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39	A	B	C	D	E

PRACTICE QUESTIONS

Saudi Commission For Health Specialties (SCFHS)

DNHYS

Dental Hygiene Specialist

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Saudi Commission For Health Specialties (SCFHS) DNHYS , 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, DNHYS
- 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 bacterial species is most strongly associated with the initiation of chronic periodontitis?

- ☒ **A** Porphyromonas gingivalis
- ☐ B Streptococcus mutans
- ☐ C Lactobacillus acidophilus
- ☐ D Candida albicans

ANSWER A

WHY Porphyromonas gingivalis is a key periodontal pathogen classified as part of the 'red complex' and is strongly associated with chronic periodontitis, whereas the others are primarily linked to caries or fungal infection.

QUESTION 2

SINGLE CHOICE

Which instrument is specifically designed for the removal of subgingival calculus with minimal trauma to soft tissue?

- ☐ A Sickler scaler
- ☒ B Curette
- ☐ C Explorer
- ☐ D Periodontal probe

ANSWER B

WHY Curettes have a rounded back and toe, making them ideal for subgingival scaling and root planing with reduced tissue trauma, unlike sickle scalers which are used supragingivally.

QUESTION 3

SINGLE CHOICE

What is the primary mechanism by which topical fluoride reduces dental caries?

- ☒ **A** Promoting remineralization and forming fluorapatite
- ☐ **B** Neutralizing salivary pH permanently
- ☐ **C** Eliminating all oral bacteria
- ☐ **D** Dissolving existing plaque biofilm

ANSWER A

WHY Topical fluoride enhances remineralization of enamel by forming fluorapatite, which is more resistant to acid dissolution than hydroxyapatite.

QUESTION 4

MULTIPLE CHOICE

Which of the following are recognized risk factors for periodontal disease? (Choose two.)

- ☒ **A** Diabetes mellitus
- ☒ **B** Tobacco smoking
- ☐ **C** Frequent flossing
- ☐ **D** Regular fluoride use

ANSWER A - B

WHY Diabetes mellitus and tobacco smoking are well-documented systemic and behavioral risk factors that impair healing and increase susceptibility to periodontal disease.

QUESTION 5

SINGLE CHOICE

Which principle guides the minimization of patient radiation exposure during dental radiographic procedures?

- ☒ **A** ALARA (As Low As Reasonably Achievable)
- ☐ **B** Maximum Permissible Dose Only
- ☐ **C** Fixed Exposure Protocol
- ☐ **D** Double Exposure Technique

ANSWER A

WHY ALARA is the standard radiation safety principle emphasizing minimizing exposure using proper technique, shielding, and equipment while maintaining diagnostic quality.

QUESTION 6

TRUE FALSE

Clinical attachment loss (CAL) is measured from the cementoenamel junction (CEJ) to the base of the periodontal pocket.

- ☒ **A** True
- ☐ **B** False

ANSWER A

WHY CAL is measured from a fixed reference point, the CEJ, to the base of the sulcus or pocket, distinguishing it from probing depth which is measured from the gingival margin.

QUESTION 7

SINGLE CHOICE

Which local anesthetic agent is commonly contraindicated in patients with significant cardiovascular disease due to its vasoconstrictor content at high concentrations?

- ☒ **A** Lidocaine with epinephrine 1:50,000
- ☐ **B** Plain lidocaine without vasoconstrictor
- ☐ **C** Topical benzocaine
- ☐ **D** Articaine 4% without epinephrine

ANSWER A

WHY High concentrations of epinephrine (1:50,000) can significantly increase cardiac workload and are generally avoided or used cautiously in patients with significant cardiovascular disease.

QUESTION 8

MULTIPLE CHOICE

Which of the following are characteristic clinical features of oral candidiasis? (Choose two.)

- ☒ **A** White plaques that can be wiped off leaving erythematous base
- ☐ **B** Bilateral radiolucent lesions on radiograph only
- ☒ **C** Burning sensation in the mouth
- ☐ **D** Hard, immobile nodules on the tongue

ANSWER A - C

WHY Oral candidiasis typically presents as removable white plaques with an erythematous base underneath and is often associated with a burning sensation, especially in immunocompromised or denture-wearing patients.

QUESTION 9

SINGLE CHOICE

Which method is considered the gold standard for sterilization of dental hand instruments in a clinical setting?

- ☒ **A** Steam autoclave sterilization
- ☐ **B** Chemical disinfectant wipe-down
- ☐ **C** Ultraviolet light exposure
- ☐ **D** Boiling water immersion

ANSWER A

WHY Steam autoclaving using pressurized saturated steam is the gold standard sterilization method in dentistry because it reliably kills all microorganisms including spores.