

# CPD Quiz and Certificate

By completing this quiz, you can obtain a certificate to confirm 3 hours of CPD. This can be added to your CPD records in advance of the likely requirements by the General Dental Council for verifiable continuing education by all registered DCPs. This service is free of charge for Faculty members, though non-members may complete the quiz and receive their certificate for a fee of £15. **Please use the form below when sending in your completed quiz.**

- Go to the *Team in Practice* pages of the Faculty website ([www.fgdp.org.uk/journals/tip](http://www.fgdp.org.uk/journals/tip)) and print a copy of this quiz.
- Give one answer for each of the 15 questions and post to Paul Woodcock at the Faculty address (see inside cover), including your name and address.
- DCP Affiliate Membership of the FGDP(UK) costs just £25 per year, and entitles members to 12 hours of verifiable CPD per year. Please see the Faculty website or email [fgdp@rcseng.ac.uk](mailto:fgdp@rcseng.ac.uk) for more information.

**1. According to Ahrens and Bublitz (1987), what proportion of the population that they studied appeared to have a genetic predisposition that protected them from tooth decay and periodontal diseases?**

- A. 13%
- B. 3%
- C. 1.5%
- D. 0.7%

**2. Who performed the study that suggested that daily cleaning between teeth and tongue brushing helped to prevent halitosis (bad breath)?**

- A. Messadi and Younai, 2003
- B. Löe and Silness, 1964
- C. Bowen and Lawrence, 2005
- D. Hellwege, 2003

**3. What is the most frequent cause of halitosis?**

- A. Stomach ulcers
- B. Regurgitation of food
- C. Bacterial plaque and microbes in the oral cavity
- D. Eating spicy food the night before

**4. Which one of the following statements is true?**

- A. Gingivitis almost always leads to bone loss around teeth
- B. Gingivitis is reversible
- C. Gingivitis is less common in Scotland
- D. Gingivitis was once called pyorrhoea

**5. Why are toothbrushes with natural bristles inferior to those with round-ended nylon bristles?**

- A. They are softer and so do not remove plaque efficiently
- B. They are more likely to cause allergic reactions
- C. The bristles become dislodged more easily and present a choking risk
- D. They are more abrasive to enamel and tend to harbour bacteria in their bristles

**6. Which of the following is a source of hidden sugars?**

- A. Ketchup
- B. Toothpaste
- C. Natural lemon juice
- D. Peanuts

**7. What is the major problem with "natural" toothpastes?**

- A. They taste very unpleasant
- B. They usually contain little or no fluoride
- C. They can be toxic

D. Few shops sell them

**8. Which of the following statements gives the best advice on when most children are able to brush their teeth adequately?**

- A. By age 2 years, when they can talk
- B. By age 7 years, when they can tie their shoelaces
- C. By age 10 years, when they have the motor skills to remove plaque efficiently
- D. By age 13 years, when they are interested in having a boyfriend/girlfriend

**9. In the article *Things Patients Say*, which body is specifically identified as investigating the toxicity of fluoride?**

- A. The Medical Research Council
- B. The British Dental Hygienists' Association
- C. The King's Fund
- D. The Pharmacists' Association

**10. What is the commonest form of communication between a dental practice and a dental laboratory?**

- A. A telephone call
- B. A laboratory slip
- C. A personal visit
- D. A fax message

**11. What additional information that may accompany laboratory slips sent to a dental laboratory is described in the article 'Having a go'?**

- A. A computer simulation of the patient's occlusion
- B. Radiographs
- C. Photographs
- D. Casts from previous work that the patient has received

**12. What four advantages are suggested as a result of good communication between a dental practice and a dental laboratory?**

- A. Reduction of stress levels, increased productivity, increased use of surgery time, happy patients
- B. Happy patients, happy dental technicians, happy dentists, happy dental nurses
- C. Lower laboratory bills, less time to treat patients, happy patients and happy dentists
- D. Increased productivity, longer holidays, reduction of stress levels, happy dental nurses

**13. Two possible reasons for a dental laboratory to request new impressions were mentioned. Were they:**

- A. The lower impression had been lost or the upper had come away from the impression tray

B. The impression of the tooth preparation had distorted or the crown margin was indistinct

- C. The crown margin was indistinct or the technician had damaged the opposing cast
- D. The first set had been damaged in the post or had not arrived at all

**14. Which patients were suggested as particularly benefiting from visiting the dental laboratory for shade recording?**

- A. Those with poor eyesight
- B. Those who were about to go on holiday
- C. Those who had larger or more complex needs
- D. Those who seemed to be particularly demanding

**15. On 1 May 2007 the British Dental Hygienists' Association changed its name. What is its new name?**

- A. The Association of British Dental Hygienists and Therapists
- B. The British Association for Dental Hygienists and Therapists
- C. The British Society of Dental Hygiene and Therapy
- D. The British Society for the Advancement of Dental Hygiene and Therapy

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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GDC No (if applicable): \_\_\_\_\_

Contact tel: \_\_\_\_\_

Contact email: \_\_\_\_\_

Profession: \_\_\_\_\_

**Please tick one of the following:**

I am a member of the Faculty

The CPD quiz is free to members of the FGDP(UK).

I am not a member of the Faculty and enclose payment of £15 by cheque/card (delete as appropriate)

Please make cheques payable to 'FGDP(UK)' or staple your credit/debit card details to this form. Please remember to include the card type, expiry date, 'valid from' date or issue number, and 3-digit security code. Please also note that we are unable to accept American Express.