HESI GENERAL CHAIRSIDE ASSISTING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://hesi-generalchairsideassisting.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

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

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. Which type of stress is characterized by pulling or stretching in a material?

A. Compressive

B. Shear

C. Tensile

D. Bending

2. What signs indicate that a patient may require periodontal therapy?

A. Increased probing depths, receding gums, and mobility of teeth

B. Bright white teeth and absence of sensitivity

C. A perfectly aligned bite and no history of gum disease

D. Dental hygiene improvements and frequent cleanings

3. How should dental offices assist patients who have visual impairments?

A. Provide large print materials

B. Offer the patient your arm and guide them

C. Use verbal instructions only

D. Install special visual aids

4. What is the role of a dental assistant during a procedure?

A. Performing surgeries

B. Creating treatment plans

C. Assisting the dentist

D. Taking X-rays only

5. Which component of amalgam alloy helps reduce discoloration?

A. Zinc

B. Silver

C. Mercury

D. Copper

6. What does the term 'aseptic technique' refer to?

A. Avoidance of all touch

B. Methods to maintain sterile conditions

C. Use of disinfectants only

D. Non-invasive care procedures

SAMPLE

7. What instruments would you use to remove calculus from teeth?

A. Explorers and mirrors

B. Suction devices and scalers

C. Scalers and curettes

D. Forceps and pliers

8. Which set of pliers is used in forming and bending wires for fixed or removable appliances?

A. High-utility, orthodontic

B. Bird-beak, three-pronged

C. Locking, needle nose

D. Wire cutting, end cutters

9. What is the main purpose of inverting the rubber dam?

A. Enhance visibility

B. Prevent saliva leakage

C. Improve patient comfort

D. Facilitate easy removal

10. What is the proper way to make a correction on a patient's record?

A. White-out the error

B. Use pencil to draw a single line through the entry, initial, and date

C. Write over the incorrect entry with a new date

D. Erase the mistake

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which type of stress is characterized by pulling or stretching in a material?

A. Compressive

B. Shear

C. Tensile

D. Bending

The type of stress characterized by pulling or stretching in a material is tensile stress. This occurs when a material is subjected to forces that attempt to elongate it, leading to deformation in the direction of the applied force. In tensile stress, the force acts outward along the length of the material, causing it to stretch. This type of stress is critical in various applications, such as in structural engineering and material science, where understanding how materials respond to stretching forces is essential for ensuring their integrity and performance. Other types of stress, such as compressive and shear stress, operate under different mechanisms. Compressive stress occurs when forces are applied to compress or shorten a material, while shear stress involves forces applied parallel or tangential to the surface, resulting in sliding layers within the material. Bending stress involves a combination of tensile and compressive forces, where one side of a material experiences tension while the opposite side experiences compression as it bends. Thus, recognizing the specific characteristics and impacts of tensile stress is fundamental in evaluating material behavior under different loading conditions.

2. What signs indicate that a patient may require periodontal therapy?

A. Increased probing depths, receding gums, and mobility of teeth

B. Bright white teeth and absence of sensitivity

C. A perfectly aligned bite and no history of gum disease

D. Dental hygiene improvements and frequent cleanings

Increased probing depths, receding gums, and mobility of teeth are significant indicators that a patient may require periodontal therapy. These signs suggest that there is underlying gum disease or periodontal issues that need to be addressed. Increased probing depths indicate that there is inflammation in the gums, resulting in the loss of attachment between the gum tissue and the teeth. As the periodontal disease progresses, gums may begin to recede, leading to exposure of the tooth roots and increasing the risk of tooth sensitivity and decay. Additionally, mobility of teeth is a clear sign that the supporting structures of the teeth, including the bone, are compromised, which is a critical concern that periodontal therapy aims to resolve. The other options do not reflect the need for periodontal therapy. Bright white teeth and the absence of sensitivity may reflect good aesthetics and dental health, but they do not provide information on the health of the periodontal tissues. A perfectly aligned bite and no history of gum disease suggest good dental health and do not imply any current need for periodontal therapy. Lastly, dental hygiene improvements and frequent cleanings indicate proactive oral care, but they do not necessarily signify that periodontal therapy is needed unless accompanied by the signs mentioned in the correct answer.

