

OHIO EXPANDED FUNCTION DENTAL ASSISTANT (EFDA) BOARD PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. How do EFDAAs enhance the efficiency of a dental practice?**
 - A. By performing complex surgical procedures
 - B. By managing tasks that allow dentists to focus on complex procedures
 - C. By scheduling patient appointments
 - D. By documenting patient histories
- 2. How should sharps be disposed of in a dental office?**
 - A. In regular trash bins
 - B. In designated sharps containers
 - C. By burning them
 - D. By flushing them down the toilet
- 3. In which direction does the oblique bridge travel across the occlusal surface of a maxillary molar?**
 - A. Distobuccal to Mesiolingual
 - B. Mesibuccal to Distolingual
 - C. Mesial to Distal
 - D. Facial to Lingual
- 4. Which of the following materials is often used as a base layer in the sandwich technique?**
 - A. Composite
 - B. Glass ionomer
 - C. Silicate cement
 - D. Resin
- 5. How does an EFDA contribute to a positive patient experience?**
 - A. By providing technical skills only.
 - B. By minimizing discomfort and ensuring compassion.
 - C. By focusing solely on treatment procedures.
 - D. By managing administrative tasks effectively.

- 6. How can EFDAs contribute to reducing patient anxiety during dental procedures?**
- A. By explaining procedures thoroughly and providing reassurance
 - B. By avoiding discussions about the procedures
 - C. By maintaining silence during the procedure
 - D. By rushing through the appointment
- 7. What is the minimum educational requirement to become an EFDA in Ohio?**
- A. Completion of a high school diploma
 - B. Completion of a dental assistant certification program
 - C. Completion of an EFDA program accredited by the Commission on Dental Accreditation
 - D. Completion of a bachelor's degree in dental hygiene
- 8. What is the importance of proper ergonomics for EFDAs?**
- A. To enhance aesthetic outcomes
 - B. To prevent strain and injury during clinical procedures
 - C. To increase the speed of procedures
 - D. To lessen the need for patient education
- 9. Describe the process an EFDA should follow for managing office inventory.**
- A. Regularly check stocks, reorder materials as needed, and maintain a list of supplies
 - B. Rely solely on the dentist to manage inventory
 - C. Order new materials only when supplies are depleted
 - D. Minimize tracking to save time
- 10. Which procedure involves the use of a matrix system during restorative work?**
- A. Root canal treatment
 - B. Placement of posterior composite fillings
 - C. Extraction of teeth
 - D. Application of sealants

Answers

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

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Explanations

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1. How do EFDAs enhance the efficiency of a dental practice?

- A. By performing complex surgical procedures
- B. By managing tasks that allow dentists to focus on complex procedures**
- C. By scheduling patient appointments
- D. By documenting patient histories

EFDAs enhance the efficiency of a dental practice primarily by managing tasks that enable dentists to concentrate on more complex procedures. By taking on responsibilities such as placing restorations, applying fluoride treatments, and educating patients about oral hygiene, EFDAs free up the dentist's time. This allows the dentist to focus on intricate dental work that requires their specialized skill set, thereby improving the overall workflow and productivity of the practice. The role of an EFDA emphasizes the delegation of certain tasks that do not necessarily require a dentist's expertise, allowing for a more streamlined approach to patient care. As a result, both dentists and patients benefit, as the practice can see more patients and have better utilization of each team member's skills. While scheduling patient appointments and documenting patient histories are important roles within a dental office, they do not directly reflect the unique contributions of an EFDA in enhancing operational efficiency during clinical procedures. Similarly, performing complex surgical procedures is primarily within the scope of a dentist's practice and is not a function of an EFDA. Thus, the focus is on how EFDAs support dentists by taking on specific tasks that ultimately improve practice efficiency.

2. How should sharps be disposed of in a dental office?

- A. In regular trash bins
- B. In designated sharps containers**
- C. By burning them
- D. By flushing them down the toilet

Sharps, which include items like needles, blades, and other sharp instruments, pose a significant risk for injury and infection transmission in a dental office setting. Therefore, it is crucial to dispose of them properly to ensure the safety of both dental personnel and patients. The correct method is to place sharps in designated sharps containers. These containers are specifically designed to be puncture-resistant, leak-proof, and capable of securely holding used sharps until they can be disposed of safely by a licensed waste disposal service. This minimizes the risk of accidental needle sticks and prevents contamination of other waste materials. Using regular trash bins for sharps disposal can lead to dangerous situations, as these containers are not equipped to handle such hazardous materials, increasing the risk of injury for anyone handling the trash. Incinerating sharps needs to be done under controlled conditions and regulations to prevent harmful emissions and is not feasible in a typical dental office setting. Flushing sharps down the toilet is inappropriate and can lead to blockages in plumbing systems, along with environmental concerns. Overall, the use of designated sharps containers is the appropriate and safe practice for the disposal of sharp objects in a dental office, adhering to municipal, state, and federal regulations.

