

The Easy Part: Applying for a WREB Exam

WREB is committed to making the application process as easy as possible. We allow the use of credit cards only when you apply for an examination online. You can download the examination forms directly from the web site. The only thing we haven't figured out how to do (yet) is take your picture online!

Let's review the preparations needed to successfully apply for one or more of the WREB examinations:

- Determine which site and which exam type(s)
- Have a credit card ready (or you may send a money order or cashier's check with your application materials)
- At least two identical photos will need to be submitted with your application materials.
- Go to our web site at www.wreb.org and read the application information carefully.

The only document(s) you can wait to send us (up to two weeks before the exam begins) are the following:

- dental hygiene certification form, transcript, or diploma
- anesthesia certification form or other proof of anesthesia course completion.
- restorative certification form or other proof of restorative course completion.

After your online application and payment (if paying by credit card), download and fill out the application paperwork (four pages), acquire the appropriate number of photos (one permanently affixed to your Policy Agreement and one additional for every exam you are taking), and mail all of this to the WREB office immediately. You will be cancelled from the exam if we do not have your materials in the WREB office within five days of your online application.

IMPORTANT REMINDER: If you apply online ON the application deadline, you will still be required to pay a \$100. late fee because we do not have your complete application in our hands on that date. So, plan ahead and you should have a smooth and virtually pain-free application experience!



Paul Asselin, WREB's Tech-meister, is also involved in making sure the online payments work securely with Verisign and is able to troubleshoot problems with payments, should they occur. He's our go-to guy with many of the technical aspects of our examination processes!



WREB/A National Dental and Dental Hygiene Testing Agency

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www.wreb.org

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Words of Wisdom

from Linda Garcia, Director of the Dental Hygiene Program at Phoenix College, Phoenix, Arizona

For many years, as a clinical coordinator, faculty member, or program director, I have had the privilege of working with faculty colleagues to prepare students for the Western Regional Board Examinations. I have seen the examination evolve into a well-defined testing tool with comprehensive candidate guides, well-calibrated examiners, expert floor supervisors and support staff, and, above all, qualified yet, many times, anxious student candidates.

Every student has approached the exam with some anxiety regarding whether the patient would qualify (or for that matter, show for the exam), regarding whether all forms are completed at the final submission of the patient at the examination, and, finally, regarding awaiting the results of their examination. If I were asked to give advice to student applicants it would be the following: **Knowledge leads to empowerment and empowerment builds confidence so KNOW, KNOW, KNOW, KNOW as much as you can.**

1. **Know** that you have worked during many clinical sessions in preparation for this exam. During your education, you should have taken advantage of the contributions from each of your faculty who care and have assisted you on the road to being a licensed professional. If you have approached each clinic day from the first time you worked with your student partners to be the best you can be, you are ready. Yes, there will have been days that you may have



been only physically present but, the majority of the time, you were probably actively engaged in learning to be the best dental hygiene clinician, educator, team player and keeper of legal documents.

2. **Know** the criteria for an acceptable patient. Memorize the Candidate Guide and highlight areas where you have questions in preparation for the orientation held prior to the WREB examination. In doing so, you will be ready.

3. **Know** your patient(s). Are they dependable and flexible? Have they kept all appointments during your school career? Be very familiar with their dental and periodontal condition. Treat areas of your selected patient that will not be part of your examination to determine the patient's response to longer appointments, local anesthetic, and the dental hygiene treatment.

4. **Know** that your documentation is accurate. Make time during the exam to do some deep breathing and stretches, and then begin your document review to ensure all forms have been completed.

In conclusion, relax and exercise positive self-talk prior to the examination. As a student, you have prepared for this exam with the completion of intensive academic and clinical requirements of your program. This accomplishment grants you the privilege of showing your stuff at the examination. Knowing that you have prepared from the first day of your school career, your confidence should allow you to be able to enjoy the experience.

2006 Student Observer Reflections

by Kristie Sims, Texas Woman's University

On April 24, 2006 I had the opportunity to observe the WREB exam given at Baylor College of Dentistry, in Dallas, Texas. This experience proved to be very insightful as to the criteria and procedures of the WREB exam. All of the WREB staff were helpful and welcomed any questions I had.