SAMPLE

3. How should dental offices assist patients who have visual impairments?

A. Provide large print materials

B. Offer the patient your arm and guide them

C. Use verbal instructions only

D. Install special visual aids

Assisting patients with visual impairments involves understanding their specific needs and providing appropriate support to ensure their comfort and safety within the dental office. Offering your arm and guiding the patient is an effective way to assist them since it allows for personal interaction and enables them to sense your movements, which can provide greater security and orientation as they navigate the environment. This method helps create a safe space for the patient, allowing them to follow your lead while they are moving in an unfamiliar setting. It also conveys a sense of attentiveness and care, which is essential when dealing with patients who may feel vulnerable due to their visual challenges. Providing large print materials, using verbal instructions only, or installing special visual aids can be beneficial strategies for some patients but may not directly assist them in physical navigation through the dental office. Each of these methods has its own advantages in terms of providing information or additional support, but guiding a patient physically using your arm can often be the most immediate and helpful form of assistance for individuals with visual impairments.

4. What is the role of a dental assistant during a procedure?

A. Performing surgeries

B. Creating treatment plans

C. Assisting the dentist

D. Taking X-rays only

The role of a dental assistant during a procedure primarily involves assisting the dentist. This includes preparing the treatment area, ensuring that all necessary instruments and materials are ready and sterile, and helping with patient management and comfort. The dental assistant supports the dentist by handing them tools, suctioning and maintaining the field of vision during the procedure, and offering reassurance to patients. In contrast, performing surgeries is typically reserved for licensed dentists or oral surgeons, as they possess the required training and legal authority. Creating treatment plans falls within the scope of the dentist's responsibilities, as it involves diagnosing conditions and establishing a comprehensive approach to patient care. While dental assistants can take X-rays, it is just one part of their multifaceted role in the dental office. Assisting dentists encompasses a wider array of tasks beyond just X-ray duties, highlighting the comprehensive support provided by dental assistants during procedures.

SAMPLE

5. Which component of amalgam alloy helps reduce discoloration?

A. Zinc

B. Silver

C. Mercury

D. Copper

The presence of copper in amalgam alloy plays a significant role in reducing discoloration. Copper not only enhances the mechanical properties of the amalgam but also contributes to a more stable, less tarnishable material. When copper is added to dental amalgams, it helps create a phase that is less prone to corrosion and oxidation compared to traditional amalgams that do not contain copper, particularly those that only use silver and mercury. This reduced susceptibility to oxidation results in a more aesthetically pleasing amalgam restoration, as it maintains its color and resists the dulling effects that can accompany exposure to oral fluids and food particles. Zinc, silver, and mercury, while essential components of the amalgam mixture, do not offer the same benefits regarding discoloration. Zinc can help prevent oxidation in some formulations but can produce other issues, such as expansion. Silver provides strength and enhances the overall quality of the amalgam but does not directly affect discoloration. Mercury is necessary for the amalgamation process but does not have properties that help in preventing discoloration either.

6. What does the term 'aseptic technique' refer to?

A. Avoidance of all touch

B. Methods to maintain sterile conditions

C. Use of disinfectants only

D. Non-invasive care procedures

The term 'aseptic technique' refers specifically to methods designed to maintain sterile conditions to prevent the introduction of pathogens during medical or dental procedures. This involves a variety of practices aimed at eliminating or minimizing the risk of infection, such as using sterilized instruments, wearing gloves, masks, and gowns, and employing proper cleaning and disinfection methods. The focus of aseptic technique is not solely on avoiding touch or using disinfectants; rather, it encompasses a comprehensive approach to ensure that environments and equipment are sterile. While avoidance of touch can be a part of maintaining sterility, it is not the defining aspect of aseptic technique. Disinfectants play an essential role in reducing microbial contamination, but the concept of aseptic technique extends beyond just their use. Similarly, non-invasive procedures do not inherently relate to maintaining sterility, as aseptic technique can apply to both invasive and non-invasive practices.

