DENTAL HYGIENE (DHYG) CONCEPTS PRACTICE TEST (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.

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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!

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Questions

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1. What is a chronic infectious disease caused by HIV?

A. Tuberculosis

B. Acquired Immunodeficiency Syndrome

C. Viral Hepatitis

D. Influenza

2. Which of the following is known to decrease blood pressure?

A. Stimulants

B. Emotional distress

C. Medications

D. Depressants

3. What does the term "materia alba" refer to in dental hygiene?

A. Well-organized communities of bacteria

B. Loosely adherent mass of oral debris and bacteria

C. A type of dental calculus

D. A protective layer on teeth

4. What happens to the bacteria in biofilm as it matures over time?

A. The type of bacteria remains unchanged

B. The amount of gram-positive bacteria consistently increases

C. The biofilm becomes more gram-negative

D. The biofilm disintegrates completely

5. What is one of the primary sites affected by TB disease?

A. Liver

B. Heart

C. Lungs

D. Kidneys

6. Which condition is linked to independently extending fingers?

A. Tenosynovitis

B. Tendinitis

C. Extensor wad strain

D. Ulnar nerve entrapment

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7. Which of the following is NOT a vital sign?

A. Respiration

B. Temperature

C. Skin color

D. Blood pressure

8. Biological monitoring indicates the effectiveness of a sterilization cycle by:

A. Using chemical indicators

B. Growth of microorganisms in culture

C. Measuring instrument temperature

D. Visual inspection of the sterilizer

9. What is the range for normal adult CD4+ cell counts?

A. 200 - 400 cells/mm

B. 300 - 600 cells/mm

C. 500 - 1500 cells/mm

D. 600 - 800 cells/mm

10. What does the term "parental" refer to in a medical context?

A. Oral administration of medication

B. Administration of medication through the skin

C. Administration of medication via routes other than the mouth and alimentary canal

D. Medication taken as needed

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Answers

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

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Explanations

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1. What is a chronic infectious disease caused by HIV?

A. Tuberculosis

B. Acquired Immunodeficiency Syndrome

C. Viral Hepatitis

D. Influenza

Acquired Immunodeficiency Syndrome (AIDS) is the chronic infectious disease caused by the Human Immunodeficiency Virus (HIV). HIV attacks the body's immune system, specifically targeting CD4 cells, which are crucial for the body's ability to fend off infections. When the immune system becomes severely weakened due to the progressive destruction of these cells by HIV, the individual is diagnosed with AIDS, allowing opportunistic infections and certain cancers to thrive. Other options, while they pertain to infectious diseases, do not stem from HIV. Tuberculosis, for example, is a bacterial infection often associated with immunocompromised states but is not caused by HIV. Viral Hepatitis refers to inflammation of the liver caused by different types of viruses, and Influenza is a viral infection affecting the respiratory system. None of these conditions are directly linked to HIV or are a result of its infection.

2. Which of the following is known to decrease blood pressure?

A. Stimulants

B. Emotional distress

C. Medications

D. Depressants

Depressants are substances that slow down the body's functions and the central nervous system. These include medications such as sedatives and tranquilizers, which can lead to a reduction in blood pressure. This effect occurs because depressants promote relaxation and reduce anxiety, leading to a decrease in heart rate and vascular resistance. These changes can result in lower blood pressure readings. In contrast, stimulants, emotional distress, and certain medications can have the opposite effect by increasing heart rate and blood pressure. Stimulants typically stimulate the central nervous system, while emotional distress can cause the body to release stress hormones, both of which elevate blood pressure. Some medications may also lead to increased blood pressure depending on their action in the cardiovascular system. Therefore, among the choices provided, depressants are the most consistent with the ability to decrease blood pressure.