The day before the exam, the candidates are encouraged to attend a candidate orientation in order to familiar-

ize themselves with the clinic and to ask questions. At 7:00 a.m. the next morning, I reported to the Chief Examiner in the candidate clinic. She explained that the candidates were preparing their pre-assigned units and getting their patients ready for the qualifying process. At this point, I could really see the nervousness of the candidates.

Next, I observed in the examining area, where the patients were qualified or

disqualified by the examiners. Only one examiner is required to qualify, but two are needed to disqualify a patient.

It is a good idea to have an alternate patient just in case the first choice does not qualify. After patients are qualified, they return to the clinic area where the



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What Should Candidates Know Prior to Taking a WREB Exam?

by Kelly Reich, RDH, WREB Dental Hygiene ERC Chair

The most commonly written comment from candidates after taking a Dental Hygiene, Restorative or Anesthesia exam is, "Read the Candidate Guide." Do candidates read the Candidate and Policy Guide thoroughly prior to taking a WREB exam? I wonder why this statement is such a popular comment to pass along to other candidates preparing for an exam.

Besides reading the guides, what information could I pass on that has not been said by your faculty, prior candidates, and WREB? Here are some suggestions. Arrive on time to Candidate Orientation and listen to the questions that are asked. Many times, questions are repeated because someone wasn't listening. Remember you want to get to the Clinic Tour on time, so use your time wisely during Orientation. If you have questions that are not relevant to the group, ask the Chief Examiner after Orientation.

WREB will mail exam information to you prior to your exam; including an Incident Disclaimer Form. **Read** the Incident Disclaimer and complete the information on the form **prior** to Orientation. Pin the form to your jacket or tuck it inside your back pack; just remember to bring it with you to Orientation. WREB staff will need your signature and the correct mailing address on the Incident Disclaimer form to send you your exam results.

If you are sharing x-rays with another candidate, WREB staff will transfer the films to the second candidate's folder. We try to make your exam experience as stress-free as possible and understand that you have many other things to remember, such as bringing your Incident Disclaimer form to Orientation.

There is only ONE time that you will need the Chief Examiner to check all your paperwork and that is prior to sending your patient back for Check In (patient qualification). When you send your patient to the examining area for Check In, have all your required instruments inside an open autoclave bag. It may help to keep these instruments separate from the instruments you use during patient

treatment. When you are ready to send your patient back for Check Out, your required instruments will already be in an autoclave bag. Remember; use only the instruments specified in the Candidate Guide.

After your patient is accepted, an examiner will fill out a blue Candidate Assignment Form that your patient will give to you. Look at this form right away; check to make sure that the information is accurate and that a start clinic time and a stop clinic time is written on the top of the sheet.

Your quadrant assignment and any additional teeth that you have indicated for treatment will be noted on the Candidate Assignment Form. The required probing quadrant and teeth will be noted, as well as facial and lingual circled.

Do not write or change any information on this form. If you have any questions, see the Chief Examiner immediately.

The clinic and examining area can be chilly for patients, so encourage them to bring a jacket and reading material. Check Out can take up to one hour, so prepare your patients for the wait. WREB examiners try to see patients in the order that they are seated and are conscious of the time that patients remain in the examining area.

The length of time that your patient is in the examining area is not reflective of your clinical abilities or how you performed. So relax. While your patient is in the examining area you can clean your unit and surrounding area. Instruct your patient to meet you in the reception area.

These suggestions may be simple but may help alleviate some of the stress. Do read your Candidate and Policy Guide, be prepared, and know that WREB will try to make your exam experience as stress-free as possible.

Good Luck! I look forward to reading your advice to future candidates.



2007 WREB Dental Hygiene Examination

by Barbara Leatherman Dixon, RDH, MEd, WREB Dental Hygiene Subcommittee Chairperson

The WREB clinical dental hygiene exam subcommittee and the Dental Hygiene Exam Review Committee met over the summer. The following competency statement guiding the purpose of our clinical examination was adopted.

A dental hygienist must be able to provide non-surgical periodontal therapy. This includes the ability to: evaluate a patient's health status and its impact on treatment; accurately assess the periodontal condition; recognize abnormal findings in the mouth, head and neck; perform appropriate clinical therapies; deliver patient education including follow-up recommendations; and determine treatment outcomes.

