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39	A	B	C	D	E

PRACTICE QUESTIONS

Elsevier Remotely Proctored Exams

DHEV2

HP Dental Hygiene Exit Exam V2

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Elsevier Remotely Proctored Exams **DHEV2**, 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, **DHEV2**
- 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 instrument is most appropriate for detecting subgingival calculus on a deep, narrow periodontal pocket on the mesial of a mandibular molar?

- ☐ A A straight periodontal probe
- ☐ B A curved sickle explorer (Shepard's hook)
- ☐ C An Orban-type periodontal probe
- ☒ D A pair of posterior Gracey curets, area-specific

ANSWER D

WHY Area-specific Gracey curets (especially 11/12 for mesial surfaces and 15/16 for mesial of molars) are designed with a lower cutting edge and offset blade that adapt to deep, narrow root anatomy and deposit calculus subgingivally. A sickle explorer is a supragingival instrument. A periodontal probe assesses depth, not calculus, and Orban probes are primarily for probing furcations and line angles.

QUESTION 2

SINGLE CHOICE

A patient presents with generalized probing depths of 5–7 mm, radiographic horizontal bone loss in the posterior sextants, and Grade B biofilm. According to the 2017 AAP/EFP classification, what is the most accurate staging and grading?

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

ANSWER C

WHY Probing depths of 5–7 mm with horizontal bone loss, no mention of furcation involvement or tooth loss due to periodontitis, place the case in Stage III (which allows bone loss to the middle third of the root or pocket depths ≥ 6 mm in some areas). Grade B indicates moderate progression, consistent with a moderate rate of bone loss. The distractors misalign depth or progression categories.

QUESTION 3

SINGLE CHOICE

A patient receiving local anesthetic with epinephrine reports palpitations, becomes diaphoretic, and BP reads 210/120 mmHg. What is the most appropriate immediate management?

- ☐ A Administer sublingual nitroglycerin and call 911
- ☐ B Place the patient in an upright position and administer oxygen
- ☒ C Place the patient in a supine position, administer oxygen, and call 911
- ☐ D Administer epinephrine 0.3 mg intramuscularly for anaphylaxis

ANSWER C

WHY Severe hypertension (>180/110) with symptoms in a dental setting is a hypertensive crisis/emergency. The patient should be positioned supine (to support cerebral perfusion), given oxygen, and emergency medical services activated. Nitroglycerin is for anginal chest pain. IM epinephrine would worsen severe hypertension. Upright positioning is incorrect for a hypotensive or unconscious emergency response.

QUESTION 4

SINGLE CHOICE

When performing root planing with a universal curet on a maxillary posterior facial surface, which adaptation is most effective for complete calculus removal at the line angle?

- ☐ A Use the toe-third of the cutting edge at 70–80 degrees with light strokes
- ☒ B Use the middle-third with the toe directed into the line angle, maintaining 60–80 degrees
- ☐ C Maintain a 45-degree angle and pivot from the wrist
- ☐ D Use horizontal strokes exclusively across the line angle

ANSWER B

WHY Effective calculus removal requires a closed working angulation of 60–80 degrees with the lower cutting edge engaging the deposit. At line angles, the toe-third is best directed into the curvature while the middle-third maintains adaptation. The toe-third alone would be too steep; 45° is too open to engage calculus; horizontal-only strokes would gouge.

QUESTION 5

SINGLE CHOICE

Which best describes a randomized controlled trial (RCT) in the hierarchy of evidence?

- ☐ A Expert opinion based on clinical experience
- ☐ B Observational data collected from patient charts
- ☒ C A study in which participants are randomly assigned to treatment or control groups to reduce bias
- ☐ D A summary of multiple case reports

ANSWER C

WHY An RCT randomly allocates participants to intervention and control arms, the gold standard for reducing selection and confounding bias. It sits at the top of the evidence pyramid for therapy questions, above observational studies, case series, case reports, and expert opinion.

QUESTION 6

SINGLE CHOICE

A 6-year-old presents with deep, narrow pits and fissures on the permanent first molars. The most evidence-based preventive recommendation is:

- ☐ A Fluoride varnish only and observation
- ☐ B Prophylactic odontoplasty of the fissures
- ☒ C Placement of dental sealants on the pits and fissures
- ☐ D Full-coverage stainless steel crowns

ANSWER C

WHY Sealants are the evidence-based standard for caries prevention on sound pit-and-fissure surfaces of permanent molars in children at moderate-to-high caries risk. Odontoplasty is not a preventive procedure. Stainless steel crowns are indicated for carious or structurally compromised teeth, not prophylaxis. Varnish alone does not protect the mechanical niche of fissures.

QUESTION 7

SINGLE CHOICE

Under the principles of autonomy in dental hygiene practice, what is the clinician's primary obligation?

- ☐ A To provide treatment regardless of the patient's preference
- ☒ B To respect the patient's right to make informed decisions about their care
- ☐ C To ensure the lowest cost of care
- ☐ D To follow the dentist's instructions without question

ANSWER B

WHY Autonomy requires the clinician to respect a patient's right to self-determination through informed consent and shared decision-making. The other choices describe beneficence misapplied (treating without consent), justice/conflict of interest (lowest cost), or non-maleficence confused with blind obedience (failing professional judgment).

QUESTION 8

SINGLE CHOICE

A pregnant patient in her second trimester presents with pregnancy-associated gingivitis and moderate plaque. Which consideration is most appropriate for treatment planning?

- ☐ A Defer all dental hygiene care until after delivery
- ☒ B Avoid supine positioning and schedule scaling and oral hygiene instruction during the second trimester
- ☐ C Use only hand instruments and avoid ultrasonic scaling
- ☐ D Recommend chlorhexidine rinse and postpone debridement indefinitely

ANSWER B

WHY Prenatal dental care is safe and important; the second trimester is ideal for periodontal therapy because organogenesis is complete and the uterus is not yet large enough to cause supine hypotension. Preventive scaling and self-care instruction are indicated. Avoiding all care, restricting ultrasonic use, or indefinitely postponing treatment are not evidence-based.

QUESTION 9

SINGLE CHOICE

During an extraoral examination, the dental hygienist palpates a firm, fixed, non-tender lymph node greater than 1 cm in size that has persisted for more than two weeks. What is the most appropriate immediate action?

- ☐ A Recheck at the next routine recare appointment in 6 months
- ☒ B Document the finding and refer the patient for medical evaluation
- ☐ C Prescribe an antibiotic and re-evaluate in two weeks
- ☐ D Apply warm compresses and instruct the patient in self-monitoring

ANSWER B

WHY A firm, fixed, non-tender, persistent lymphadenopathy (>1 cm, >2 weeks) is a red-flag finding suggestive of malignancy or serious systemic disease and warrants prompt medical referral rather than observation, antibiotics, or palliative measures.