



A National Dental and Dental Hygiene Testing Agency

Dental Student Newsletter

www.wreb.org

Fall 2020



Open Registration Begins...

Registration for select 2021 Dental Hygiene exams begins on **December 15** and continues through January 2021 on a rolling basis. Visit our website for the complete schedule.



Why Choose WREB?

We realize you have a choice when it comes to testing agencies. WREB wants to be your choice!

Multiple exam formats

WREB offers the Dental Hygiene exam in a variety of formats including, patient and manikin-based. See Examination Overview section of this newsletter for more information.

Extensive exam preparation

WREB is the first, and only, dental testing agency to offer unlimited attempts at an exam preparation test on the Dental Hygiene candidate guide.

***Preliminary results available onsite**

Electronic scoring improves the exam process and detailed results for any completed sections will be posted to candidate profiles on www.wreb.org during the exam day.

***Onsite retake session available at every exam**

WREB offers a complimentary Dental Hygiene Exam retake onsite (absent of a critical error).

Professional liability coverage

WREB provides candidates with professional liability coverage with the limit amount of \$1,000,000/\$3,000,000 at no charge for the duration of the examination.

Extensive licensure portability with conveniently located sites scheduled throughout the year

WREB offers over 90 exams to choose from and is always expanding. We work closely with our sites to ensure a smooth exam experience.

Simple online registration and payment

Visit WREB.org to find site information and quickly register and pay both exam and host sites fees.

Friendly and responsive staff

Our WREB office and onsite staff are here to serve! We understand and quickly respond to student and faculty needs.

*Pending COVID-19 protocols at individual exam locations.

It's the little things that often make the biggest difference.

Examination Overviews

Below is a brief overview of the various examinations administered by WREB. For more information, refer to the current WREB candidate guides available via the Exam Preparation page of **WREB.org** website.

Dental Hygiene Examination

Dental Hygiene Clinical Exam – Patient-Based

The purpose of the patient-based examination is to evaluate your ability to utilize professional judgment and clinical competency in providing oral health care to a Patient. Clinical aspects of the examination include:

- Patient qualification
- Extraoral and Intraoral evaluation
- Calculus detection and removal
- Tissue management
- Periodontal assessment
- Professional judgment

Dental Hygiene Clinical Exam – Manikin-Based

The manikin exam is comprised of two exercises: 1) Assessment and Detection, and 2) Removable Calculus. Each exercise is completed on a simulated quadrant mounted in a typodont/manikin, positioned to simulate the treatment of a patient. Periodontal features of the Assessment and Detection model are unique in design and the color of the calculus on the Removable Calculus typodont has been changed to reflect a more natural appearance than the calculus currently being utilized in educational programs and by other testing agencies.

- The Assessment and Detection exercise requires the candidate to assess periodontal conditions, accurately record periodontal measurements, and note the presence of subgingival calculus on a maxillary quadrant.
- The Removable Calculus exercise requires candidates to thoroughly remove subgingival calculus from all teeth in the assigned quadrant using ultrasonic and/or hand instrumentation.

Dental Hygiene Objective Structured Clinical Examination (DH OSCE)

The DH OSCE is offered as a stand-alone examination for those states that do not require a demonstration of hand skills or as a psychometrically sound alternative in the event that the pandemic impacts the delivery of alternative forms of the exam.

The DH OSCE examination is a standardized, multiple-choice examination that employs images and radiographs to replicate authentic oral conditions and clinical situations. DH OSCE content focuses on the clinical aspects and knowledge-based skills necessary to safely treat a patient in a clinical setting. The content categories assessed are:

- Medical history
- Extraoral and Intraoral examination
- Dental Hygiene care/treatment plan
- Risk assessment
- Periodontal assessment
- Instrumentation

The DH OSCE is tailored to specific clinical aspects of dental hygiene care in order to evaluate critical thinking skills that cannot be assessed comprehensively on the clinic-based examination. The examination is administered at dental hygiene schools by WREB personnel with social distancing and adherence to current COVID-19 guidelines. Site-based administration eliminates the need for students to wait for availability at a testing center.

