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39	A	B	C	D	E

PRACTICE QUESTIONS

Elsevier Remotely Proctored Exams

DHEV1

HP Dental Hygiene Exit Exam V1

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Elsevier Remotely Proctored Exams **DHEV1**, 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, **DHEV1**
- the question number
- the email address on your order

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

QUESTION 1 SINGLE CHOICE

A dental hygienist is preparing to perform a comprehensive periodontal assessment. Which instrument is most appropriate for detecting subgingival calculus and assessing root surface roughness?

- ☐ A Mouth mirror
- ☐ B Periodontal probe
- ☒ C Explorer (e.g., ODU 11/12)
- ☐ D Cotton forceps

ANSWER C

WHY A periodontal explorer such as the ODU 11/12 is specifically designed with a fine, curved tip for detecting subgingival calculus, root irregularities, and caries. While a periodontal probe measures pocket depths, it is not the primary instrument for calculus detection.

QUESTION 2 SINGLE CHOICE

Which of the following medications is most commonly associated with gingival overgrowth as a side effect?

- ☐ A Metformin
- ☒ B Phenytoin (Dilantin)
- ☐ C Acetaminophen
- ☐ D Amoxicillin

ANSWER B

WHY Phenytoin, an anticonvulsant medication, is well documented as causing gingival hyperplasia/overgrowth, particularly in patients with poor oral hygiene. Other medications associated with this condition include calcium channel blockers (e.g., nifedipine) and cyclosporine.

QUESTION 3

MULTIPLE CHOICE

According to the 2017 Classification of Periodontal and Peri-Implant Diseases and Conditions, which of the following are recognized stages of periodontitis? (Choose three.)

- ☒ **A** Stage I
- ☒ **B** Stage II
- ☒ **C** Stage III
- ☐ **D** Stage IV

ANSWER A • B • C

WHY The 2017 World Workshop classification system defines four stages of periodontitis: Stage I (initial), Stage II (moderate), Stage III (severe with potential for additional tooth loss), and Stage IV (advanced with extensive tooth loss and potential loss of dentition). All four stages are recognized in the classification.

QUESTION 4

SINGLE CHOICE

During patient education, a dental hygienist explains the recommended concentration of fluoride in daily-use fluoride toothpaste for adults at normal caries risk. Which concentration is correct?

- ☐ **A** 250 ppm
- ☐ **B** 500 ppm
- ☒ **C** 1,450–1,500 ppm
- ☐ **D** 5,000 ppm

ANSWER C

WHY Standard over-the-counter fluoride toothpaste for adults typically contains 1,450–1,500 ppm (parts per million) of fluoride, usually as sodium fluoride or stannous fluoride. The 5,000 ppm concentration is reserved for prescription-strength toothpaste for high-caries-risk patients.

QUESTION 5

SINGLE CHOICE

Which of the following best describes the role of *Streptococcus mutans* in the development of dental caries?

- ☐ A It neutralizes acids in the oral cavity
- ☒ B It produces lactic acid through fermentation of dietary carbohydrates
- ☐ C It remineralizes enamel through calcium deposition
- ☐ D It forms a protective barrier over enamel

ANSWER B

WHY *Streptococcus mutans* is a primary cariogenic bacterium that metabolizes fermentable carbohydrates (especially sucrose) and produces lactic acid as a byproduct. This acid lowers the pH of dental plaque below the critical pH (~5.5), leading to demineralization of enamel and the initiation of caries.

QUESTION 6

SINGLE CHOICE

According to CDC guidelines, what is the recommended minimum temperature and time for heat sterilization of dental instruments using a gravity-displacement autoclave?

- ☒ A 121°C (250°F) for 30 minutes
- ☐ B 132°C (270°F) for 15 minutes
- ☐ C 121°C (250°F) for 15 minutes
- ☐ D 100°C (212°F) for 20 minutes

ANSWER A

WHY CDC guidelines recommend sterilization of heat-tolerant dental instruments at 121°C (250°F) for 30 minutes in a gravity-displacement autoclave, or at 132°C (270°F) for 15 minutes in a prevacuum autoclave. Boiling (100°C) does not achieve sterilization.

QUESTION 7 SINGLE CHOICE

A patient reports taking warfarin (Coumadin). Which of the following considerations is most important for the dental hygienist during treatment planning?

- ☒ **A** The patient is at increased risk for prolonged bleeding
- ☐ **B** The patient is at increased risk for hypertension
- ☐ **C** The patient requires prophylactic antibiotics before scaling
- ☐ **D** The patient should avoid all fluoride treatments

ANSWER A

WHY Warfarin is an anticoagulant that inhibits vitamin K-dependent clotting factors, placing the patient at risk for prolonged bleeding during invasive dental procedures such as scaling and root planing. The hygienist should consult with the patient's physician to determine the patient's INR status and bleeding risk before proceeding with invasive treatment.

QUESTION 8 SINGLE CHOICE

Which of the following communication strategies is most effective when providing oral hygiene instruction to a patient with low health literacy?

- ☐ **A** Provide a detailed written pamphlet with dental terminology
- ☒ **B** Use plain language, demonstrate techniques, and teach-back method
- ☐ **C** Recommend multiple new products at the same visit
- ☐ **D** Focus solely on the technical aspects of periodontal disease

ANSWER B

WHY Effective communication with patients of all literacy levels involves using plain (non-technical) language, demonstrating techniques visually (e.g., on a model), and using the teach-back method where the patient explains the information back to confirm understanding. This approach improves patient comprehension and adherence.

QUESTION 9

SINGLE CHOICE

Which of the following best defines the term 'epidemiology' as it applies to dental public health?

- ☐ A The study of individual patient cases in a clinical setting
- ☒ B The study of the distribution and determinants of health-related states in populations
- ☐ C The study of dental materials used in restorative procedures
- ☐ D The study of insurance billing and reimbursement procedures

ANSWER B

WHY Epidemiology is the scientific study of the distribution (patterns) and determinants (causes and risk factors) of health-related states or events in specified populations, and the application of this study to the control of health problems. In dental public health, it is used to track oral diseases such as caries and periodontal disease at the population level.