After analyzing the 2006 examination performance statistics and reviewing examiner, candidate and patient critique feedback along with overall dental hygiene practice standards, the following modifications were submitted and approved by the WREB Board of Directors.

Personal Criteria:

- Patients with diabetes controlled by insulin injection or an insulin infusion device may not be shared on the same clinical day.
- Patients with a need for antibiotic prophylaxis may not be shared with any other candidate at the exam.

Radiographic Criteria: [diagnostic posterior bitewings with anterior and posterior periapicals for all teeth in the submission]

- Digital radiographs must be on one or two sheets of 8 X 11 premium photo quality paper, retaining original proportions and a minimum of 1.0 X 1.25 inch image size.
- Mis-mounted x-rays will not be sent back to the candidates for correction [standardizes policy with duplicate or digital x-rays that are not in correct anatomical position; reduces candidate stress].
- Third molars that are unerupted, partially-erupted or with tissue covering any portion of the occlusal surface will be exempted from the submission. [Third molars that are supra-erupted or

out of alignment must meet radiographic requirements and are considered part of the submission for treatment.]

Oral Conditions Criteria: [12 pieces of heavy subgingival calculus in one quadrant and up to four additional teeth]

- Three on molar(s) and no more than four on mandibular anteriors. Three or more molar deposits will be selected as graded surfaces.

Shifting the distribution ratio from anterior to posterior deposits provides a more realistic sampling and will enhance an equitable exam for all candidates.

Extra/Intraoral:

- Significant findings are conditions needing referral or 2-3 week follow-up evaluation. The term "monitor" was eliminated to reduce descriptions of non-significant conditions [e.g. injection site, cheek bite, melanin pigmentation, etc].
- History = timeline/duration or causal patient habits [tobacco, alcohol, sun, etc.] Justification = reason for the documentation or causal patient habits or what follow up is recommended.

OTHER:

- Candidates may not use recording devices during the exam.

This is consistent with our policy in local anesthesia exam; WREB has no ability to control information content on the recorder; established protocols for infection control while charting are effective.

For a complete review of test specifications, check our web site, www.wreb.org Also be sure to look at the helpful tips included under our "Advice from Candidates" section on the web site.

Best wishes as you complete your education and get ready for boards!

2006 Student Observer Reflections *continued from page 1*

candidates will begin working on the approved quadrant. Candidates select a quadrant and a backup quadrant prior to exam day. The examiners determine if the first choice meets WREB criteria. The chosen quadrant must have six natural teeth that includes at least one permanent molar with proximal contact. There must be a minimum of twelve surfaces of heavy, subgingival calculus. If there are too few calculus surfaces in the quadrant, up to four additional teeth may be added.

From the time of check in, a candidate has up to two and one half hours for clinical procedures. During the session I observed, virtually every candidate was working on a locally anesthetized patient. I noticed several patients with blankets, since it can get cool while in the dental chair for an extended period of time. While the students were working on their patients, I was glad to see that no one was watching

over their shoulders or interrupting their work. The atmosphere was fairly relaxed once the patients returned from qualifying and the candidates began to work. The Floor Assistant was a great help to many as she was there to help with any unit issues or assist with locating items.

The candidates utilized ultrasonic instrumentation as well as finishing with hand instruments. After calculus removal, candidates will probe twelve areas that have been predetermined by an examiner. All probe readings must agree with the examiners with a 1 mm leeway. An intra and extra oral examination is also included in the clinic procedures. Upon completion of clinical procedures, the patient returns to the examining area where three examiners evaluate for remaining calculus deposits, accuracy of the extra and intra oral examination, and probe and recession findings.

In order to reduce the chance for

bias and to maintain the integrity and validity of the exam, measures are in place to prevent any association between candidates and examiners. During the time of patient examination by the examiners, there is no collaboration or discussion regarding the patients. The examination room is located in a separate area from the candidate clinic and the candidates' names are never used; only an identification number.

Having learned about the examination through observing, I would recommend to those preparing for it to know the Candidate Guide very well (qualifying criteria and exam process), have an alternate patient, secure patients as early as possible, and try to exceed minimum patient qualification criteria.

I greatly appreciate the opportunity given to me by WREB and the TWU faculty to observe the exam. I hope my fellow students will find this article helpful as they journey through the examination process next year.

Dental Hygiene, Anesthesia, & Restorative 2007 Schedule

These are the dates we have at press time. Continue to watch our web site (www.wreb.org) for possible revisions.

