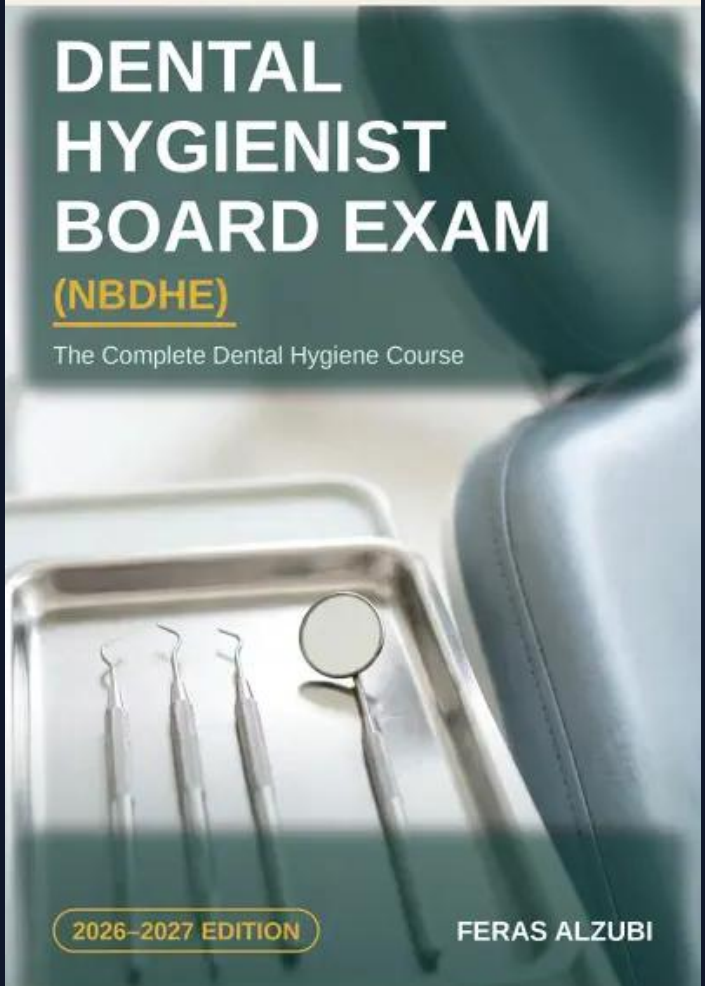
EXAM-PREP SERIES

MASTERING CAREERS & SKILLS

DENTAL HYGIENIST BOARD EXAM

(NBDHE)

The Complete Dental Hygiene Course



2026–2027 EDITION

FERAS ALZUBI

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Dental Hygienist Board Exam (NBDHE)

by **Feras Alzubi**

BOOK DESCRIPTION

About this book. Dental Hygiene from Zero to Board Mastery — Foundations, Sciences, and Clinical Practice · Both Official Specification Tables · Diagnostic, Chapter Quizzes, 10 Case Sets, and Two Full 350-Item Timed Forms — that full scope is what this book teaches and reviews. Apparatus, stated exactly: 1,460 items, 2×350 forms. Every practice answer is explained. The book's new subtitle states the selling summary: “The Complete Dental Hygiene Course — 1,460 Practice Questions, Diagnostic & 2 Full Timed Practice Tests, Every Answer Explained”

The written board, whole: over 243,000 words of teaching, 1,460 practice items with every option explained, 46 original plates and diagrams, and a 428-term glossary — the licensure pathway drawn straight. This book is an independent study guide for the written examination — the National Board Dental Hygiene Examination (NBDHE), governed by the Joint Commission on National Dental Examinations (JCNDE), an agency of the American Dental Association (ADA). It is not published by, affiliated with,

endorsed by, approved by, or recommended by the JCNDE or the ADA, and neither body participated in its creation. "NBDHE" is used nominatively, to name the examination this book prepares you for. This book makes no promise of passing, of any score, of a license, of employment, or of income. It prepares for the written examination only; the clinical examination requirement is a separate requirement, met through separate bodies, and is named for orientation only. The examination, in its published shape: 350 multiple-choice items in two sessions — Session One, 200 discipline-based items in 3 hours 30 minutes; Session Two, 150 case-based items in 4 hours — with no penalty for guessing. Scoring is criterion-referenced: pass/fail is decided solely by the overall scale score, on a published scale of 49–99 with 75 as the minimum passing score; a scale score is not a raw score, and no result in this book converts to that scale. Fees as published: examination $600. This book is built on the post-update test specifications (implementation November 2026) as its spine, with the pre-update specification table printed in full beside it — both tables appear in the front matter, in Chapter 1, and in Chapter 25. What is inside

- The whole field from zero, then board depth — 25 chapters in six parts: Foundations (the licensure pathway and both specification tables, the hygienist's work and the process of care, oral anatomy and tooth numbering, head and neck

anatomy, tissues, physiology); the Scientific Basis (microbiology and immunology, biochemistry and nutrition, pathology, pharmacology); the Clinical Core (patient assessment, radiography and its interpretation, care planning, infection control and medical emergencies, periodontal disease and its therapy, preventive agents, supportive services, anxiety and pain control including local anesthesia, patients with special needs and professional responsibility); Community Health and Research; the Case Method; and an Exam Craft chapter that rehearses the nine-hour sitting, the scoring posture, results, retakes, and repair.

AI disclosure: This book's content was generated by an AI-based tool (Muse) and reviewed, fact-checked against primary sources, and prepared for publication by Feras Alzubi.

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