

2017

Studying for the National Board Dental Hygiene Exam

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Recommended Citation

Lewis, Skye, "Studying for the National Board Dental Hygiene Exam" (2017). *A with Honors Projects*. 205.
<http://spark.parkland.edu/ah/205>

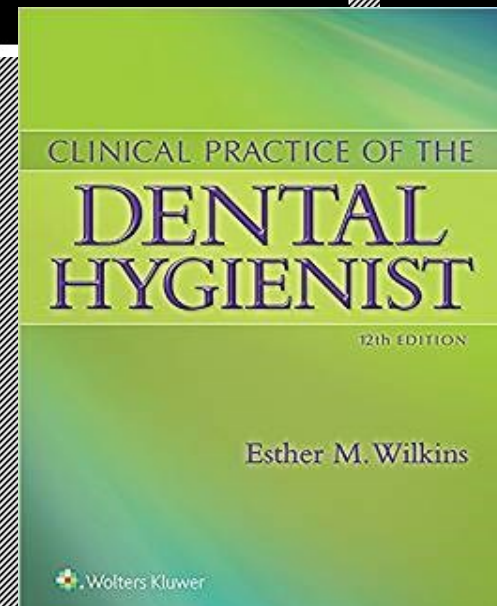
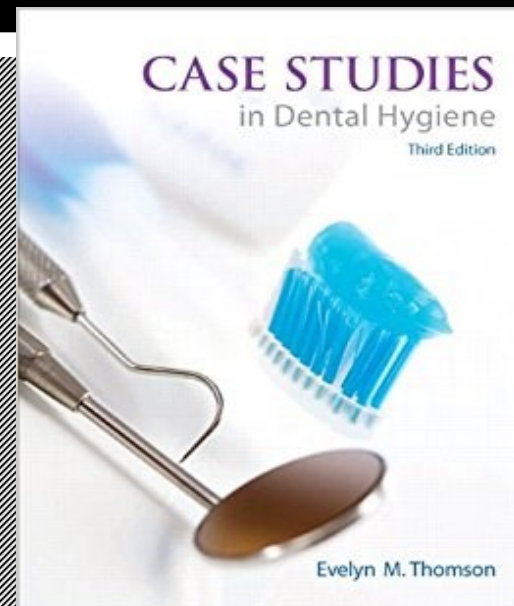
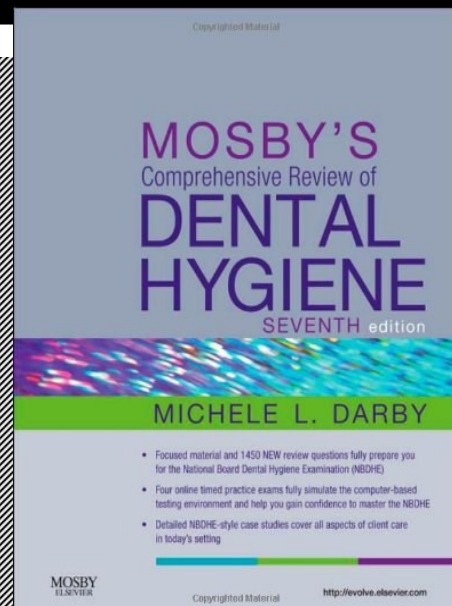
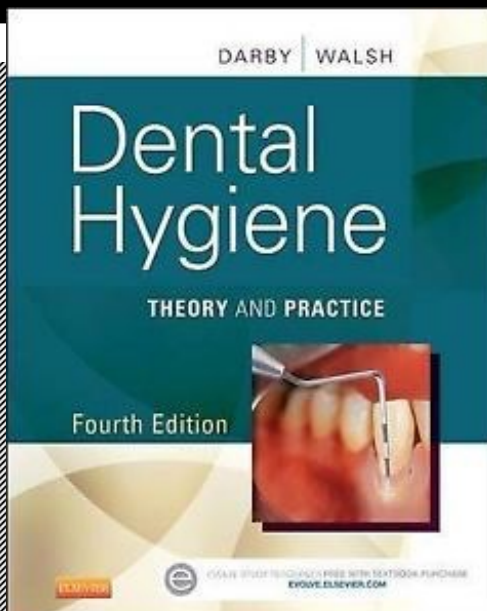
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Studying for the NBDHE

(National Board Dental Hygiene Exam)

By: Skye Lewis

Textbooks You Should Use to Study



Create a Study Plan

- ❖ Create your study plan based off the break down given to you by the JCNDE (Joint Commission National Dental Examinations) NBDHE Guide.