Exam Location	Exam Date	Deadline	Exam Fees
Portland Comm. College • Portland, Oregon	March 3-4	January 17	anesthesia only \$230
Univ. of New Mexico • Albuquerque, New Mexico	March 9-11	January 23	anesthesia only \$230
Phoenix College • Phoenix, Arizona	March 15-18	January 29	anesthesia \$220, hygiene \$805
Weber State Univ. • Ogden, Utah	March 16-17	January 30	anesthesia only \$225
Rio Salado Comm. Coll. • Phoenix, Arizona	March 17-18	January 31	anesthesia only \$220
Eastern WA Univ. • Spokane, Washington	March 22-25	February 5	anesthesia only \$235
Lake WA Tech. Coll. • Kirkland, Washington	March 30–April 1	February 13	anesthesia \$250, restorative \$380
Lane Community College • Eugene, Oregon	April 14-15	February 28	anesthesia only \$220
Baylor College • Dallas, Texas	April 20-23	March 6	hygiene only \$835
University of Alaska • Anchorage, Alaska	April 27-29	March 13	anesthesia \$210, hygiene \$890
University of Texas • San Antonio, Texas	May 4-7	March 20	hygiene only \$840
Weber State University • Ogden, UT	May 9-12	March 26	anesthesia \$225, hygiene \$790
Rio Salado Comm. Coll. • Phoenix, Arizona	May 11-14	March 27	anesthesia \$220, hygiene \$790
University of Texas • Houston, Texas	May 17-20	April 2	hygiene only \$835
Salt Lake Comm. Coll. • Salt Lake City, Utah	May 17-19	April 2	anesthesia \$230, hygiene \$795
Phoenix College • Phoenix, Arizona	May 18-21	April 3	anesthesia \$220, hygiene \$805
MSU • Great Falls, Montana	June 2-3	April 18	anesthesia \$220, hygiene \$805
Lake WA Tech. Coll. • Kirkland, Washington	June 4-8	April 20	anesthesia \$250, hygiene \$825
CC of Southern Nevada • Las Vegas, Nevada	June 8-10	April 24	anesthesia \$225, hygiene \$825
University of Oklahoma • Oklahoma City, OK	June 8-10	April 24	hygiene only \$825
Eastern WA Univ. • Spokane, Washington	June 9-13	April 25	anesthesia \$235, hygiene \$835, restorative \$360
Idaho State University • Pocatello, Idaho	June 14-16	April 30	anesthesia \$225, hygiene \$800
Univ. of New Mexico • Albuquerque, New Mexico	June 22-24	May 8	anesthesia \$230, hygiene \$845
OHSU • Portland, Oregon	June 23-27	May 9	anesthesia \$245, hygiene \$825
Eastern WA Univ. • Spokane, Washington	September 5-9	July 23	anesthesia \$235, hygiene \$835, restorative \$360
University of Texas • San Antonio, Texas	September 7-10	July 24	hygiene only \$840
Apollo College • Boise, Idaho	December 13-16	October 29	anesthesia \$235, hygiene \$810
Univ. of Southern CA • Los Angeles, California	December 14-17	October 30	anesthesia \$250, hygiene \$900

Getting the most out of the WREBsite

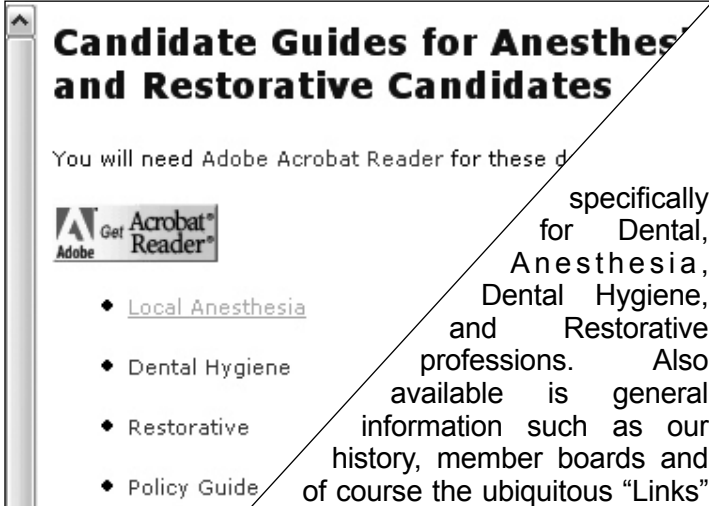
Hello potential, current and past candidates; it's your friendly IT guy here to introduce you to the happy place known as the "WREBsite". My hope is this article will give you some useful tips on having an efficient and enjoyable browsing experience.