3. In which direction does the oblique ridge travel across the occlusal surface of a maxillary molar?

- A. Distobuccal to Mesiolingual**
- B. Mesibuccal to Distolingual
- C. Mesial to Distal
- D. Facial to Lingual

The oblique ridge on the occlusal surface of a maxillary molar travels from the distobuccal cusp to the mesiolingual cusp. This specific orientation is significant in dental anatomy and plays a role in occlusion and the overall function of the molar during mastication. Understanding the anatomy of the oblique ridge is essential as it aids in identifying how dental restorations and cavities should be arranged, ensuring an effective and efficient grinding surface for food. The oblique ridge also provides structural integrity to the tooth, influencing the forces experienced during chewing. The other choices do not accurately describe the path of the oblique ridge across the occlusal surface. Recognizing the correct direction reinforces comprehension of maxillary molar anatomy and is fundamental for effective dental practice, particularly in procedures involving these teeth.

4. Which of the following materials is often used as a base layer in the sandwich technique?

- A. Composite
- B. Glass ionomer**
- C. Silicate cement
- D. Resin

The use of glass ionomer as a base layer in the sandwich technique is grounded in its unique properties, which make it particularly suitable for this purpose. Glass ionomer cement bonds well to both the tooth structure and the restorative material, providing a secure interface that can enhance the overall longevity of the restoration. Additionally, glass ionomer releases fluoride, which can contribute to remineralization of the tooth structure and help in preventing future caries. This is especially valuable in areas where the underlying dentin may be at risk or in patients who are susceptible to decay. In the sandwich technique, a glass ionomer base is placed beneath a composite or another restorative material. This layering approach takes advantage of the strengths of each material; the glass ionomer provides a strong foundation and the composite offers aesthetic qualities and durability on top. Other materials such as composite, silicate cement, and resin might not offer the same benefits in terms of adhesion or fluoridation, thus making glass ionomer the ideal choice for this technique. This is crucial for maintaining tooth health and ensuring efficacy in dental restorations.

5. How does an EFDA contribute to a positive patient experience?

- A. By providing technical skills only.
- B. By minimizing discomfort and ensuring compassion.**
- C. By focusing solely on treatment procedures.
- D. By managing administrative tasks effectively.

An Expanded Function Dental Assistant (EFDA) significantly enhances the patient experience by minimizing discomfort and demonstrating compassion during dental procedures. The role of the EFDA goes beyond just technical skills; it involves an understanding of patient care and the emotional aspects of dental treatment. When an EFDA is attentive to a patient's comfort, it can help alleviate anxiety associated with dental visits, making the overall experience more pleasant. Showing compassion, such as providing reassurance and understanding a patient's fears, can positively impact their perception of the treatment and help foster trust between the patient and the dental team. This focus on emotional support, alongside technical proficiency, creates a holistic approach to dental care that contributes to a welcoming environment and encourages patients to engage more positively with their dental health. While the other options might address important aspects of dentistry, they don't encapsulate the multifaceted role of the EFDA in directly enhancing patient comfort and experience, which is crucial in fostering a supportive and effective dental environment.

6. How can EFDAs contribute to reducing patient anxiety during dental procedures?

- A. By explaining procedures thoroughly and providing reassurance**
- B. By avoiding discussions about the procedures
- C. By maintaining silence during the procedure
- D. By rushing through the appointment

EFDAs can significantly alleviate patient anxiety by providing clear and thorough explanations of procedures along with reassurance throughout the dental visit. When patients understand what to expect during a procedure, it tends to demystify the process and reduces feelings of uncertainty and fear. This active communication fosters a more trusting environment, where patients feel more comfortable expressing their concerns and questions. Moreover, reassurance can be conveyed through empathetic verbal communication and gestures, creating a supportive atmosphere. This approach not only helps patients feel more at ease but can also enhance cooperation, making the procedure smoother for both the patient and the dental team. Establishing a rapport and showing understanding of the patient's feelings are crucial components in minimizing anxiety effectively.