Scientific Basis For Dental Hygiene Practice

SCIENTIFIC BASIS FOR DENTAL HYGIENE PRACTICE [60 items]

Topic	
Anatomic Sciences	
1.1.	Anatomy
1.1.1.	Head and neck anatomy
1.1.2.	Dental anatomy
	1.1.2.1. General anatomy
	1.1.2.2. Root anatomy
1.2.	Histology and Embryology
Physiology	
Biochemistry and Nutrition	
Microbiology and Immunology	
Pathology	
5.1.	General
5.2.	Oral
Pharmacology	

Provision of Clinical Dental Hygiene Services

PROVISION OF CLINICAL DENTAL HYGIENE SERVICES [116 items]

Assessing Patient Characteristics

- 1.1. Medical and dental history
- 1.2. Head and neck examination
- 1.3. Periodontal evaluation
- 1.4. Oral evaluation
- 1.5. Occlusal evaluation
- 1.6. General

Obtaining and Interpreting Radiographs

- 2.1. Principles of radiophysics and radiobiology
- 2.2. Principles of radiologic health
- 2.3. Technique
- 2.4. Recognition of normalities and abnormalities
- 2.5. General

Planning & Managing Dental Hygiene Care

Planning and Managing Dental Hygiene Care	
3.1.	Infection control (application)
3.2.	Recognition of emergency situations and provision of appropriate care
3.3.	Individualized patient education
3.3.1.	Planning of individualized instruction
3.3.2.	Provision of instruction for prevention and management of oral diseases
	3.3.2.1. Dental caries
	3.3.2.2. Periodontal disease
	3.3.2.3. Oral conditions
3.4	Anxiety and pain control
3.5.	Recognition and management of compromised patients
3.6.	Dental hygiene treatment strategies
3.6.1.	Diagnosis
3.6.2.	Treatment plan
3.6.3.	Case presentation
3.7.	General

Performing Periodontal Procedures

Performing Periodontal Procedures

4.1. Etiology and pathogenesis of periodontal diseases

4.2. Prescribed therapy

4.2.1. Periodontal debridement

4.2.2. Surgical support services

4.2.3. Chemotherapeutic agents

4.2.4. General

4.3. Reassessment and maintenance, e.g. implant care

Using Preventive Agents

Using Preventive Agents			
5.1.	Fluorides - systemic and topical		
	5.1.1.	Mechanisms of action	
	5.1.2.	Toxicology	
	5.1.3.	Methods of administration	
		5.1.3.1.	Water fluoridation
		5.1.3.2.	Self-administered
5.2.	Pit and fissure sealants		
	5.2.1.	Mechanisms of action	
	5.2.2.	Techniques for application	
5.3.	Other preventive agents		

Providing Supportive Treatment Services

Providing Supportive Treatment Services	
6.1.	Properties and manipulation of materials
6.2.	Polishing natural and restored teeth
6.3.	Making of impressions and preparation of study casts
6.4.	Other supportive services, e.g., tooth desensitization
6.5.	General

Professional Responsibility

Professional Responsibility

- | | |
|------|--|
| 7.1. | Ethical principles, including informed consent |
| 7.2. | Regulatory compliance |
| 7.3. | Patient and professional communication |
| 7.4. | General |

Community Health Research Principles

COMMUNITY HEALTH/RESEARCH PRINCIPLES [24 items]

Promoting Health and Preventing Disease within Groups

Participating in Community Programs

2.1. Assessing populations and defining objectives

2.2. Designing, implementing, and evaluating programs

Analyzing Scientific Literature, Understanding Statistical Concepts, and Applying Research Results

Study Strategies

- Have an accountability partner.
- Use a calendar to stay on track of what subjects need to be studied and reviewed all the way up to two days before exam.
- Choose a study area away from home! This will help you to stay motivated and focused on the subjects to be studied that day.
- Take short breaks.
- Walk around to get the blood circulating.
- Use colored note cards.
- Study with friend or a group 1 - 2 times per week.

