Pennsylvania Expanded Function Dental Assistant (EFDA) Board Practice Exam (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Sample study guide. For the full version with hundreds of questions, visit: https://pennsylvaniaefdaboard.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What is known to be a result of over drying in dental treatments?

A. Enhanced adhesion

B. Desicing

C. Tooth enamel hardening

D. Increased sensitivity

2. Which characteristic distinguishes a buccal cusp from a lingual cusp?

A. Height and function in occlusion

B. Attachment to the crown only

C. Color and surface texture

D. Thickness and shape

3. Which of the following is an accepted area of continuing education for dental assistants?

A. Office management

B. Insurance reimbursement

C. Diagnosis and treatment of oral pathosis

D. Communication skills

4. What structure covers the anatomical crown of a tooth?

A. Dentin

B. Enamel

C. Cementum

D. Pulp

5. Why is it important for EFDAs to understand the concept of Moral Turpitude?

A. It helps them avoid technical errors

B. It determines their eligibility for licenses

C. It informs their understanding of patient care ethics

D. It sets the standards for dental hygiene practices

SAMPLE

6. What does the term 'Desicating' refer to in dental terminology?

A. Cooling the tooth surface

B. Over drying

C. Applying a wetting agent

D. Sealing tooth surfaces

7. Why is polishing considered unnecessary before applying professionally applied fluorides?

A. It can cause sensitivity

B. It does not improve fluoride uptake

C. It may damage enamel

D. It contributes to bacteria buildup

8. Which stone is specifically used for dental amalgam?

A. White stone

B. Green stone

C. Blue stone

D. Yellow stone

9. When is a Class II cavity preparation typically indicated?

A. For decay on the facial surface

B. For decay on the mesial and distal surfaces

C. For incisal edge restoration

D. For treating deep caries

10. What term describes the relationship between the working end of the instrument and the tooth surface?

A. Retention

B. Adaptation

C. Manipulation

D. Placement

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is known to be a result of over drying in dental treatments?

A. Enhanced adhesion

B. Desicing

C. Tooth enamel hardening

D. Increased sensitivity

Over drying in dental treatments leads to a condition known as desiccation. This occurs when tissues, especially dental tissues like dentin and enamel, lose moisture to an extent that affects their structure and function. In the context of dental procedures, especially those involving adhesives or sealants, excessive drying can compromise the quality of the bond, as moisture is often critical for proper adhesion. When dental tissues become overly dry, they can become brittle and less resilient, which can affect the overall outcome of the treatment. This drying process can also lead to increased sensitivity, but desiccation specifically refers to the process of drying out and is the term most directly associated with this phenomenon in dental contexts. In contrast, enhanced adhesion typically requires a controlled level of moisture, so too much drying would not result in better adhesion. Tooth enamel hardening can occur through remineralization processes but is not a direct consequence of over drying. Increased sensitivity might occur as a side effect of drying out tissues but is not as specific a term as desiccation. Understanding the concept of desiccation is crucial in dental practices to ensure proper treatment and patient comfort.

2. Which characteristic distinguishes a buccal cusp from a lingual cusp?

A. Height and function in occlusion

B. Attachment to the crown only

C. Color and surface texture

D. Thickness and shape

The distinction between a buccal cusp and a lingual cusp primarily lies in their height and function in occlusion. Buccal cusps, located towards the cheek, are generally taller and are more involved in the initial stages of occlusion when the upper and lower teeth come together. They are designed to withstand the forces of mastication and are often used for tearing and grinding food. In contrast, lingual cusps, located towards the tongue, may vary in height but are optimized for different functions, such as aiding in the stability and alignment of the dental arch rather than primary chewing forces. Understanding this differentiation is crucial for dental assistants as it impacts the way restorative procedures are approached and how occlusion is assessed during treatment. Other options, while they present characteristics associated with dental anatomy, do not specifically capture the essence of how buccal and lingual cusps function or their relative positioning within the occlusion.

