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38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

Saudi Commission For Health Specialties (SCFHS)

DENHY

SCFHS Dental Hygiene Technician Exam

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Saudi Commission For Health Specialties (SCFHS) DENHY , each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, DENHY
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

Which personal protective equipment (PPE) item must a dental hygiene technician change between every patient to comply with standard infection control precautions?

- ☐ A Reusable protective eyewear
- ☒ B Disposable examination gloves
- ☐ C Reusable face shield
- ☐ D Uniform scrub top

ANSWER B

WHY Disposable examination gloves are single-use items that must be removed and discarded, followed by hand hygiene, before treating each new patient. Reusable eyewear, face shields and uniforms are decontaminated or laundered rather than discarded after every patient.

QUESTION 2

SINGLE CHOICE

During hand scaling of a mandibular molar, the instrument is adapted so that the terminal shank is positioned parallel to which surface?

- ☐ A The occlusal surface
- ☐ B The proximal surface
- ☒ C The long axis of the tooth
- ☐ D The external oblique ridge

ANSWER C

WHY Correct instrument adaptation requires the terminal shank to be parallel to the long axis of the tooth being treated. This positioning allows the cutting edge to maintain optimal angulation against the calculus and root surface.

QUESTION 3

MULTIPLE CHOICE

Which of the following are features of healthy, non-inflamed gingival tissue? (Choose two.)

- ☒ **A** Coral pink color with stippling
- ☒ **B** Sharp, knife-edge margins that adapt closely to the teeth
- ☐ **C** Spontaneous bleeding on probing
- ☐ **D** Diffuse bluish-red discoloration

ANSWER A - B

WHY Healthy gingiva is coral pink, firm, has stippling on the attached gingiva, and demonstrates knife-edge papillae that adapt tightly to the teeth without bleeding on gentle probing. Spontaneous bleeding and bluish-red discoloration are signs of inflammation.

QUESTION 4

SINGLE CHOICE

According to the ALARA principle in dental radiography, which exposure factor adjustment most effectively reduces patient radiation dose?

- ☐ **A** Increasing the milliamperage (mA)
- ☐ **B** Using a longer exposure time
- ☐ **C** Using a higher kilovoltage (kVp)
- ☒ **D** Using a rectangular collimator instead of a round one

ANSWER D

WHY Rectangular collimation restricts the X-ray beam to the size of the image receptor, reducing patient exposure by roughly 60–70% compared with a round collimator. Adjusting mA and time changes dose, but rectangular collimation is the single most effective patient-protection modification within the ALARA framework.

QUESTION 5

SINGLE CHOICE

Which clinical index is most appropriate for recording the presence or absence of supragingival plaque on individual tooth surfaces in a plaque control record?

- ☐ A Gingival Index (Löe and Silness)
- ☒ B O'Leary Plaque Index
- ☐ C Community Periodontal Index of Treatment Needs (CPITN)
- ☐ D Sulcus Bleeding Index

ANSWER B

WHY The O'Leary Plaque Index is a patient-education tool that records the presence of plaque on the four surfaces of each tooth (mesial, distal, facial, lingual) and expresses the result as a percentage. The Gingival Index and Sulcus Bleeding Index assess soft-tissue response rather than plaque presence, and CPITN is a screening tool for periodontal treatment needs, not plaque documentation.

QUESTION 6

SINGLE CHOICE

A patient with moderate chronic periodontitis asks which interdental cleaning aid is most effective for a type II embrasure space (open gingival margin with exposed root surface but no loss of papilla height). Which aid does the dental hygiene technician recommend?

- ☐ A Woven dental floss
- ☒ B An interdental brush matched to the embrasure size
- ☐ C A wooden interdental stick of standard width
- ☐ D A rubber tip stimulator only

ANSWER B

WHY Interdental brushes are the most effective cleaning aid in open embrasure spaces (type II and III) because the bristles conform to the irregular root surfaces and concave morphology exposed by attachment loss. Waxed floss remains appropriate for type I (intact papilla) spaces, while wooden sticks and rubber tips are adjuncts and less effective for biofilm removal in type II spaces.

QUESTION 7

SINGLE CHOICE

An adult patient in the dental chair becomes unresponsive and is found pulseless. What is the first action the dental hygiene technician should take according to basic life support (BLS) guidelines?

- ☐ A Administer two rescue breaths
- ☒ B Begin chest compressions at a rate of 100–120 per minute
- ☐ C Place the patient in the recovery position
- ☐ D Retrieve the automated external defibrillator (AED) before any other action

ANSWER B

WHY In adult BLS, once pulselessness is confirmed, high-quality chest compressions at a rate of 100–120 per minute and a depth of 5–6 cm are started immediately, followed by activation of emergency response and AED use as soon as available. Rescue breaths are delivered after compressions (30:2 for an adult without an advanced airway), the recovery position is only for breathing patients, and the AED is retrieved concurrently with—not before—initiating compressions.

QUESTION 8

SINGLE CHOICE

Which classification of instrument requires heat sterilization (autoclaving) between patients because it penetrates soft tissue or contacts bone?

- ☐ A Non-critical
- ☐ B Semi-critical
- ☒ C Critical
- ☐ D Environmental

ANSWER C

WHY Spaulding's classification defines critical instruments as those that enter sterile tissue, contact blood, or penetrate soft tissue or bone; these must be heat-sterilized between uses. Semi-critical items contact mucous membrane (high-level disinfection at minimum), non-critical items contact intact skin (low-level disinfection), and environmental surfaces are not classified for patient-contact reprocessing.

QUESTION 9

SINGLE CHOICE

A dental hygiene technician working in the Kingdom of Saudi Arabia is approached by a relative who requests the chart of another family member. Which ethical and legal principle requires the technician to refuse disclosure?

- ☐ A Beneficence
- ☒ B Patient confidentiality (professional secrecy)
- ☐ C Veracity
- ☐ D Autonomy of the relative

ANSWER B

WHY Patient information may be released only with the patient's informed consent or as required by law. Professional secrecy (patient confidentiality) obligates the dental hygiene technician to protect all personal health information from unauthorized disclosure, regardless of the relationship of the requesting party. Beneficence and veracity are also important ethical duties, but they do not specifically address information disclosure, and the relative's autonomy does not override the patient's right to confidentiality.