3. What does the term "materia alba" refer to in dental hygiene?

A. Well-organized communities of bacteria

B. Loosely adherent mass of oral debris and bacteria

C. A type of dental calculus

D. A protective layer on teeth

The term "materia alba" refers to a loosely adherent mass of oral debris and bacteria found at the gingival margins and other areas in the oral cavity. It consists of desquamated epithelial cells, food particles, and bacteria that can accumulate on teeth and gums, particularly in areas that are difficult to clean effectively. This accumulation can contribute to the development of plaque if not removed through proper oral hygiene practices. The characteristics of materia alba differentiate it from other dental concepts. It is not a well-organized community of bacteria like biofilm, nor is it dental calculus, which is hardened plaque that has mineralized over time and is firmly attached to the tooth surface. Additionally, materia alba does not serve as a protective layer on teeth; instead, its presence can indicate poor oral hygiene and may contribute to the development of caries and periodontal disease if not addressed.

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4. What happens to the bacteria in biofilm as it matures over time?

A. The type of bacteria remains unchanged

B. The amount of gram-positive bacteria consistently increases

C. The biofilm becomes more gram-negative

D. The biofilm disintegrates completely

As biofilm matures over time, there is a shift in the composition of bacteria present within it. The correct answer highlights that the biofilm becomes more gram-negative. Initially, early biofilm formation is typically dominated by gram-positive bacteria, which adhere to surfaces and establish the biofilm. As the biofilm matures, environmental conditions change, and different species of bacteria proliferate. This results in an increase in gram-negative bacteria, which are often more complex and can contribute to chronic infections. This maturation process allows for increased diversity within the biofilm, as gram-negative bacteria often possess different metabolic capabilities, enabling them to thrive in the more anaerobic conditions that can develop as the biofilm thickens and becomes more structured. The successive layers can also create gradients of nutrients and oxygen, which favor the growth of gram-negative species. In contrast, the other options do not accurately reflect the changes that occur in biofilms as they mature. The type of bacteria does change, gram-positive bacteria do not continually increase without limit, and the biofilm does not disintegrate completely; instead, it often becomes more resilient and complex over time.

5. What is one of the primary sites affected by TB disease?

A. Liver

B. Heart

C. Lungs

D. Kidneys

The primary site affected by tuberculosis (TB) disease is the lungs. This is primarily because TB is caused by the bacterium Mycobacterium tuberculosis, which is primarily transmitted through the air via respiratory droplets when an infected person coughs or sneezes. Once inhaled, the bacteria can settle in lung tissue, where they initiate the infection. In pulmonary tuberculosis, the lungs can become damaged and functionally impaired, leading to the classic symptoms of the disease, such as a persistent cough, chest pain, and difficulty breathing. The lungs serve as the main reservoir for the bacterial growth and reproduction, which is why diagnosing TB often involves chest X-rays or sputum tests focused on lung specimens. While TB can also affect other organs, such as the kidneys, lymph nodes, and bones, these instances occur less frequently and are typically considered extrapulmonary TB. The majority of TB cases, especially in their initial stages, present as pulmonary manifestations, which emphasizes the lungs as the primary site of infection.

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6. Which condition is linked to independently extending fingers?

A. Tenosynovitis

B. Tendinitis

C. Extensor wad strain

D. Ulnar nerve entrapment

The condition linked to independently extending fingers is extensor wad strain. This condition involves the group of muscles and tendons responsible for extending the fingers, known as the extensor muscles. When these muscles are strained due to excessive use or improper mechanics, it can lead to difficulty in independently extending the fingers fully. In contrast, tenosynovitis and tendinitis generally refer to inflammation of the tendon sheath and tendon, respectively, but they do not specifically involve the functional independence of finger extension. These conditions might cause pain or restrict movement, but they typically do not manifest the distinct inability to extend the fingers one by one as seen in extensor wad strain. Ulnar nerve entrapment affects the sensation and function in the hand and can lead to muscle weakness; however, the specific action of independently extending the fingers is primarily associated with the functioning of the extensor wad. This makes extensor wad strain the most relevant condition in the context of independent finger extension.

