

Lake Washington Institute of Technology



Exam Site Information for Candidates
Western Regional Examining Board (WREB)
2019 WREB Hygiene Examination

Lake Washington Institute of Technology
11605 132nd Avenue NE
Kirkland, WA 98034
425-739-8369

Exam Site Information for Candidates
2019 WREB Dental Hygiene, Local Anesthesia & Restorative Examinations

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The faculty and staff at Lake Washington Institute of Technology's (LWTECH) Dental Programs realize clinical boards are inherently stressful, especially when applicants are working in an unfamiliar clinic. It is our sincere hope that this handbook, which has been prepared to help assist dental hygiene candidates for the Western Regional Examination Board exam, will help make your time with us as smooth as possible. If you have additional questions after reading this handbook, please e-mail your questions to scarlet.kendrick@lwtech.edu.

1. School Facility and Services

- **Location, Building Access and Hours:** Lake Washington Institute of Technology is located at 11605 132nd Avenue NE – Kirkland, WA 98034 in the Dental Clinic-East Building E-107. See campus map for directions.
- **Parking:** Parking is available in all parking lots and there is no charge for parking. You are also permitted to park in the designated dental parking which is located in the north parking lot.
- **Security and Emergency Services:** In the event of an emergency please dial 911.
- **ATM Machine:** There are no ATM's on campus. Please plan in advance.
- **Food Services Onsite:** The campus has a cafeteria; however, it is only open while classes are in session. The cafeteria will be open during the March and June board times but not on the weekend. There are vending machines available near the cafeteria in the east building. There are many fast food restaurants located a few blocks from the campus (off of 116th and 124th Street). Examples include: Jack-in-the-box, McDonalds, Taco Time, Wendy's, Burger King or restaurants like Sheri's, Olive Garden, Thai Kitchen and Changs.

2. Preparing for the Hygiene Exam

- **Patient Screening:** Please note that LWTECH does not have the responsibility of providing examination patients or back-up patients for **any** candidate. Candidates should not make requests of anyone associated with the college (faculty, staff or administration) for possible back-up patients, patient information, patient consultation, advice, or patient records relating to any patient being considered for the WREB examination. All questions should be directed to appropriate WREB officials.
- **Radiographs:** Candidates are welcome to use the x-ray equipment, aiming devices and processing machines. Faculty and staff will not help take the films. They will only assist in assigning a room and showing the candidate, the location of the processing machines and x-ray aiming devices. It is the responsibility of the candidate to provide their own film and x-ray mount.

- **Administration of Local Anesthetic:** If you require someone to give anesthesia to your patient, please inform the site coordinator the day before your exam, during your clinical orientation.
- **Equipment, Instruments and Expendable Dental Materials:** Refer to the respective WREB Candidate Guide for a list of materials and armamentarium that the Candidate must provide.

A. Handpiece and Prophy Angle Hookups: Handpiece hook-ups are two and four-pin.



B. Sonic/Ultrasonic Devices: Fiber-optic handpieces will not work in the units. handpieces are available upon request, assuming that they are available by contacting the school coordinator either during your clinical orientation or by calling 425-739-8369, e-mail scarlet.kendrick@lwtech.edu (e-mail is preferred).

C. Air/Water Syringe Tips: Air water syringe, saliva ejector, HVE are provided.

D. Blood Pressure Cuffs and Stethoscopes: The Candidate is responsible for providing their own.

E. Expendable Materials: Expendable dental materials supplied by the school are noted in **Appendix A**. Add the expendable list to your document (items not listed are responsibility of Candidate).

- **Sterilization Services:** If you would like your instruments sterilized upon completion of your exam, place your bagged instruments, with your candidate number on the bag in the sterilization window marked contaminated. Note, we will not ultrasonic or remove your items from their labeled bags prior to sterilization. Please allow 24 hours for sterilization

3. Preparing for the Local Anesthesia Exam

- **Equipment, Instruments and Expendable Dental Materials:** Refer to the respective WREB Candidate Guide for a list of materials and armamentarium that the Candidate must provide.

A. Handpiece and Prophy Angle Hookups: Handpiece hook-ups are two and four-pin.

- B. Air/Water Syringe Tips:** Air/water syringe tips are provided by the school.
- C. Blood Pressure Cuffs and Stethoscopes:** The Candidate is responsible for providing their own.
- D. Expendable Materials:** Expendable dental materials supplied by the school are noted in **Appendix B** (items not listed are responsibility of Candidate).
- **Sterilization Services:** If you would like your instruments sterilized upon completion of your exam, place your bagged instruments, with your candidate number on the bag in the sterilization window marked contaminated. Note, we will not ultrasonic or remove your items from their labeled bags prior to sterilization. Please allow 24 hours for sterilization.

4. Preparing for the Restorative Exam

- **Equipment, Instruments and Expendable Dental Materials:** Refer to the respective WREB Candidate Guide for a list of materials and armamentarium that the Candidate must provide.
 - A. Handpiece and Prophy Angle Hookups:** Handpiece hook-ups are two and four-pin.
 - B. Air/Water Syringe Tips:** Air/water syringe tips are provided by the school.
 - C. Curing Lights:** Curing lights will be available at each operatory.
 - D. Amalgamators:** Several are placed within the clinic (2-units will share one amalgamator).
 - E. Expendable Materials:** Expendable dental materials supplied by the school are noted in **Appendix C**. (items not listed are responsibility of Candidate).

Additional supplies/handpieces are available upon request, assuming that they are available by contacting the school coordinator either during your clinical orientation or by calling 425-739-8369, e-mail scarlet.kendrick@lwtech.edu (e-mail is preferred).

