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NBDHE

National Board Dental Hygiene Examination

Questions & Answers PDF

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Question: 1

What term is defined as a study of health-related states in human populations and how the states are influenced by the environment and ways of living?

- A. Society
- B. Epidemiology
- C. Public
- D. Research

Answer: B

Explanation: Epidemiology is defined as a study of health-related states in human populations and how the states are influenced by the environment and ways of living. It is concerned with factors and conditions that determine the occurrence and distribution of health, disease, defects, disability, and deaths among individuals.

Question: 2

What are the three factors of epidemiology?

- A. Host, agent, and environment
- B. Risk, burden, and prevention
- C. Risk, host, and environment
- D. Burden, prevention, and risk

Answer: A

Explanation: The three factors of epidemiology are host, agent, and environment. Host refers to intrinsic factors, such as genetic makeup, age, race, and ethnic background. Agent refers to chemical, microbial, physical or mechanical irritants, parasitic, viral, or bacterium. Environment refers to extrinsic factors, such as climate or geography, culture, food, and water.

Question: 3

In epidemiology, what is defined as an aggregate of cases of a disease or other health-related conditions?

- A. Cluster

- B. Epidemic
- C. Pandemic
- D. Chronic

Answer: A

Explanation: In epidemiology, cluster is defined as an aggregate of cases of a disease or other health-related conditions. Special attention is given to cancer or birth defects that are closely grouped in time or space.

Question: 4

In epidemiology, what term is defined as a disease of significantly greater prevalence than normal?

- A. Cluster
- B. Epidemic
- C. Pandemic
- D. Chronic

Answer: B

Explanation: In epidemiology, an epidemic is defined as a disease of significantly greater prevalence than normal. There is more than the expected number of disease cases. Special attention is given to disease that spreads rapidly through a demographic segment of a population.

Question: 5

How many classifications of epidemiologic research are there?

- A. 1
- B. 2
- C. 5
- D. 7

Answer: C

Explanation: There are five classifications of epidemiologic research. Incidence research is concerned with new cases of a specific disease within a population over a particular time. Prevalence research is concerned with the number of people in a population that have a disease at any one time. Count research is the simplest sum of disease and number of cases of disease occurrence. Proportion research is concerned uses the addition of a denominator to determine prevalence of a disease. Rate research is concerned with a standard denominator over a particular period.

Question: 6

Which federal agency published Healthy People 2010?

- A. CDC
- B. DHHS
- C. HRSA
- D. NIH

Answer: B

Explanation: The federal agency which published Healthy People 2010 is the DHHS. The DHHS (Department of Health and Human Services) published Healthy People 2010 as an outline of objectives for improving the overall health of the nation.

Question: 7

WHO (World Health Organization) is a prime example of which level of community health?

- A. Local
- B. State
- C. Federal
- D. International

Answer: D

Explanation: WHO (World Health Organization) is a prime example of the international level of community health.

International agencies examine and compare data from across multiple nations to gather information on health and disease. WHO also aims to set up programs for improving the health situation of underdeveloped nations.

Question: 8

The study of health and disease in any one or more populations is called:

- A. Pathology
- B. Endemiology
- C. Epidemiology
- D. Statistics and analysis

Answer: C

Explanation: The study of health and disease in any one or more populations is called epidemiology. Epidemiology seeks to quantify disease through experiments and then analysis of the results. This branch of study concentrates on determining how disease can be prevented by collecting statistics of its prevalence and incidence.

Question: 9

Fill in the blank:

The estimated number of individuals dealing with a specific disease at any given time is considered the _____ of that disease.

- A. Prevalence
- B. Consequence
- C. Incidence
- D. Influence

Answer: A

Explanation: The estimated number of individuals dealing with a specific disease at any given time is considered the prevalence of that disease.

While prevalence refers to the number of affected individuals, incidence refers to the number of new cases diagnosed each year. Diseases can have contrasting prevalence and incidence rates.

