procedure is highly effective in managing patient anxiety in the dental chair. When patients understand what to expect during their treatment, they are more likely to feel at ease. Clear communication helps demystify dental procedures, allowing patients to process the information and reduce uncertainty, which is a common source of anxiety. Reassurance can come from explaining the steps of the procedure, any potential sensations they might experience, and affirming that their comfort is a priority. This builds trust between the patient and the dental team, which is crucial for creating a calm atmosphere. Music as a distraction can be beneficial as well, but it often serves as a supplementary tool rather than a primary strategy for managing anxiety. Complete avoidance of conversation could lead to increased anxiety due to ambiguity and the unknown. While promising no discomfort can be well-intentioned, it might not be realistic or appropriately transparent, which could erode trust if discomfort does occur during the procedure.

3. Which metals are commonly found in dental alloy?

- A. Silver, copper, tin, zinc**
- B. Gold, palladium, platinum, nickel
- C. Aluminum, mercury, titanium, cobalt
- D. Copper, lead, iron, magnesium

The selection of silver, copper, tin, and zinc as commonly found metals in dental alloys makes sense because these metals are specifically chosen for their desirable properties in restorative dentistry. Silver is often used for its strength and aesthetic qualities, while copper contributes to the hardness and corrosion resistance of the alloy. Tin aids in achieving better flow properties when the alloy is mixed, thus improving adaptation to tooth structures during restorations. Zinc is included for its ability to prevent oxidation and improve the overall longevity of dental materials. In contrast, the other options include metals that are either less common in dental alloys or are not used due to their properties. For instance, while gold, palladium, and platinum are precious metals used in dental applications (primarily for high-quality restorations), the specific combination listed in the first option is more frequently encountered in contemporary dental practices. Aluminum and mercury, although used in some specific contexts, do not represent the standard for dental alloys. Likewise, lead and iron are not suitable due to their toxicity and potential for corrosion in the mouth.

4. In which area on the tooth is the enamel thickest?

- A. At the incisal edge
- B. At the cusp tip
- C. At the occlusal and incisal surface**
- D. At the cervical margin

The enamel is thickest at the occlusal and incisal surfaces of the tooth. This thickness is primarily due to the functional demands placed on these areas, as they endure significant wear and tear during chewing and biting. The occlusal surface, found on the top of molars, and the incisal edges of anterior teeth are designed for efficient force distribution during mastication, necessitating a greater amount of enamel for protection. In contrast, areas like the cervical margin, where the tooth meets the gumline, typically have thinner enamel. This is because the enamel becomes less utilized in this region, and its primary role shifts to providing protection from bacterial invasion rather than withstanding the mechanical forces encountered at the top of the tooth. The cusp tips of teeth also have considerable enamel thickness but are generally not as thick as that found at the occlusal and incisal surfaces due to their lesser surface area and different functional loads. Thus, identifying the thickest regions of enamel focuses on the areas most engaged during the chewing process.

5. In the context of dental assisting, what does the acronym SDS stand for?

- A. Standard Dosage Sheets**
- B. Safety Data Sheets**
- C. Structured Dental Standards**
- D. Substance Determination Systems**

The correct answer is that in the context of dental assisting, SDS stands for Safety Data Sheets. Safety Data Sheets are crucial documents that provide detailed information about the handling, storage, and potential hazards of chemicals used in the dental office, such as disinfectants and other materials. These sheets are essential for ensuring workplace safety, as they outline safety precautions, first aid measures in case of exposure, and guidelines for safe usage. Understanding the information contained in Safety Data Sheets is vital for dental professionals to protect both themselves and their patients from harmful chemicals. Knowledge of these sheets is part of compliance with occupational safety regulations, ensuring that dental staff are trained to recognize hazardous substances and know how to respond appropriately in emergencies related to chemical exposure. This understanding is a key component of a safe working environment in the dental practice.

6. Which of the following actions contributes to effective chairside assistance?

- A. Maintaining a noisy environment**
- B. Having tools and materials readily accessible**
- C. Focusing solely on the dentist**
- D. Neglecting to monitor patient comfort**

Having tools and materials readily accessible is crucial for effective chairside assistance. This action enhances the efficiency of dental procedures by minimizing delays and ensuring that the dentist has everything they need within reach. When instruments and materials are organized and easy to access, it allows the dental team to maintain a smooth workflow, enabling them to focus on delivering high-quality patient care. This preparedness demonstrates professionalism and contributes to a more comfortable experience for the patient, as the dentist can concentrate on the procedure without unnecessary interruptions. The other options emphasize actions that would detract from effective assistance. A noisy environment can be distracting and create stress for both the dental team and patients, ultimately hindering concentration. Focusing solely on the dentist neglects the need for awareness of the patient's situation, which is essential for maintaining comfort and managing any concerns that arise during treatment. Lastly, neglecting to monitor patient comfort can lead to a negative experience, as an attentive assistant should always be aware of the patient's needs and wellbeing throughout the procedure.