Study Methods

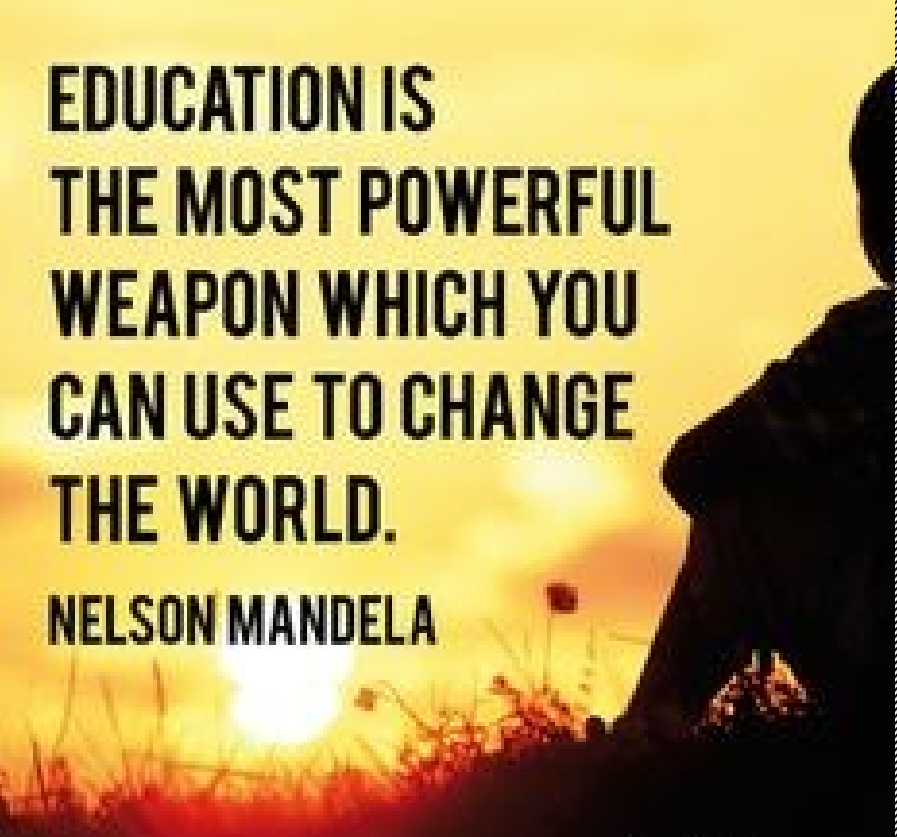
- Board Review (Chicago)
- NBDHE App
- Ces Course (Which you will receive in January)
- Mosby's End of Chapter review questions.
- Evolve Elsevier website (Download your textbooks and do the end of chapter reviews & quizzes.)
- Set small goals for example: "I will study 15 questions before bed." If you do this it can be very beneficial to you retaining the information.

Top 5 Tips to Prepare Your Mind!

- ✓ Start studying over Christmas Break
- ✓ After Board Review hit it hard!
- ✓ Do not **CRAM** right before the NBDHE!
- ✓ Do not **STRESS!**
- ✓ Exercise, Eat Healthy, & RELAX!!!!

✧ You Can Do Anything You Put Your Mind Too!

YOU WILL PASS THIS EXAM!!!



**EDUCATION IS
THE MOST POWERFUL
WEAPON WHICH YOU
CAN USE TO CHANGE
THE WORLD.**

NELSON MANDELA



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