7. What is the minimum educational requirement to become an EFDA in Ohio?

- A. Completion of a high school diploma
- B. Completion of a dental assistant certification program
- C. Completion of an EFDA program accredited by the Commission on Dental Accreditation**
- D. Completion of a bachelor's degree in dental hygiene

To become an Expanded Function Dental Assistant (EFDA) in Ohio, the minimum educational requirement is the completion of an EFDA program that has been accredited by the Commission on Dental Accreditation (CODA). This is significant because such programs are specifically designed to provide the advanced training needed for EFDAs, covering essential skills and knowledge that go beyond those acquired in basic dental assisting programs. The accreditation by CODA ensures that the program meets rigorous standards for education and training, ensuring that EFDAs are competent in performing expanded functions safely and effectively in a dental practice. This ensures a high level of care for patients and maintains standards in the field. While other educational achievements, such as a high school diploma or a dental assistant certification, might provide a foundation for entering the dental field, they do not satisfy the specific requirement needed for expanded functions. A bachelor's degree in dental hygiene, while valuable in its own right, goes beyond the necessary education required to become an EFDA and is not considered a minimum requirement.

8. What is the importance of proper ergonomics for EFDAs?

- A. To enhance aesthetic outcomes
- B. To prevent strain and injury during clinical procedures**
- C. To increase the speed of procedures
- D. To lessen the need for patient education

Proper ergonomics for Expanded Function Dental Assistants (EFDAs) is crucial primarily to prevent strain and injury during clinical procedures. This aspect of ergonomic practice emphasizes the importance of maintaining a healthy posture, using appropriate tools, and managing the physical demands of dental assisting tasks. By incorporating ergonomic principles into their work, EFDAs can minimize the risk of musculoskeletal disorders, chronic pain, and fatigue, which are common issues in the dental profession due to repetitive motions and extended periods of standing or leaning. Moreover, a well-structured ergonomic approach not only protects the health of the dental assistant but also ensures that they can perform their duties effectively over long periods. This focus on personal well-being translates to better patient care, as a healthy assistant is more capable of providing efficient and focused support to the dental team.

9. Describe the process an EFDA should follow for managing office inventory.

- A. Regularly check stocks, reorder materials as needed, and maintain a list of supplies**
- B. Rely solely on the dentist to manage inventory
- C. Order new materials only when supplies are depleted
- D. Minimize tracking to save time

The process that an Expanded Function Dental Assistant (EFDA) should follow for managing office inventory is centered on being proactive and organized. Regularly checking stock levels ensures that there is a consistent supply of necessary materials available for patient care. This practice helps avoid interruptions caused by running out of critical supplies, which can affect the efficiency of the dental office. By reordering materials as needed, the EFDA can maintain optimal inventory levels, ensuring that the practice is well-equipped without overstocking, which could lead to waste or expiration of products. Maintaining a list of supplies helps keep track of what is available, what is needed, and can also assist in planning for future orders based on usage trends. This systematic approach allows the dental practice to function smoothly, promoting a productive environment where patient care is prioritized. The other options do not align with effective inventory management practices; relying solely on the dentist can create gaps and inefficiencies, ordering only when supplies are depleted leads to potential service disruptions, and minimizing tracking could result in unexpected shortages or overages of inventory.

10. Which procedure involves the use of a matrix system during restorative work?

- A. Root canal treatment
- B. Placement of posterior composite fillings**
- C. Extraction of teeth
- D. Application of sealants

The placement of posterior composite fillings is a procedure that commonly utilizes a matrix system, which is essential for restoring proper contour and contact points between adjacent teeth. The matrix helps to provide a temporary mold for the composite material during placement, preventing the filling from losing shape and ensuring accurate replication of the tooth's anatomy. In posterior fillings, especially in class II restorations, a matrix band is used to create a wall against which the composite can be packed. This is crucial for achieving a sealed restoration that functions well in occlusion and maintains the integrity of the interproximal space. The matrix system allows for better adaptation of the filling material to the tooth structure, leading to improved function and aesthetics. Other procedures listed do not typically involve the use of a matrix system. For instance, root canal treatments focus on removing infected pulp tissue and cleaning the tooth's canal system, which does not require a matrix. Extraction involves the removal of teeth, so a matrix system is unnecessary. The application of sealants is straightforward and does not typically demand a matrix, as the sealant is applied directly onto the tooth surface without the need for shaping or forming a filling structure.

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!

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