7. What is the best practice for managing a dental emergency?

- A. Wait for the dentist to arrive**
- B. Immediately start CPR**
- C. Apply direct pressure to severe bleeding**
- D. Ignore the emergency**

In the context of managing a dental emergency, applying direct pressure to severe bleeding is the most effective and immediate response. When a patient is experiencing severe bleeding, whether from a dental procedure or an injury, the priority is to control the bleeding to prevent excessive blood loss and stabilize the patient. By applying direct pressure to the wound, you help to promote clotting and reduce the potential for shock or further complications. It is essential to use clean materials to apply pressure and maintain it until professionals can provide further care. Other options, while they may have their place in emergency management, do not address the immediate danger posed by severe bleeding. Waiting for the dentist to arrive may delay needed interventions. Starting CPR is critical in situations where there is no pulse or breathing, but it is not indicated solely for bleeding situations. Ignoring the emergency is obviously not a viable option, as timely intervention is crucial for patient safety during any dental emergency.

8. Which condition is characterized by the loss of tooth structure due to gastric acid exposure?

- A. Attrition**
- B. Erosion**
- C. Abrasion**
- D. Abfraction**

The correct answer, erosion, refers specifically to the loss of tooth structure that occurs as a result of chemical processes, notably from gastric acid exposure. This condition is frequently seen in individuals who suffer from gastroesophageal reflux disease (GERD) or frequent vomiting, whereby the acidic content from the stomach is brought into contact with the teeth, leading to gradual dissolution of the enamel and dentin. In the context of dental studies and practice, understanding erosion is crucial because it emphasizes the importance of both dietary habits and systemic health on oral tissue integrity. This knowledge can help dental professionals provide appropriate treatments or preventive measures, such as dietary counseling or the use of fluoride varnishes to strengthen enamel. The other choices encompass different forms of tooth wear but do not describe the chemical action involving gastric acid specifically. Attrition involves wear from tooth-to-tooth contact, abrasion results from external forces like brushing too hard or using abrasive toothpaste, and abfraction is associated with stress and flexural forces leading to enamel loss at the gum line. Each of these conditions has distinct causes and implications in dental health, making it essential for EFDAs to differentiate between them when assessing patient needs.

9. Which dental procedures can an EFDA in Ohio perform?

- A. Creating dental crowns and bridges
- B. Placing and finishing restorations**
- C. Diagnosing dental diseases
- D. Conducting orthodontic consultations

An Expanded Function Dental Assistant (EFDA) in Ohio is specifically trained and authorized to perform certain procedures that assist the dentist in providing care. Among these responsibilities, placing and finishing restorations is a key function that falls under the scope of practice for EFDAs. This includes tasks such as preparing the cavity, placing the filling material, and ensuring that the restoration is properly shaped and polished for optimal function and aesthetics. The emphasis on placing and finishing restorations reflects the role of EFDAs in helping to expedite the restorative process and improve patient outcomes. This enables the dentist to focus on more complex procedures and the overall management of dental care. The other options involve functions that are outside the scope of practice for EFDAs. For example, creating dental crowns and bridges typically requires more advanced training and is generally performed by a dentist or a dental laboratory technician. Diagnosing dental diseases requires clinical judgment and expertise that falls exclusively within the dental professional's role. Conducting orthodontic consultations involves assessing and planning orthodontic treatment, which is also a task reserved for licensed dentists. Understanding these distinctions is crucial for EFDAs to effectively support their practices while adhering to legal and professional guidelines.

10. How should dental dams be secured during use?

- A. By using a rubber band
- B. By placing it loosely over the teeth
- C. By using clamps to hold it in position**
- D. By holding it manually throughout the procedure

Securing a dental dam properly is critical for effective isolation during dental procedures. Using clamps to hold the dental dam in position is the best practice as it ensures a tight and stable fit around the teeth. Clamps help to maintain the dam's position, prevent contamination from saliva, and keep the working area dry, which is essential for successful dental procedures such as restorative work or endodontics. Additionally, using clamps allows for easier access to the treatment area without the need for continual manual holding, which can be uncomfortable for both the clinician and the patient. Clamps also provide a reliable barrier that helps to avoid any inadvertent contact with the patient's oral tissues, enhancing patient safety and comfort. Other methods, such as using rubber bands or manually holding the dam, may not provide the necessary stability and could lead to complications during the procedure. A loosely placed dam may not effectively isolate the area, which can compromise the quality of the treatment. Hence, using clamps stands out as the most effective and professional method for securing dental dams during use.

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://ohioefdaboard.examzify.com>

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