SAMPLE

3. Which of the following is an accepted area of continuing education for dental assistants?

A. Office management

B. Insurance reimbursement

C. Diagnosis and treatment of oral pathosis

D. Communication skills

Continuing education for dental assistants encompasses a variety of topics that not only enhance professional knowledge but also contribute to improved patient care and safety in the dental practice. The reason the diagnosis and treatment of oral pathosis is an accepted area of continuing education is due to its direct relevance to the dental assistant's role in patient care. Understanding oral pathosis allows dental assistants to better assist dentists during examinations and procedures, recognize potential emergency situations, and provide relevant information to patients about oral health issues. This comprehension also supports their ability to educate patients regarding prevention and the importance of seeking timely dental care. While other areas such as office management, insurance reimbursement, and communication skills are valuable for the overall functioning of a dental practice and contribute to the dental assistant's professional development, they do not have the same direct clinical application in the context of patient diagnosis and treatment that oral pathosis does. Continuing education focused on clinical competencies, such as identifying and understanding oral diseases, is critical for enhancing the quality of care that dental assistants provide.

4. What structure covers the anatomical crown of a tooth?

A. Dentin

B. Enamel

C. Cementum

D. Pulp

The structure that covers the anatomical crown of a tooth is enamel. Enamel is the hard, outermost layer of the tooth and is the hardest substance in the human body. It serves as a protective barrier against physical and chemical damage, which is crucial for maintaining the overall health and function of the tooth. Enamel is primarily composed of hydroxyapatite, a crystalline calcium phosphate, which contributes to its durability and resistance to abrasion. It also plays a vital role in the aesthetic appearance of teeth, as it is typically translucent, allowing the underlying dentin to impart color while also reflecting light to enhance the tooth's appearance. Other options such as dentin, cementum, and pulp have distinct roles in tooth structure and function but do not cover the anatomical crown. Dentin is located beneath the enamel and is softer, providing support to enamel. Cementum covers the roots of the tooth and helps anchor it in the jawbone, while pulp is the innermost part containing nerves and blood vessels, critical for the tooth's vitality but not involved in external coverage of the crown.

SAMPLE

5. Why is it important for EFDAs to understand the concept of Moral Turpitude?

A. It helps them avoid technical errors

B. It determines their eligibility for licenses

C. It informs their understanding of patient care ethics

D. It sets the standards for dental hygiene practices

Understanding the concept of moral turpitude is crucial for Expanded Function Dental Assistants (EFDAs) as it directly relates to patient care ethics. Moral turpitude refers to conduct that is considered contrary to community standards of justice, honesty, or good morals. For EFDAs, having a solid understanding of this concept aids in developing ethical reasoning skills that support their decision-making and interactions with patients. Ethical patient care goes beyond the technical aspects of dentistry; it encompasses the integrity of the practitioner and the trust inherent in the patient-provider relationship. When EFDAs recognize and adhere to ethical standards influenced by the concept of moral turpitude, they reinforce their commitment to providing high-quality, ethical care. This understanding contributes significantly to the overall patient experience, emphasizing respect, honesty, and professionalism. In contrast, while factors like technical errors, eligibility for licenses, and standards for practices are important considerations for the profession, they do not directly address the ethical framework that governs patient care. Engaging with moral turpitude helps ensure that EFDAs act in ways that uphold the dignity of their profession and the wellbeing of their patients.

6. What does the term 'Desicating' refer to in dental terminology?

A. Cooling the tooth surface

B. Over drying

C. Applying a wetting agent

D. Sealing tooth surfaces

Desiccating in dental terminology refers to the process of over-drying a surface, particularly when discussing teeth or dental materials. This process is often intentional, as it helps to remove moisture from the tooth structure prior to procedures such as bonding or when applying certain dental materials. By desiccating the tooth, a more effective bond can be achieved since dental adhesives often require a dry environment to function properly. In dental practice, excessive moisture on the tooth surface can inhibit the adhesion of restorative materials or sealants. Therefore, knowing the concept of desiccating and its implications on dental treatments is crucial. This understanding aids in providing better care during procedures that demand optimal bonding conditions. The other options do not accurately reflect the meaning of desiccating in this context. Cooling the tooth surface pertains to temperature regulation, applying a wetting agent relates to introducing moisture, and sealing tooth surfaces focuses on protecting them, neither of which express the concept of over-drying.