Local Anesthesia Examination

The WREB Local Anesthesia Examination has a separate Written and Clinical component. Not all state licensing boards require a local anesthesia examination for dental hygiene licensure or for dental hygienists to administer local anesthesia. Some states require both a written and clinical exam while other states require only a written exam. The burden of responsibility lies on the student to comply with the local anesthesia licensure requirements for the state in which they seek to practice.

Written Component subject matter includes:

- Anatomy (head and neck) and physiology
- Pharmacology of anesthetic agents and vasoconstrictors, including the clinical actions and maximum recommended doses of specific agents
- Method of delivery of local anesthesia, including armamentarium, selection of injection type, and administration technique
- Medical history interpretation; prevention, recognition, and management of possible complications, and life support

Clinical Evaluation

The purpose of the WREB Local Anesthesia Clinical Examination is to evaluate your ability to utilize professional judgment and knowledge to competently administer a posterior superior alveolar (PSA) and an inferior alveolar (IA) nerve block injections on a Patient.

Restorative Examination

The purpose of the WREB Dental Hygiene Restorative Examination is to evaluate your ability to utilize professional judgment and competency in providing restorative procedures as allowed by state statute.

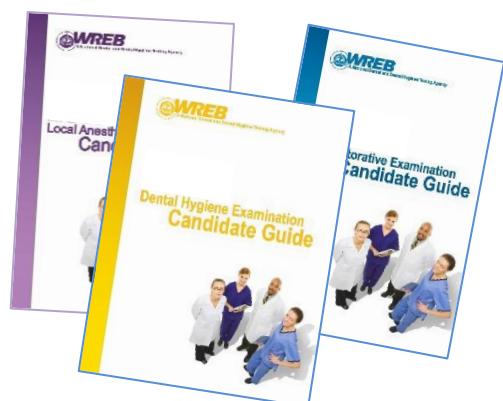
The WREB Dental Hygiene Restorative Examination consists of the placement, carving and finishing of one (1) Class II amalgam and one (1) Class II composite restoration on a typodont. The assignment consists of one mesiocclusal (MO) and one distocclusal (DO) maxillary and mandibular molar preparation.

Extensive Exam Preparation

Candidate guides: All the necessary information about WREB policies, criteria, and procedures for the exams

Multiple Online Tutorials: Valuable insight into the clinical examination process, used in conjunction with the respective candidate guides

Candidate guide prep test: WREB is the first, and only, dental testing agency to offer an exam preparation test on the Dental Hygiene candidate guide. The Test Run platform is open to any registered dental hygiene candidate and offers unlimited attempts to take the prep tests.



Q&A session with the Chief Examiner: Allows candidates a chance to address last minute concerns prior to their exam

Optional clinic tour: Candidates familiarize themselves with equipment, supplies, etc. on the same day as the Q&A session

Visit the Exam Preparation page at the **WREB.org** website to review the current WREB candidate guides, examination forms, self-tests and clinical exam review presentations.

Pre-Exam Webinars for Students: WREB conducts pre-exam webinars, including a question and answer session, for students. Feedback from both faculty and students alike has been extremely positive. Students interested in scheduling a webinar are encouraged to reach out to your instructors so they can contact Robin Yeager at ryeager@wreb.org.

Examination Integrity

Sharon Osborn Popp, Ph.D., WREB Testing Specialist/Psychometrician

The line between appropriate and inappropriate test preparation practices seems to have gotten blurrier in recent years. The best test preparation approach is to have a strong command of the knowledge, skills, and abilities required to be successful on the examination and enter professional practice. Unfortunately, the pressures associated with high-stakes tests can lead some people to be tempted by short-cut preparation approaches that they may not even realize are unethical or unlawful, including memorizing or sharing confidential, unreleased test questions. Here a few reasons why you should avoid inappropriate test preparation practices.

