

Free NEBDN Dental Nurse Mock Exam

Sample Questions & Worked Answers

These 12 sample questions are written in the style of the NEBDN Level 3 Diploma **Knowledge Test** – the real exam is 65 multiple-choice questions in 90 minutes, taken online and marked by NEBDN. Each question here has one best answer. Try them under timed conditions first, then check the worked answers and explanations at the end.

This is a free sample. The full question bank – 493+ practice questions across 23 subjects, plus flashcards and full timed mock exams – is available at dentalnurserevision.co.uk.

Questions

INFECTION PREVENTION & CONTROL

Q1. A bench-top vacuum (type B) steriliser is used for pouched dental instruments. Which temperature and minimum holding time should the cycle achieve?

- A) 100°C for 10 minutes
- B) 121°C for 3 minutes
- C) 134–137°C for a minimum of 3 minutes
- D) 160°C for 30 minutes

INFECTION PREVENTION & CONTROL

Q2. Which single measure is the most important for preventing cross-infection in the dental practice?

- A) Wearing a face mask
- B) Effective hand hygiene
- C) Autoclaving instruments
- D) Wiping surfaces with alcohol

MEDICAL EMERGENCIES & FIRST AID

Q3. An adult patient develops anaphylaxis in the surgery. What is the first-line drug, dose and route?

- A) Adrenaline 100 micrograms IV
- B) Hydrocortisone 200 mg IM
- C) Adrenaline 500 micrograms (0.5 mL of 1:1000) IM
- D) Chlorphenamine 10 mg IM

MEDICAL EMERGENCIES & FIRST AID

Q4. During adult basic life support, what is the recommended ratio of chest compressions to rescue breaths and the compression rate?

- A) 30 compressions to 2 breaths, at 100–120 per minute
- B) 15 compressions to 2 breaths, at 60 per minute
- C) 5 compressions to 1 breath, at 140 per minute
- D) Continuous compressions at 80 per minute

MEDICAL EMERGENCIES & FIRST AID

Q5. A conscious patient with diabetes becomes shaky, sweaty and confused (hypoglycaemia) and can still swallow. What is the appropriate immediate management?

- A) Give intramuscular adrenaline
- B) Give fast-acting oral glucose (e.g. glucose tablets/gel or a sugary drink)
- C) Lie them flat and give oxygen only
- D) Withhold all food and call an ambulance

ORAL ANATOMY & PHYSIOLOGY

Q6. How many teeth are present in a complete primary (deciduous) dentition?

- A) 16
- B) 20
- C) 28
- D) 32

ORAL ANATOMY & PHYSIOLOGY

Q7. In the FDI two-digit notation system, which tooth is designated "11"?

- A) Upper right central incisor
- B) Lower left central incisor
- C) Upper right first molar
- D) Lower right canine

DENTAL RADIOGRAPHY

Q8. Which principle requires radiation doses to be kept "as low as reasonably practicable"?

- A) COSHH
- B) ALARP
- C) RIDDOR
- D) BLS

DENTAL MATERIALS

Q9. Which statement about dental amalgam is correct?

- A) It is tooth-coloured and set by a curing light
- B) It contains mercury and requires careful handling and waste segregation
- C) It is placed as a liquid and self-levels
- D) It is used mainly for anterior aesthetic restorations

ORAL HEALTH & DISEASE PREVENTION

Q10. What is the main way fluoride helps to prevent dental caries?

- A) It kills all oral bacteria permanently
- B) It strengthens enamel and promotes remineralisation, making it more acid-resistant
- C) It physically blocks the fissures of teeth
- D) It neutralises all dietary sugar

LAW, ETHICS & PROFESSIONALISM

Q11. Under the GDC's standards, when may a dental nurse share a patient's confidential information?

- A) Whenever a colleague asks

- B) With the patient's valid consent, or where required or justified by law or the public interest
- C) Never, under any circumstances
- D) Freely, once the patient has left the practice

CONSENT

Q12. For consent to dental treatment to be valid, it must be:

- A) Written down only
- B) Given by a relative
- C) Voluntary, informed, and given by a person with capacity
- D) Obtained after treatment has started

Answers & explanations

Correct answers are shown in bold, with a short explanation for each.

Q1 — C) 134–137°C for a minimum of 3 minutes (Infection prevention & control)

UK dental guidance (HTM 01-05): steam under pressure at 134–137°C for a minimum 3-minute holding time at about 2 bar. A 121°C cycle needs roughly 15 minutes, not 3.

Q2 — B) Effective hand hygiene (Infection prevention & control)

Hand hygiene is universally regarded as the single most important measure for breaking the chain of infection. The others matter, but hand hygiene comes first.

Q3 — C) Adrenaline 500 micrograms (0.5 mL of 1:1000) IM (Medical emergencies & first aid)

Resuscitation Council UK: intramuscular adrenaline 500 micrograms (0.5 mL of 1:1000) into the anterolateral thigh, repeated after 5 minutes if there is no improvement. IV adrenaline is for experienced clinicians only; steroids and antihistamines are no longer first-line.

Q4 — A) 30 compressions to 2 breaths, at 100–120 per minute (Medical emergencies & first aid)

Adult BLS is 30 compressions to 2 rescue breaths, at a rate of 100–120 per minute and a depth of 5–6 cm.

Q5 — B) Give fast-acting oral glucose (e.g. glucose tablets/gel or a sugary drink) (Medical emergencies & first aid)

A conscious hypoglycaemic patient who can swallow should be given fast-acting oral glucose. If the patient becomes unconscious, give nothing by mouth – place them in the recovery position, call 999 and consider glucagon.

Q6 — B) 20 (Oral anatomy & physiology)

There are 20 primary (deciduous) teeth. The complete permanent dentition has 32 teeth, including the third molars.

Q7 — A) Upper right central incisor (Oral anatomy & physiology)

In FDI notation the first digit is the quadrant (1 = upper right) and the second is the tooth position from the midline (1 = central incisor). So 11 is the upper right central incisor.

Q8 — B) ALARP (Dental radiography)

ALARP (as low as reasonably practicable) underpins radiation protection under IRR 2017 and IR(ME)R 2017. COSHH covers hazardous substances; RIDDOR covers reporting injuries and dangerous occurrences.

Q9 — B) It contains mercury and requires careful handling and waste segregation (Dental materials)

Amalgam contains mercury, so it needs safe handling, an amalgam separator and correct waste disposal. Composite is the tooth-coloured, light-cured material used for aesthetic restorations.

Q10 — B) It strengthens enamel and promotes remineralisation, making it more acid-resistant (Oral health & disease prevention)

Fluoride is incorporated into enamel (forming fluorapatite), aids remineralisation and makes enamel more resistant to acid attack. Physically blocking fissures is what fissure sealants do – a separate measure.

Q11 — B) With the patient's valid consent, or where required or justified by law or the public interest (Law, ethics & professionalism)

Patient confidentiality may be set aside only with valid consent, where the law requires it, or where there is an overriding public-interest justification.

Q12 — C) Voluntary, informed, and given by a person with capacity (Consent)

Valid consent must be given voluntarily, be informed, and be given by a person who has the mental capacity to make that particular decision.

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Sources for clinical figures: Resuscitation Council UK (anaphylaxis and basic life support); HTM 01-05 decontamination guidance. Always follow the current published guidance and your practice's protocols – this sample is for revision only and is not a clinical reference.

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