NEBDN OSCE PRACTICE EXAM (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. During an asthma attack, what is the first recommended intervention?

A. Calm and reassure patient
B. Administer salbutamol inhaler
C. Give oxygen
D. Call 999 if not improving

2. Which instrument is described as a flat plastic instrument?

A. Mouth mirror
B. Flat plastic
C. Amalgam plugger
D. Excavator

3. Which instrument is a Dissecting Forceps?

A. Periosteal Elevator
B. Scalpel
C. Dissecting Forceps
D. Couplands Chisel

4. Which item is used as a dry socket dressing?

A. Alvogel
B. Mouthwash
C. Tweezers
D. Mirror

5. Which instrument is used to extract upper premolars?

A. upper premolar forceps
B. upper root forceps
C. upper straight forceps
D. adams crib

6. Which device on the palate applies gentle force to move teeth, often used to open spaces?

A. Z spring
B. Buccal tube
C. Palatal finger spring
D. Band removers

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7. Antiseptic paste is used to what in canal therapy?

A. Gaining access

B. Dress root canal before filling

C. Lubricate canal

D. Soak paper points

8. Which component of the rubber dam system is placed around a tooth to anchor the dam?

A. Rubber dam clamp

B. Round burs

C. Air turbine handpiece

D. Rubber dam punch

9. Which instrument is used to spread gutta-percha by applying lateral pressure within the canal?

A. Apex locator

B. Rotary paste-filler

C. Root canal pluggers/spreaders

D. Finger spreader

10. Which item is designed to receive the archwire on the buccal side of a molar?

A. Bracket removers

B. Buccal tube

C. Bands

D. Palatal finger spring

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Answers

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

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Explanations

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1. During an asthma attack, what is the first recommended intervention?

A. Calm and reassure patient

B. Administer salbutamol inhaler

C. Give oxygen

D. Call 999 if not improving

Relieving airway obstruction quickly is the priority in an acute asthma attack. A fast-acting inhaled bronchodilator, such as salbutamol, directly reverses bronchoconstriction by relaxing the smooth muscle around the airways, which opens up the airways within minutes. Using an inhaler with a spacer helps deliver the dose effectively to the lungs, making it the most efficient first intervention to improve breathing, reduce wheeze, and lessen the work of breathing. Calming and reassuring the patient is helpful for comfort, but it doesn't address the underlying bronchospasm. Oxygen is important if there are signs of hypoxaemia, but bronchodilation should come first to restore airflow. If the symptoms don't improve after using the inhaled salbutamol, escalate care and seek emergency help.

2. Which instrument is described as a flat plastic instrument?

A. Mouth mirror

B. Flat plastic

C. Amalgam plugger

D. Excavator

In dentistry, the material and shape of an instrument reveal its job. A flat plastic instrument has a flat blade and is made of non metallic plastic, which makes it ideal for spreading, smoothing, and placing viscous or putty like materials without scratching tooth surfaces or leaving metal marks. The flat blade lets you create an even, smooth layer across a cavity floor, a matrix, or a base material, and being plastic means it's often disposable and easy to handle for materials like bases, impression compounds, or temporary filling materials. In contrast, tools like a mouth mirror are used for indirect vision and illumination and are typically metal with a mirrored head; an amalgam plugger is a metal tool designed to condense amalgam into a cavity; an excavator is a metal, spoon shaped instrument used for removing carious dentine and shaping cavities. Their shapes and materials point to different functions, not to spreading or smoothing plastic materials. Therefore, the flat plastic instrument best matches the description.

3. Which instrument is a Dissecting Forceps?

A. Periosteal Elevator

B. Scalpel

C. Dissecting Forceps

D. Couplands Chisel

Dissecting forceps are designed for blunt dissection and gentle tissue handling during surgery. They have fine, grasping tips that can hold tissue without cutting, allowing you to separate tissue planes carefully. This matches the function described by the question, making this instrument the one that is indeed a Dissecting Forceps. The periosteal elevator lifts the periosteum from bone, the scalpel creates incisions with a blade, and Coupland's chisel is used for chiseling bone. Therefore, the instrument that is used for blunt tissue dissection is the dissecting forceps.

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4. Which item is used as a dry socket dressing?

A. Alvogel

B. Mouthwash

C. Tweezers

D. Mirror

In managing a dry socket, the dressing placed into the socket is a medicated packing that protects the exposed bone and reduces pain and irritation as healing begins. Alvogel is a specially formulated dry socket dressing designed to be packed into the socket; it provides a protective barrier and local analgesic/antiseptic effects, helping soothe pain and promote healing. The other items are not dressings for the socket: mouthwash is used for cleansing around the area, tweezers are instruments to handle materials, and a mirror is a tool for visibility. So the item used as a dry socket dressing is Alvogel.