SAMPLE

7. Why is polishing considered unnecessary before applying professionally applied fluorides?

A. It can cause sensitivity

B. It does not improve fluoride uptake

C. It may damage enamel

D. It contributes to bacteria buildup

Polishing is considered unnecessary before applying professionally applied fluorides because it does not improve fluoride uptake. The primary goal of fluoride treatment is to enhance the remineralization of enamel and inhibit the demineralization process. The fluoride ions need to be in direct contact with the tooth structure to be effective. Polishing primarily removes surface stains and plaque but does not significantly increase the ability of the tooth to absorb fluoride. While polishing may enhance the appearance of teeth, research has shown that when fluoride is applied, the main influencing factors on its absorption are the time of contact and the concentration of fluoride itself rather than the state of the tooth's surface following polishing. Thus, removing the outer surface sheen through polishing does not provide additional benefits in fluoride efficacy, making the polishing process unnecessary in this context.

8. Which stone is specifically used for dental amalgam?

A. White stone

B. Green stone

C. Blue stone

D. Yellow stone

The stone specifically used for dental amalgam is identified as green stone. This is because green stone, often referred to as a type of dental stone, has properties that make it ideal for creating molds and impressions that can withstand the dimensional changes and setting characteristics of dental materials like amalgam. Green stone possesses a fine particle size, providing a smooth surface for accurate reproduction of dental anatomy, which is crucial for the effective seating and functionality of restorations. Additionally, its thermal and mechanical stability make it suitable for the handling of dental amalgam, ensuring that it maintains shape and detail during the setting process. In contrast, the other stones listed do not have the same properties required for amalgam applications, making them less effective for this specific purpose.

SAMPLE

9. When is a Class II cavity preparation typically indicated?

A. For decay on the facial surface

B. For decay on the mesial and distal surfaces

C. For incisal edge restoration

D. For treating deep caries

A Class II cavity preparation is specifically indicated for cavities located on the mesial and distal surfaces of posterior teeth, such as molars and premolars. This type of preparation addresses interproximal decay that often occurs between two adjacent teeth. Since Class II preparations involve more than one surface, they require a distinct shape to adequately remove the decay and restore the integrity of the tooth. In contrast, decay on the facial surface would typically be managed with a Class I or Class III preparation, making that option less relevant to the question. Incisal edge restorations refer to Class IV preparations, which involve the anterior teeth at the incisal edge and do not pertain to the interproximal areas targeted by Class II procedures. Treating deep caries can occur in a variety of cavity classes depending on the specific location and extent of decay, so it doesn't specifically indicate the need for a Class II cavity preparation. Thus, the choice correctly identifies the situation in which a Class II cavity preparation is typically indicated.

10. What term describes the relationship between the working end of the instrument and the tooth surface?

A. Retention

B. Adaptation

C. Manipulation

D. Placement

The term that best describes the relationship between the working end of the instrument and the tooth surface is adaptation. In dentistry, adaptation refers to how well the working end of an instrument fits against the contours of the tooth or other dental tissue. Proper adaptation is crucial for effective procedures, as it ensures that the instrument can access all necessary areas for tasks such as scaling, filling, or any other restorative work. When an instrument is well-adapted, it allows for precise manipulation and accurate delivery of dental materials or treatment, making it easier for the dental professional to achieve the desired outcome. Adequate adaptation minimizes potential trauma to the tooth or surrounding tissues and plays a vital role in maintaining the overall health of the dental structure being treated. Understanding this relationship is essential for ensuring optimal results in various dental procedures.

SAMPLE

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://pennsylvaniaefdaboard.examzify.com

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

SAMPLE