Reason #1: Examination Outcome

If the examining agency obtains evidence that a Candidate may have engaged in unethical test preparation activity, it can invalidate that Candidate's score and prohibit the Candidate from taking the examination again. All WREB Candidates must agree to not disclose test questions or other examination-related materials. Any evidence that suggests a violation of this agreement can lead to score invalidation.

Reason #2: The Profession

Evidence of unethical test preparation can lead to review by the licensing entity in the state(s) in which a Candidate hopes to practice. Professional licensing entities protect the public and the profession by determining that individuals are qualified and ready to enter practice. Unethical test preparation undermines the validity of the examination and the licensure process.

Reason #3: The Law

Sharing or using unreleased questions and asking others to share unreleased questions is against federal copyright law, which protects examinations and related intellectual property. If someone tries to sell or share "real" test questions with you, they have either obtained them illegally or they may not actually have "real" questions. If the questions are authentic, you risk becoming a party to criminal activity. If the questions are not authentic, you may be wasting time and money reviewing test preparation materials of dubious quality. If someone asks you to share information from an examination, you should not agree to reveal the specific content or context of confidential test questions.

You may share whether you felt the exam was challenging or not, whether you felt prepared or not, or how you felt about general topic areas from the exam.

Engaging in inappropriate test preparation can jeopardize your test results, your professional status, and your legal status. Test preparation that focuses on knowing the test content, not memorizing specific test questions, is always the best way to prepare.

Student Observations of WREB Exams

Dental Hygiene Exam – Submitted by: Carlin Chung, Dental Hygiene Student at Pacific University, Hillsboro, OR



My journey as a first year student at Pacific University's Dental Hygiene program began with a whole slew of emotions. From excitement, disbelief, and then to doubt and fear, the anticipation of beginning this challenging program consumed my world from the day I was accepted. As senior year approaches, there are undoubtedly new challenges to overcome and fears to face - one of these being the WREB Hygiene Clinical Exam. Although my program puts its students through a series of mock boards to ease our fears and prepare us for the real WREB exams, there is still a level of uncertainty and anxious anticipation for when the real Clinical Boards come. For WREB to allow one student to observe the entire process is incredibly generous and speaks volumes to how the institution truly wants to enable success. It was an honor to have been selected as the student observer for a WREB Dental Hygiene Clinical Exam.

For this opportunity, I chose to observe Oregon Tech at Chemeketa Community College. This board took place over two days. The first day was a candidate Q&A session. The Chief Examiner was incredibly warm as she addressed any questions and concerns the candidates had. She wore a constant smile and did her best to explain every aspect of importance to the candidates. After the Q&A, the candidates were taken on a tour of the clinic and were made familiar with the units where they would be treating their patients. At the Q&A session, the candidates went over their WREB Dental Hygiene Examination candidate guide packets. This packet gives an in depth overview of every aspect of the board. It includes all of the required paperwork needed of the patient that would be given to the WREB examiners.

The next day began early with anticipation. I was able to meet the WREB Site Coordinator, who was so welcoming and exuded a calming and light-hearted presence. Each examiner was so kind, and it was shocking to me how each of them at one point or another expressed how they truly wanted every candidate to pass. I felt an overwhelming sense of pride from the examiners in the work they do, the profession they represent, and their purpose as a part of WREB. The Head Examiners I was able to shadow explained how she always tries to err in favor of the candidate. I realized after observing at Chemeketa how the accuracy of mock boards as a student help prepare us for the real WREB.

My experience as a WREB student observer was unforgettable. It was such an incredible opportunity to see how the whole day proceeds and how the examiners interact with the patients. My experience will be shared with my classmates in hopes of contributing to a successful board season! To my Pacific University classmates and for all future dental hygienists, we have nothing to fear as we take on the WREB clinical board. This experience has left me humbled to be able to learn and become a part of a profession rooted in a deep pride for one another as well as those we serve in excellence and in confidence.