Navigation

The WREBsite follows a fairly standard layout scheme to make user interaction as simple and efficient as possible. You will notice that the WREBsite is split into two frames for your browsing pleasure. The left frame is used for navigation and allows you to quickly access desired content while the right frame is where the selected content is displayed. If at any time you get lost or simply wish to return to the main page, click on the little green icon of a house located above the navigation. 

Content

The WREBsite is chock-full of useful information available 24 hours a day! Content is highly organized with options



Candidate Guides for Anesthesia and Restorative Candidates

You will need Adobe Acrobat Reader for these documents.

- Local Anesthesia
- Dental Hygiene
- Restorative
- Policy Guide

specifically for Dental, Anesthesia, Dental Hygiene, and Restorative professions. Also available is general information such as our history, member boards and of course the ubiquitous "Links" and "Contact Us". Occupation specific Candidate Guides, forms and applications are all available by clicking their respective navigation buttons.

Application Tips

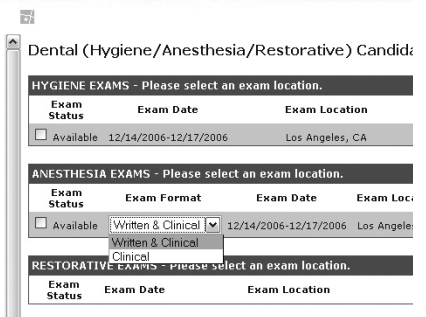
Working with WREB for several years, I have noticed a few consistent mistakes made by applicants when applying for the WREB examination.

- 1) The online application functions best with PCs running Internet Explorer or Mozilla Firefox. You want to ensure that you are using the latest version of each. Macs or non-standard browsers such as Opera or Safari may result in the WREBsite operating incorrectly.

- 2) Adobe Acrobat Reader (free for download at www.adobe.com) is a **MUST** to view or print any of our forms and documents.
- 3) Breathe, slow down and read all information carefully. Refund policies and the application process are clearly stated before the online application begins and should not be a surprise to anybody.
- 4) Do not input spaces, dashes or hyphens in your credit card numbers. I know it looks funny, but this is the **#1** cause for payment rejections.
- 5) If you forget or are unable to download the Online Application Forms after the application process, DON'T WORRY! They are available at any time under the "Exam Forms" link. Please keep in mind that the Online Application Forms are occupation specific.

General Tips

- 1) Check the main page frequently. There are "NEWS" and "INFO" sections that are updated frequently.
- 2) Please be sure to double check which exams you are applying for before you hit the send button. We have many candidates who think they are applying for a June exam who clicked on the September exam at the same location. It is expensive for you and time-consuming for us to fix this mistake. Just take the time to proofread your application carefully before submitting.
- 3) The "NEWS" section will be the first place to announce when WREB begins accepting applications for the 2007 exam season.
- 4) Duplicate score card request forms are available under each of the occupation specific links. It is much faster to print the form from the WREBsite than having WREB mail you one!



Dental (Hygiene/Anesthesia/Restorative) Candidate

HYGIENE EXAMS - Please select an exam location.

Exam Status	Exam Date	Exam Location
<input type="checkbox"/> Available	12/14/2006-12/17/2006	Los Angeles, CA

ANESTHESIA EXAMS - Please select an exam location.

Exam Status	Exam Format	Exam Date	Exam Location
<input type="checkbox"/> Available	Written & Clinical	12/14/2006-12/17/2006	Los Angeles
	Written & Clinical		
	Clinical		

RESTORATIVE EXAMS - Please select an exam location.

Exam Status	Exam Date	Exam Location
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I hope this article will prove useful during your WREB experience. If you have any questions, please feel free to contact your respective occupation department:

Anesthesia/Hygiene/Restorative Department
hygieneinfo@wreb.org

Dental Department
dentalinfo@wreb.org

Happy Browsing!