Question: 10

The functions of epidemiology include:

- A. Gathering data to describe typical biological processes
- B. Measuring a disease's distribution in a population
- C. Identifying the determinants of a disease
- D. All of the above

Answer: D

Explanation: The functions of epidemiology include gathering data to describe typical biological processes, measuring a disease's distribution in a population, and identifying the determinants of a disease.

Epidemiology involves the gathering of data from a variety of sources. This allows the process of disease transmission to be assessed against the background of normal patterns of health.

Question: 11

An examination is to a dental practice what a(n) _____ is to community dental health.

- A. Analysis
- B. Survey
- C. Evaluation
- D. Program planning

Answer: B

Explanation: An examination is to a dental practice what a survey is to community dental health. There are multiple parallels between assessing the needs of one patient in the clinical setting and assessing the needs of a population in the community dental health setting. The preliminary stage of collecting data in the clinic is accomplished through an examination. In community dental health, the data must first be collected through a survey before the needs can be analyzed.

Question: 12

A disease outbreak that occurs over a wide geographical area is called a(n):

- A. Epidemic
- B. Endemic
- C. Pandemic

Answer: C

Explanation: A disease outbreak that occurs over a wide geographical area is called a pandemic. An epidemic refers to a disease outbreak which occurs at a specific time in a given place. An endemic is a localized outbreak which occurs in a given area on a predictable basis. A pandemic is an unexpected outbreak which can occur over a large area such as between countries.

Question: 13

True or false: The health promotion healthcare model places primary emphasis on education rather than on the treatment and prevention of disease.

- A. True
- B. False

Answer: A

Explanation: It is true that the health promotion healthcare model places primary emphasis on education rather than on the treatment and prevention of disease.

Promoting health within the community starts with educating individuals about steps they can take to improve and protect their health. Disease treatment and prevention measures may make a difference, but effective education motivates the public to make changes which can prevent the spread of disease at its origin.

Question: 14

Which oral health concern is NOT shared by members of BOTH child and adolescent populations?

- A. Dental caries
- B. Dental development
- C. Controlling risk factors for disease
- D. Periodontitis

Answer: D

Explanation: The oral health concern not shared by members of both child and adolescent populations is periodontitis.

Both child and adolescent age groups are at risk for dental caries. Both groups are also marked by critical stages of dental development, and both are in need of monitoring of their risk factors for developing disease. Periodontal disease is more likely to affect adolescents than children.

Question: 15

What is the third step in the learning process?

- A. Self-interest
- B. Awareness
- C. Action
- D. Involvement

Answer: A

Explanation: The third step in the learning process is self-interest.

Also illustrated as the "learning ladder" model, the learning process is divided into six steps: unawareness, awareness, self-interest, involvement, action, and habit. At the self-interest stage, a patient personalizes the information received and starts to realize its importance for him or her personally.

Question: 16

Composite dental restorations fall under which category of preventive dental care?

- A. Primary
- B. Secondary
- C. Tertiary

Answer: B

Explanation: Composite dental restorations fall under the category of secondary preventive dental care. In secondary preventive care, routine interventions are used to stop a disease and prevent it from spreading. Such methods also aim to restore lost tissue to as great an extent as possible. Periodontal debridement is also categorized as secondary preventive care.

Question: 17

The rate of illness in a population is called:

- A. Natality
- B. Mortality
- C. Morbidity
- D. Attack

Answer: C

Explanation: The rate of illness in a population is called morbidity. Mortality is the number of deaths in a population and natality is the number of births in a population. Attack is the calculated incidence rate for a disease outbreak within a given population.

Question: 18

Which needs assessment method is the most effective for evaluating a large group?

- A. Epidemiological survey
- B. Survey
- C. Direct observation.
- D. Questionnaire

Answer: B

Explanation: The needs assessment method that is the most effective for evaluating a large group is a survey.

Surveys must be well-written and are the easiest way to collect information about the needs of a large population. Surveys are also among the more cost-effective methods of assessing needs.