Local Anesthesia Exam – Submitted by: Sarah Hopkins, Dental Hygiene Student at Mesa Community College, Mesa, AZ



I recently had the privilege of attending a WREB Local Anesthesia Clinical Exam hosted by Phoenix College as a student observer. It was very informative, and I would like to share the helpful things I learned with those preparing to take this exam in the coming months.

When I first arrived at the testing site, I found that candidates were gathered in the clinic for an orientation. The clinic tour was described as "optional," but attendance is strongly encouraged! Everyone should go, even if your examination time is scheduled much later in the day because it is important to know the layout for your particular testing site and where the supplies are!

From there, the candidates and I followed the WREB Site Coordinator to a classroom for the Q&A session where candidates signed in using two forms of ID and their candidate number. It was in this classroom that we met the examiners, four of them who would work in teams of two to test candidates. They were very friendly and helpful! They even demonstrated in a skit format how the test would be administered before opening up the time for questions. One of the top questions was about contaminating the needle during a test. If the needle touches the tongue or saliva inside the mouth it is still safe to use. But if anything, extraoral touches the needle it is unsafe. As long as you recognize a contaminated needle and replace it before proceeding, it doesn't count against you. We also discussed retaking the test if you fail. There will be times left open on the schedule for retakes that very day or within a few days. You will just have to talk to the WREB site coordinator and pay the testing fee again. I learned a lot from the Q&A session and from talking with the examiners. As I asked my own questions, I found that there is a lot of information already provided to the candidates that they do not always take the time to look through. Please read all the information you are given about the test in advance!

We followed the examiners to the clinic where the testing would take place and candidates were invited to set up their operatory. The patients remained in the lobby until the examiner gave permission to bring them in. Candidates were expected to have their patient's health history already filled out with "yes" answers circled in red. Then one of the examiners would check the medical history and the patient's mouth to approve the injection sites chosen. Each examining team of two could only test one candidate at a time. Some clinicians had to wait forty-five minutes with their patient in the chair for their turn to be tested. So, you may want to suggest to your patient that they bring something to do during the down time. When one candidate was almost finished, the examiners would get the next clinician started by instructing them to apply topical anesthetic and then a few minutes later they would come to check the candidate's needles and the expiration dates on the cartridges. They also wanted the candidate to fill out the anesthesia description form with everything except the milliliters of anesthetic that were used. During the actual procedure both examiners observed the two injections. They both needed to see each step, so they sometimes called a pause while one of them got a better look. It was fascinating to watch. Finally, after completing the injections, candidates dismissed their patients and wrote down the milliliters of anesthetic administered. Then one of the examiners observed the recapping and sharps disposal.

Unlike some Dental Hygiene board exams which are blind, this one is more personal, and while it may be intimidating to have examiners hovering over you, they want you to succeed too. The entire process is meant to be student friendly. For example, candidates are allowed three penetration attempts per injection before they will be asked to stop and will need to apply for a retake. Grading is done on-site with WREB iPads, so test scores are posted so quickly that usually by the time a candidate is done wiping down their operatory and returns to the lobby they can already look up their results. I am so grateful to have had this wonderful, educational opportunity, and I hope this brief explanation of what I experienced will be helpful to my fellow students as well as we prepare for our own Clinical Anesthesia Board Exam.

Advice from Past WREB Candidates

Dental Hygiene Clinical Examination

- Ask your school to schedule a Pre-Exam Review Webinar
- Read your candidate guide more than once. You will be familiar with all paperwork, requirements, and feel more comfortable.
- Fill out forms early. Make sure to attend the clinic tour. Watch the Clinical Examination Review presentations online.
- Bring snacks, fruit, water, a blanket and anything else your patient may appreciate. The day is long, the clinics are cool.
- Double-check radiographs for criteria, dates
- Don't forget to bring two valid forms of ID
- Time Management is your friend.
- WREB was so helpful and made everything easier to understand.

