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

PRACTICE QUESTIONS

UAE Ministry Of Health And Prevention

DHE

Dental Hygiene

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for UAE Ministry Of Health And Prevention **DHE**, 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, **DHE**
- 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 tooth in the permanent dentition has a prominent mesiolingual groove and is most commonly involved in lingual pit caries?

- ☐ A Maxillary central incisor
- ☒ B Maxillary lateral incisor
- ☐ C Maxillary first premolar
- ☐ D Mandibular first premolar

ANSWER B

WHY The maxillary lateral incisor frequently exhibits a deep lingual fossa with a mesiolingual groove (foramen cecum area), which is a common site for pit and fissure caries. This anatomical variation is well-documented and clinically significant for caries detection.

QUESTION 2

SINGLE CHOICE

According to the 2017 World Workshop classification, which stage of periodontitis is characterized by attachment loss of 3–4 mm and radiographic bone loss extending to the coronal third of the root?

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

ANSWER A

WHY Stage I periodontitis (initial stage) is defined by interdental clinical attachment loss of 1–2 mm (with maximum CAL 3–4 mm) and radiographic bone loss in the coronal third of the root (<15%). It is the earliest stage after gingivitis, with no tooth loss and minimal complexity of treatment.

QUESTION 3

SINGLE CHOICE

What is the recommended sterilization time and temperature for unwrapped instruments in a gravity-displacement autoclave according to CDC guidelines?

- ☐ A 121°C (250°F) for 30 minutes
- ☒ B 132°C (270°F) for 3 minutes
- ☐ C 134°C (273°F) for 15 minutes
- ☐ D 121°C (250°F) for 15 minutes

ANSWER B

WHY The CDC recommends that unwrapped instruments be sterilized at 132°C (270°F) for 3 minutes in a gravity-displacement autoclave, or 132°C for 4 minutes in a prevacuum autoclave. Wrapped instruments typically require longer exposure times (e.g., 121°C for 30 minutes).

QUESTION 4

TRUE FALSE

The thermoluminescent dosimeter (TLD) badge used for radiation monitoring should be worn at waist level under the lead apron during intraoral radiograph procedures.

- ☐ A True
- ☒ B False

ANSWER B

WHY False. The TLD badge should be worn at collar level OUTSIDE the lead apron to monitor exposure to the thyroid, lens of the eye, and other radiosensitive organs of the head and neck. Wearing it under the apron would significantly underestimate occupational exposure.

QUESTION 5 SINGLE CHOICE

According to the modified Bass toothbrushing technique, at what angulation should the toothbrush bristles be placed against the gingival margin?

- ☐ A 15 degrees
- ☐ B 30 degrees
- ☒ C 45 degrees
- ☐ D 90 degrees

ANSWER C

WHY The modified Bass technique positions the brush head so that bristles are directed apically at a 45-degree angle to the long axis of the tooth, with the bristles partially entering the sulcus. Short vibratory strokes are then used to remove plaque from the sulcus and gingival margin.

QUESTION 6 SINGLE CHOICE

Which fluoride compound is most commonly used in community water fluoridation programs worldwide?

- ☒ A Sodium fluoride (NaF)
- ☐ B Stannous fluoride (SnF₂)
- ☐ C Sodium monofluorophosphate (MFP)
- ☐ D Acidulated phosphate fluoride (APF)

ANSWER A

WHY Sodium fluoride (NaF) is the most commonly used fluoride compound for community water fluoridation due to its stability, solubility, and ease of handling. Stannous fluoride is used in some toothpastes, sodium monofluorophosphate is also used in toothpastes, and APF is primarily used in professional fluoride applications.

QUESTION 7 SINGLE CHOICE

During ultrasonic scaling, which setting is generally appropriate for heavy supragingival calculus removal?

- ☐ A Low power with low water flow
- ☒ B High power with high water flow
- ☐ C Low power with high water flow
- ☐ D High power with low water flow

ANSWER B

WHY Heavy supragingival calculus removal typically requires high power settings combined with high water flow to maintain adequate cooling and lavage. Low water flow at high power settings risks overheating the tooth and causing pulp damage, and low power may be insufficient for tenacious deposits.

QUESTION 8 SINGLE CHOICE

Which fiber group of the periodontal ligament is primarily responsible for resisting lateral (horizontal) forces on the tooth?

- ☐ A Apical fibers
- ☒ B Horizontal fibers
- ☐ C Oblique fibers
- ☐ D Alveolar crest fibers

ANSWER B

WHY The horizontal fibers of the periodontal ligament run perpendicular to the long axis of the tooth from cementum to alveolar bone, just apical to the alveolar crest fibers. They are the primary fibers that resist horizontal (lateral) forces. Oblique fibers resist vertical forces, apical fibers resist extrusion, and alveolar crest fibers resist lateral displacement of the crown.

QUESTION 9

SINGLE CHOICE

Which characteristic is most useful in clinically distinguishing supragingival calculus from subgingival calculus?

- ☐ **A** Supragingival calculus is always darker in color than subgingival calculus
- ☐ **B** Supragingival calculus is firmly attached to root surfaces, while subgingival calculus is loosely adherent
- ☒ **C** Supragingival calculus is typically light yellow to white and found coronal to the gingival margin, whereas subgingival calculus is darker and located apical to the margin
- ☐ **D** Subgingival calculus is easily visible without probing, while supragingival calculus requires retraction to detect

ANSWER C

WHY Supragingival calculus is generally light yellow to whitish in color and deposits above the gingival margin, while subgingival calculus is typically darker (brown to green-black) due to blood breakdown products and is found below the gingival margin. Options A, B, and D contain incorrect clinical generalizations that are commonly tested as distractors.