MISSOURI EXPANDED FUNCTION DENTAL ASSISTANT (EFDA) BASIC SKILLS 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. The cusp of Carabelli is located on which tooth?

A. Maxillary first molar

B. Mandibular first molar

C. Maxillary central incisor

D. Mandibular canine

2. Which of the following describes stroke symptoms?

A. Persistent toothache and jaw pain

B. Redness of gums and swelling

C. Itchy throat and sneezing

D. Numbness/ weakness, trouble seeing, confusion, stick out tongue, dizziness and headache

3. The Centers for Disease Control and Prevention (CDC) is the primary federal agency that conducts and supports public health activities in the United States and is part of the U.S. Department of Health and Human Services.

A. Department of Education

B. Department of Health and Human Services

C. Department of Defense

D. Department of Transportation

4. What does CPR stand for?

A. Cardio Pulmonary Resuscitation

B. Cardiopulmonary Resuscitation

C. Cardiac Pulmonary Resuscitation

D. Coronary Pulmonary Resuscitation

5. Which entity interprets and implements state regulations (dental practice act)?

A. Public health department

B. Administrative board that interprets & implements state regulations (dental practice act)

C. Dental suppliers association

D. University board of dentistry

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6. Which statement about EFDA renewals is correct?

A. No, renewals are staggered yearly

B. Only new graduates renew

C. Yes, all EFDA renewals occur at the same time

D. Renewals occur every two years

7. Which act cannot be delegated to a dental assistant by a dentist?

A. Final bending of the arch wire

B. Cutting of tooth structure

C. Scaling of teeth

D. Administration of nitrous oxide (unless certified)

8. Which statement about CBCT is inaccurate?

A. It produces three-dimensional images.

B. It uses cone-beam geometry.

C. It is designed primarily for hard tissue visualization.

D. It cannot visualize soft tissues at all.

9. What is the correct way to make a chart correction?

A. In ink, cross through with a single line with the date and your initials

B. Erase with an eraser and rewrite

C. Use white-out to correct

D. Start over on a new page

10. Positive reproduction is best described as:

A. Impression

B. Wax

C. Die

D. Study model/cast

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Answers

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

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Explanations

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1. The cusp of Carabelli is located on which tooth?

A. Maxillary first molar

B. Mandibular first molar

C. Maxillary central incisor

D. Mandibular canine

The cusp of Carabelli is an extra cusp found on the upper molars, specifically on the lingual side of the mesiolingual cusp of the maxillary first molar. This anatomical variation is most commonly associated with the first maxillary molar, not with the mandibular molars, central incisors, or canines. Recognizing it helps explain why some people have an additional small cusp on the palatal surface of the upper first molar. It's a known variation in dental anatomy and varies in prevalence among individuals.

2. Which of the following describes stroke symptoms?

A. Persistent toothache and jaw pain

B. Redness of gums and swelling

C. Itchy throat and sneezing

D. Numbness/ weakness, trouble seeing, confusion, stick out tongue, dizziness and headache

Recognizing sudden neurological changes is crucial for stroke recognition. The description that includes numbness or weakness, trouble seeing, confusion, the tongue sticking out showing possible weakness, dizziness, and headache covers many hallmark stroke signs. Sudden numbness or weakness (often on one side), vision changes, and confusion are classic indicators that brain blood flow is interrupted and needs immediate attention. Tongue deviation when protruding can reflect cranial nerve or motor weakness on one side, a potential stroke finding. Dizziness and a severe headache also fit the pattern of an acute event. The other descriptions describe dental pain, gum inflammation, or allergies—issues that aren't associated with a stroke. In practice, any sudden numbness, confusion, trouble speaking or seeing should prompt urgent emergency care.

3. The Centers for Disease Control and Prevention (CDC) is the primary federal agency that conducts and supports public health activities in the United States and is part of the U.S. Department of Health and Human Services.

A. Department of Education

B. Department of Health and Human Services

C. Department of Defense

D. Department of Transportation

The idea being tested is which federal department oversees the Centers for Disease Control and Prevention. The CDC is positioned within the U.S. Department of Health and Human Services, reflecting its focus on health, disease prevention, and public health in the United States. This department is dedicated to health and welfare and includes other health-related agencies as part of its mission. The other departments—Education, Defense, and Transportation—handle different areas of policy and operations, so they are not the home of the CDC.

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4. What does CPR stand for?

A. Cardio Pulmonary Resuscitation

B. Cardiopulmonary Resuscitation

C. Cardiac Pulmonary Resuscitation

D. Coronary Pulmonary Resuscitation

CPR stands for Cardiopulmonary Resuscitation. The term cardiopulmonary combines the heart and lungs, reflecting what the procedure supports—the circulation and oxygenation of the body during a life-threatening emergency. The standard spelling uses one word for the prefix, "cardiopulmonary," and the full term is "Cardiopulmonary Resuscitation." Variants like "Cardio Pulmonary" are less precise in formal medical use, and terms like "Cardiac" or "Coronary" refer to different parts of the heart or its vessels, not the combined heart–lung process of resuscitation.