7. Which of the following is NOT a vital sign?

A. Respiration

B. Temperature

C. Skin color

D. Blood pressure

The correct answer is skin color, as it is not classified as a vital sign. Vital signs are specific measurements that indicate the body's most basic functions and overall physiological status. These essential indicators include respiration rate, body temperature, heart rate, and blood pressure. Each of these vital signs provides critical information about a person's health, allowing healthcare providers to assess their well-being. Skin color, while it can provide important clues about a patient's health—such as indicating oxygenation or circulation issues—is not standardized as a vital sign measurement. It is more of an observational aspect used in physical assessments rather than a quantifiable metric like the other options listed. Thus, while skin color can certainly inform clinical judgments, it does not meet the criteria to be classified as a vital sign.

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8. Biological monitoring indicates the effectiveness of a sterilization cycle by:

A. Using chemical indicators

B. Growth of microorganisms in culture

C. Measuring instrument temperature

D. Visual inspection of the sterilizer

Biological monitoring is a critical process in validating the effectiveness of sterilization cycles, particularly in healthcare settings. It employs live microorganisms to test the sterilization process. The growth of microorganisms in culture serves as a definitive measure of whether the sterilization procedure has successfully eliminated all viable spores and bacteria. If microorganisms thrive after the sterilization cycle, it indicates that the cycle was ineffective and that not all pathogens were destroyed. This method provides a more reliable and direct assessment of the sterilisation process than other methods, as it directly involves the survival or death of organisms intended to be eradicated. The other choices, while related to sterilization processes, do not directly confirm the biological efficacy of sterilization. For instance, using chemical indicators changes color under specific conditions to suggest that certain parameters have been met, but they do not guarantee that all microorganisms are killed. Measuring instrument temperature is crucial for ensuring that the sterilization process is occurring within the necessary temperature ranges, yet it does not account for the biological factors involved. Visual inspection of the sterilizer can provide insight into its physical condition, but it does not offer any assurance regarding microbial death. Therefore, relying on biological monitoring through the growth of microorganisms in culture is essential for ensuring the sterilization process is both effective and

9. What is the range for normal adult CD4+ cell counts?

A. 200 - 400 cells/mm

B. 300 - 600 cells/mm

C. 500 - 1500 cells/mm

D. 600 - 800 cells/mm

The range for normal adult CD4+ cell counts is 500 - 1500 cells/mm. This range is important because CD4+ T cells play a crucial role in the immune system, particularly in helping the body fight off infections. A normal count indicates a well-functioning immune system, while lower counts can suggest a compromised immune response, such as found in individuals with HIV/AIDS. The selected range encompasses the typical baseline levels found in healthy adults. Levels below this normal range can indicate potential health issues, necessitating further investigation or monitoring. Regular monitoring of CD4+ counts in at-risk populations is vital for assessing immune health and guiding treatment decisions in clinical settings.

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10. What does the term "parental" refer to in a medical context?

A. Oral administration of medication

B. Administration of medication through the skin

C. Administration of medication via routes other than the mouth and alimentary canal

D. Medication taken as needed

The term "parental" in a medical context refers to the administration of medication via routes other than the mouth and alimentary canal. This includes methods such as intravenous, intramuscular, and subcutaneous injections, which allow medications to be delivered directly into the body, bypassing the digestive system entirely. This can be crucial for medications that need to act quickly or for patients who may not be able to take medications orally due to various reasons, such as nausea or swallowing difficulties. Understanding that "parental" is distinct from oral administration is essential; this distinction underscores why some medications cannot be effectively administered orally. Additionally, the other options involve specific methods of delivery that do not encompass the broader range of parental routes. For example, oral administration is limited to swallowing medication, while administration through the skin typically refers to topical solutions, both of which are not classified as "parental." The concept of "as needed" medication further relates to the timing of taking a drug rather than the route of administration. Recognizing the comprehensive nature of what "parental" entails helps in understanding various medical practices and why certain routes are chosen over others in patient care.

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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:

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

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