Question: 19

What is the health "demand" of a given population?

- A. The health care that is available
- B. The health care that is actually received
- C. The health care that is unaffordable
- D. The health care that is desired

Answer: D

Explanation: The health "demand" of a given population is the health care that is desired. Access to care is broken down into a few factors among which demand is included. Demand is the health care which a given population seeks out. Need is the health care which is available, and utilization is the care which is received or made use of.

Question: 20

An examination method which uses just a mouth mirror and some lighting would be classified as what kind of examination?

- A. Type I
- B. Type II
- C. Type III
- D. Type IV

Answer: C

Explanation: An examination method which uses just a mouth mirror and some lighting would be classified as a type III examination.

A Type III examination is also known as an inspection. An inspection is a step above a screening, but is not as comprehensive as a complete inspection. The type of examination sufficient for a thorough needs assessment depends upon factors such as population size, available resources, time, and object of study.

Question: 21

A needs assessment is conducted using the dental caries index Decayed Missing Filled Teeth (DMFT). What could be inferred from scoring a high "M" rate after reviewing the results?

- A. There is a need for improved treatment or access to care
- B. The dental care available is being utilized
- C. There is no need to implement a community program

D. There is a need for improved education among the population

Answer: D

Explanation: After reviewing the results and scoring a high "M" rate it could be inferred that there is a need for improved education among the population.

A high score of M in a DMFT index indicates a high rate of missing teeth. Many missing teeth indicate that the majority of the population knows little about preventing tooth-loss due to decay or does not understand the importance of seeking care.

Question: 22

Of the following indices, which is reversible?

- A. DMFT (Decayed-Missing-Filled Teeth)
- B. GI (Gingival Index)
- C. PDI (Periodontal Disease Index)
- D. RCI (Root Caries Index)

Answer: B

Explanation: The GI (Gingival Index) is reversible.

Reversible indices measure conditions which can be reversed and reassessed later on. The Gingival Index measures the severity and location of gingivitis, which is reversible. The other indices listed measure conditions which can't be reversed such as missing teeth, tooth decay, and periodontal attachment loss.

Question: 23

True or false: A goal is essentially the same thing as an objective.

- A. True
- B. False

Answer: B

Explanation: It is false that a goal is essentially the same thing as an objective.

A goal is a simple statement of the desired outcome. A community dental health program may have the goal of reducing the prevalence of caries among middle-school children in a specific community. Objectives, however, are listed as specific steps that must be taken to achieve a goal.

Question: 24

Before a program is designed, the objectives should first be checked to ensure that they meet the criteria contained within the acronym SMART. What does SMART stand for?

- A. Specific, Measurable, Achievable, Reasonable, Timed
- B. Specific, Measurable, Achievable, Restrictive, Timed
- C. Specific, Maintainable, Achievable, Reasonable, Timed
- D. Specific, Maintainable, Achievable, Restrictive, Timed

Answer: A

Explanation: SMART stands for Specific, Measurable, Achievable, Reasonable, Timed. Program objectives must be measurable. An objective is a key step along the journey to reaching the ultimate goal. Objectives will not carry the program to success if they are aimless, uncertain, or unreachable.

Question: 25

The PH (Silness-Löe) Plaque Index measures which factor of oral hygiene?

- A. The change in a person's ability to remove debris after receiving oral hygiene instructions
- B. The ability of different agents to control plaque and prevent calculus
- C. The difference in thickness of the soft deposits found along the gingival margin
- D. Overall oral hygiene status

Answer: C

Explanation: The PH (Silness-Löe) Plaque Index measures the difference in thickness of the soft deposits found along the gingival margin.

The PHP (Patient Hygiene Performance) Index measures a person's ability to remove debris after receiving hygiene instructions. The V-MI (Volpe-Manhold Index) assesses how effectively agents can control soft and hard deposits. The OHI-S (Simplified Oral Hygiene Index) measures overall oral hygiene status.