5. Which instrument is used to extract upper premolars?

A. upper premolar forceps

B. upper root forceps

C. upper straight forceps

D. adams crib

The main idea is using the instrument that matches the tooth being extracted. For upper premolars, the instrument designed specifically for that job is the upper premolar forceps. Its beaks are shaped to fit the crown contour of maxillary premolars and to bite securely on the crown so the clinician can apply the correct tipping and lifting motions to release the tooth from the socket without stressing the adjacent teeth or causing a crown/root fracture. This specialized design makes it the best choice for upper premolars, whether first or second premolars. Other options aren't suited for this task. Upper root forceps are meant for removing roots or root fragments rather than a whole premolar crown. Upper straight forceps are a more general design and don't align optimally with the premolar crown geometry. Adams crib is an orthodontic appliance, not an extraction instrument.

6. Which device on the palate applies gentle force to move teeth, often used to open spaces?

A. Z spring

B. Buccal tube

C. Palatal finger spring

D. Band removers

The idea here is using a small appliance that sits on the palate to guide tooth movement with light, continuous pressure. The palatal finger spring is designed exactly for this: a curved spring attached to the palatal area that exerts a gentle force on a tooth (or group of teeth) to move them and create space. Because it is anchored to the palate, it delivers controlled forces without needing bulky labial hardware, making it especially useful for opening spaces between teeth gradually and safely. Other devices don't fit this scenario as neatly. A Z spring works between teeth to alter spacing, not from the palate. A buccal tube is a component attached to a molar to guide the archwire, not a palatal appliance that applies a direct moving force. Band removers are simply tools to take bands off bands, not devices that move teeth.

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7. Antiseptic paste is used to what in canal therapy?

A. Gaining access

B. Dress root canal before filling

C. Lubricate canal

D. Soak paper points

In canal therapy, the goal after cleaning and shaping is to keep the canal disinfected between visits and reduce the bacterial load before final obturation. An antiseptic paste acts as an intracanal medicament that is placed inside the canal to dress it, protecting the space from reinfection and promoting healing until the tooth is finally filled with gutta-percha and sealer. It isn't used to gain access to the tooth, nor is it primarily a lubricant for instrumentation, and while paper points are used in drying or medicating the canal, the main purpose of the paste is to dress the canal before filling.

8. Which component of the rubber dam system is placed around a tooth to anchor the dam?

A. Rubber dam clamp

B. Round burs

C. Air turbine handpiece

D. Rubber dam punch

The thing that anchors a rubber dam around a tooth is the rubber dam clamp. It is designed to fit around the tooth and grip it with its jaws, sitting in the tooth's natural undercuts to hold the dam securely in place and create a seal. This provides stable isolation so moisture and saliva are kept away from the working area. The dam is then stretched over the frame and positioned with the clamp holding tight. The other tools mentioned have different roles—round burs are used for cutting or shaping tooth structure, the air turbine handpiece is the drill, and the rubber dam punch is used to make the holes in the dam sheet for each tooth.

9. Which instrument is used to spread gutta-percha by applying lateral pressure within the canal?

A. Apex locator

B. Rotary paste-filler

C. Root canal pluggers/spreaders

D. Finger spreader

Lateral condensation is about dense filling by pushing gutta-percha outward against the canal walls to adapt it to irregularities. The instrument that accomplishes this by applying lateral pressure is the spreader, and the finger spreader is specifically designed to be used with finger pressure for controlled lateral movement. By inserting the spreader between the master cone and canal wall and moving it slightly laterally, space is created for additional cones and the gutta-percha is compacted against the walls, producing a snug, well-adapted fill. The apex locator measures working length, not for spreading gutta-percha. A rotary paste-filler delivers paste obturation rather than performing lateral condensation. While pluggers/spreaders is a broader category, using the finger spreader for lateral pressure is the method that achieves the lateral condensation effect most effectively.

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10. Which item is designed to receive the archwire on the buccal side of a molar?

A. Bracket removers

B. Buccal tube

C. Bands

D. Palatal finger spring

In fixed orthodontic appliances, the archwire is carried along the teeth by attachments, and on the molars it is received through a buccal tube. The buccal tube is attached to the molar band on the cheek-side (buccal) surface and provides a slot or opening for the archwire to sit in, guiding it from the molar toward the front of the mouth and allowing ligation and adjustment as the treatment progresses. This setup specifically serves to receive the archwire on the buccal aspect of the molar. Brackets removers are tools for taking brackets off teeth. Bands are the molar rings that encircle the tooth and may carry the buccal tube, but they themselves don't designate the archwire path. Palatal finger springs act on the palatal side to move teeth and do not receive the buccal archwire.

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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://nebdnosce.examzify.com

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

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