7. What instruments would you use to remove calculus from teeth?

A. Explorers and mirrors

B. Suction devices and scalers

C. Scalers and curettes

D. Forceps and pliers

Calculus, also known as tartar, is hardened plaque that adheres to the teeth and can lead to periodontal disease if not removed. The most effective instruments for this task are scalers and curettes. Scalers are specifically designed with sharp edges to effectively scrape away calculus from the tooth surfaces, particularly in hard-to-reach areas. They can be used supra-gingivally (above the gum line) and are essential in the periodontal treatment process. Curettes, on the other hand, have a rounded end and are used for subgingival scraping (below the gum line) as well as smoothing the root surfaces. They are designed to reach deeper areas and remove calculus that may accumulate below the gum tissue. The combination of scalers and curettes allows dental professionals to thoroughly clean the teeth of calculus and plaque, thus contributing to better oral health.

SAMPLE

8. Which set of pliers is used in forming and bending wires for fixed or removable appliances?

A. High-utility, orthodontic

B. Bird-beak, three-pronged

C. Locking, needle nose

D. Wire cutting, end cutters

Bird-beak pliers, often referred to as three-pronged pliers, are specifically designed for manipulating and shaping orthodontic wires. The unique shape of the pliers allows the dental assistant or orthodontist to bend, twist, and form wires accurately, which is crucial for fitting both fixed and removable appliances like braces and retainers. The two rounded beaks can grasp the wire from multiple angles, providing the versatility needed for intricate adjustments. In orthodontics, the ability to effectively shape and form wire is essential for ensuring proper alignment and functionality of dental appliances. By using bird-beak pliers, professionals can create the precise bends and loops necessary to achieve optimal fit and function of these devices in a patient's mouth. Other tools such as high-utility orthodontic pliers may be versatile for different tasks but aren't specialized for wire bending, locking needle-nose pliers may not offer the required precision for forming, and wire cutting or end cutters are fundamentally different in purpose, focusing on cutting rather than shaping or bending.

9. What is the main purpose of inverting the rubber dam?

A. Enhance visibility

B. Prevent saliva leakage

C. Improve patient comfort

D. Facilitate easy removal

The primary purpose of inverting the rubber dam is to create a seal around the tooth, which effectively prevents saliva from leaking into the treatment area. This is crucial because saliva can compromise the procedure by introducing bacteria and contamination, making it difficult to maintain a dry field, which is essential for many dental treatments, such as restorative procedures. The inverted edge of the rubber dam tucks into the gingival sulcus, providing this seal and enhancing the isolation of the tooth being worked on. While visibility is improved by using a rubber dam, the inversion specifically focuses on preventing saliva leakage rather than just enhancing overall visibility. Patient comfort is a consideration in the use of rubber dams, but inversion primarily serves the purpose of achieving a complete seal. Although facilitating easy removal is important, it is a secondary benefit that does not relate directly to the main reason for inverting the dam during a procedure.

10. What is the proper way to make a correction on a patient's record?

A. White-out the error

B. Use pencil to draw a single line through the entry, initial, and date

C. Write over the incorrect entry with a new date

D. Erase the mistake

Making a correction on a patient's record is a critical procedure that ensures the integrity and accuracy of the medical documentation. The recommended approach involves drawing a single line through the incorrect entry, followed by the individual's initials and the date. This method maintains the original entry while clearly indicating that a correction has been made. It provides an auditable trail that shows what was changed and when, which is essential for legal and ethical standards in patient documentation. Using white-out can obscure the original information entirely, potentially creating issues with transparency and accountability. Writing over the incorrect entry without proper notation can cause confusion and lead to misinterpretation of the data. Erasing a mistake may leave no record of what was initially documented, which is not acceptable in maintaining accurate patient records. Maintaining visibility of the original entry with a clear indication of the correction aligns with best practices in healthcare documentation.

EXAMPLE

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://hesi-generalchairsideassisting.examzify.com

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

SAMPLE