5. Which entity interprets and implements state regulations (dental practice act)?

A. Public health department

B. Administrative board that interprets & implements state regulations (dental practice act)

C. Dental suppliers association

D. University board of dentistry

The ability to interpret and enforce state dental rules rests with the state's regulatory board for dentistry. This administrative board is the authority that interprets the dental practice act, issues licenses, and creates and enforce regulations to ensure safe and competent dental care. It handles licensing requirements, disciplinary actions, and rulemaking within the law's framework, making it the primary body for implementing state regulations. Public health departments focus on broader public health duties and aren't the responsible interpreters of the practice act. Universities handle education and training programs, while dental suppliers associations are industry groups and do not regulate professional practice.

6. Which statement about EFDA renewals is correct?

A. No, renewals are staggered yearly

B. Only new graduates renew

C. Yes, all EFDA renewals occur at the same time

D. Renewals occur every two years

EFDA renewals are coordinated so that all licensed EFDAs renew on the same date. The licensing board sets a single renewal window for the entire EFDA community, so every active credential is renewed together rather than at different times. This makes tracking CE requirements and expiration dates straightforward for both practitioners and the board, and helps ensure everyone remains compliant at the same point in the cycle. Renewals aren't limited to new graduates, and they aren't staggered year by year. The idea of a shared renewal date emphasizes consistent timing across all practitioners.

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7. Which act cannot be delegated to a dental assistant by a dentist?

A. Final bending of the arch wire

B. Cutting of tooth structure

C. Scaling of teeth

D. Administration of nitrous oxide (unless certified)

Delegation of duties in dental practice is about what a trained assistant can do under supervision and what must be done by a licensed clinician. Administering nitrous oxide is a controlled procedure that requires specific certification and adherence to regulatory rules. A dental assistant can perform this task only if they are properly certified; without that certification, the dentist cannot delegate it. This keeps patient safety and monitoring standards intact during sedation. The other listed tasks involve altering tooth structure, removing tooth surfaces, or performing adjustments to orthodontic appliances. These are procedures that typically require a licensed clinician or a higher level of credentialing, and they aren't within the standard scope of delegated EFDA duties in most jurisdictions. So the action that cannot be delegated unless the assistant is certified is administering nitrous oxide.

8. Which statement about CBCT is inaccurate?

A. It produces three-dimensional images.

B. It uses cone-beam geometry.

C. It is designed primarily for hard tissue visualization.

D. It cannot visualize soft tissues at all.

CBCT provides three-dimensional imaging by rotating a cone-shaped X-ray beam around the patient and reconstructing a volumetric dataset, which makes 3D visualization possible and is a core reason it's valued in dental imaging. It uses cone-beam geometry and is designed to capture detailed hard tissues like teeth and bone, which is why those first two statements fit well. The statement about soft tissues being completely invisible is inaccurate. Although CBCT is optimized for hard tissues and has limited soft-tissue contrast compared with CT or MRI, it can still show soft-tissue outlines and structures (such as airways, swelling, and certain soft-tissue landmarks). The main limitation is not a total inability to visualize soft tissues, but rather poor soft-tissue contrast and higher susceptibility to artifacts, which makes soft-tissue detail less reliable.

9. What is the correct way to make a chart correction?

A. In ink, cross through with a single line with the date and your initials

B. Erase with an eraser and rewrite

C. Use white-out to correct

D. Start over on a new page

Make chart corrections by drawing a single, clear line through the mistaken entry using ink, then note the date and your initials beside it. This preserves the original information while providing an auditable trail of what was changed, when, and by whom. Using erasers or white-out hides or alters the original data and can look like tampering, and starting a new page loses the historical record of the entry. Ink and a single strike-through keep the chart accurate, readable, and compliant with documentation practices.

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10. Positive reproduction is best described as:

A. Impression

B. Wax

C. Die

D. Study model/cast

Positive reproduction is the solid, usable replica created by pouring material into an impression to produce a cast of the patient's dentition. That full cast, often called a study model, allows you to study the bite, relationships, and preparation details and to fabricate or evaluate restorations. The impression itself is a negative reproduction because it captures the anatomy in reverse. A die, by contrast, is a precise reproduction of a single prepared tooth used for detailed work on that tooth. Wax is used for patterns and provisional work, not the final positive reproduction. So the best description of a positive reproduction is the study model or cast.

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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:

https://missouriefdabasicskills.examzify.com

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

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