Local Anesthesia Examination

Written:

- Study the references and chart; know dosages, medical history contraindications, complications, and anatomy
- Notify the Proctor or Floor Technician right away if you have computer difficulties.

Note: See more information about Prometric's protocols and procedures at the end of this section.

Clinical:

- Relax. Try to stay calm. Think positive. Examiners know you are nervous.
- Go online and watch the Clinical Exam Review
- Read the candidate guide several times before the exam.
- Get Comfortable. Get a syringe that fits your hand; bring double of everything.
- I believe that WREB knows how stressful these exams are and testers gave every effort to see us succeed without compromising the validity of the test. It truly helped.

Prometric Testing Centers

Prometric enforces stringent inspections of questionable items and accessories, such as eyeglasses and jewelry. This preventative measure seeks to eliminate the potential for devices that could capture exam content in compromising the integrity of the examination.



Candidates are encouraged to leave any questionable items at home or in a secure locker onsite to avoid entry delays or risk forfeiture of their WREB Local Anesthesia Written examination attempt. The following items will be inspected more thoroughly prior to admission and re-entry into the secure testing area:

Items subject to close visual inspection:	Items to LEAVE at Home or in Locker provided:
<ul style="list-style-type: none"> • Eyeglasses (removed for inspection) • Wedding and engagement rings • Earrings • Facial piercing jewelry (i.e. labret studs) • Hair accessories (i.e. clips, barrettes) 	<ul style="list-style-type: none"> • Sunglasses • Ornate hair accessories (i.e. clips, combs, barrettes, headbands) • Watch or wearable technology • Cell phone

If a candidate is caught with a camera or other capture device in their possession prior to entering the testing room, the item will be confiscated, and the test attempt forfeited. While in the testing room, the item will be confiscated, and the exam terminated.

Prometric strives to provide all test takers the "opportunity to demonstrate their knowledge, skills, and abilities" by ensuring "a fair and professional testing environment." Refer to the Prometric website for more information, Frequently Asked Questions and COVID-19 testing center updates.

Restorative Examination

- Read and re-read the candidate guide.
- View the online Clinical Exam Review, it was a huge help.
- Time yourself often when practicing for restorative. Time goes quickly. Be organized and efficient.
- Practice carvings and having to remove a carving.
- Know what to do if your marginal ridge breaks.
- Attend the clinic tour to familiarize yourself with the clinic layout, equipment, etc.
- Bring your own triturator; it makes a difference.
- Remember to bring a box or container for your Typodont.
- Take a much-extended restorative course; not one that only lasts several hours or just a weekend.
- Ask your Instructors to schedule a Pre-Exam Review Webinar

Advice from WREB Staff

- Direct all technical questions to hygieneinfo@wreb.org
- If sharing a Patient, you must notify us via email by the application deadline in order for us to schedule appropriately
- If you need to change any personal information (name, address, etc.) within your profile, please email us
- Can't encourage you enough to go online and view the Clinical Examination Review presentations prior to your Q&A session and clinical exams



WREB Dental Hygiene Department

WREB staff wants you to succeed and we are here to help!

It's always helpful to put a face to a name. When you receive correspondence from WREB, there's a real person behind it. Robin Yeager oversees all dental hygiene exam operations, assisted by Phelecia Cook-Gyder. Exams are assigned to one of the dental hygiene coordinators who expertly prepare all exam materials and correspond with Schools, Examiners and Candidates.



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Tawanda Walker-Hall
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2021 Exam Schedule

Registration for select 2021 exams begins on December 15, 2020 and continues through January 2021 on a rolling basis.

Please visit our website or click on this link: <https://wreb.org/hygiene-candidates/hygiene-exam-schedule/> to view the most current schedule complete with Exam Locations, Dates, Registration Dates and Deadlines.