- **Sterilization Services:** If you would like your instruments sterilized upon completion of your exam, place your bagged instruments, with your candidate number on the bag in the sterilization window marked contaminated. Note, we will not ultrasonic or remove your items from their labeled bags prior to sterilization. Please allow 24 hours for sterilization.

5. During the Clinical Exam

- **Dental Operatory Units:** ADEC Unit.
- **Infection Control (Surface Asepsis):** Barriers will be placed on the dental chair, light handles, bracket tray handle, A/W syringe, saliva ejector, and on the handles of the operator stool. All barriers will be removed and discarded, candidates will use Birex Spray to clean all surfaces of the dental chair, dental light, and unit counter tops.

A. Hazardous Waste Disposal (exam-type specific):

- **Hygiene:** Any blood saturated items will be disposed in a chairside biohazard bag, these bags will be sealed and put into the biohazard container in the clinic.
- **Local Anesthesia:** Any blood saturated items will be disposed in a chairside biohazard bag, these bags will be sealed and put into the container in the clinic.
- **Restorative:** Amalgam scraps from the catch bag and amalgam well will be dumped out into the Non-Contact Amalgam scrap jar(s) next to the amalgamator.

B. Sharps Disposal: Anesthetic needles and carpules will be disposed of in the chairside sharps containers provided.

C. Emergency Medical Equipment:

Phones:

Room 107 (clinic): by the computer in the middle island

Front desk: out through the doors into the reception area.

For emergency help dial 9-911

Fire Extinguishers:

Room 109: in the hall outside the restorative clinic

Room 107: by the windows and emergency exit

How to use: pull the pin, aim at the base of the fire, squeeze the trigger

Do not use if faced with a large or rapidly growing fire, just exit as soon as possible (always take your patient)

Nearest Exits:

Room 107-clinic: out the emergency exit in the main dental clinic between the treatment rooms C5 and D5

Once outside continue up the path and move away from the building

Eyewash Stations (wear your protective eyewear):

Room 109: back lab

Restorative Clinic: 1st sink on the right

Room 107 main testing clinic: each row of treatment rooms has one sink with an eye-wash station, be sure to locate the one that is closest to you before you begin your procedure. **There is also an eye wash station in the sterilization room.**

Pull off the green caps, pull the metal stopper on the back of the faucet and turn the water on. Flush eyes thoroughly.

Emergency Oxygen:

Restorative Clinic: inside door as you enter from the lab

Room 107, main testing clinic: by the emergency exit and by the entrance door to the processing rooms.

On/Off knob is on the side (a lever), flow knob is circular, everything else is hooked up. Addition oxygen can also be found when the N2O is set up.

First Aid, Emergency Kits and Defibrillator (AED):

Restorative Clinic: in the cabinets attached to the sterilization area – first aid only

Room 107 main testing clinic: First Aid hanging on the wall by the master switch and first aid and all emergency items in four (4) drawers across from the Clinic Manager's office as you enter through the main Clinic doors.

Defibrillator (AED) mounted on the wall next to the entrance for the x-ray processing room.

MSDS Manual/Book: in op number F-1 in the cabinet

Exposures and Exposure Personnel (wear your PPE and handle sharps carefully):

Clinic Manager – 1st office on the left as you enter main Clinic

Office Manager – Reception

6. Travel and Accommodation Information

- **Airport Information:** SeaTac (Seattle Tacoma) International-follow driving directions coming from the south of Totem Lake (Kirkland)-travel time approximately 45 minutes from the airport-normal traffic.

Coming from north of Totem Lake (Kirkland)

Head south on I-405, take exit 20 (124th St)

Turn left on NE 124th Street at end of exit ramp. Go over the freeway.

Go through 4 stoplights. At the fifth light, veer to the right onto Slater Avenue.

Go to the first stoplight. Turn left onto 120th Street. Go up the hill. The college is on your right. Parking is free. You may park anywhere on campus for no fee.

Coming from south of Totem Lake (Kirkland)

Head north on I-405, take exit 18 (85th street)

Turn right (east) toward Redmond onto 85th at the end of the exit ramp.

Turn left on 132nd Avenue Northeast. Drive two miles. The college is on your left.

Parking is free. You may park anywhere on campus for no fee.

- **Ground Transportation:**

Rental Cars

Facility Details

All rental car companies currently operating at Sea-Tac Airport operate at a separate rental car facility, with dedicated shuttle buses operating on a 24-hour-a-day schedule. Two passenger pick-up areas are located outside **baggage claim** at the north and south ends of the main terminal.

Upon arrival at Sea-Tac Airport

- Proceed to the baggage claim level and pick up your checked bags.
- Exit the sliding glass doors near carousel #1 or #15 and walk to one of the two designated shuttle bus pick-up areas.
- Shuttle buses depart frequently for the rental car facility.
- If you are returning a vehicle, take SR518 and follow signs for the Rental Car Facility.

Companies operating at the Rental Car Facility

- Alamo: 1-800-462-5266 or www.alamo.com
- Avis: 1-800-331-1212 or www.avis.com
- Budget: 1-800-527-7000 (local reservations), (800) 527-0700 (out-of-town reservations) or www.budget.com
- Dollar Car Rental: (206) 433-5825 or www.dollar.com
- Enterprise: (206) 246-1953 or www.enterprise.com
- EZ Rent-A-Car: (206) 444-4974 or www.e-zrentacar.com
- Firefly Car Rental: 1-888-296-9135 or www.fireflycarrental.com
- Fox Rent A Car: 1-800-225-4369 or www.foxrentacar.com
- Hertz: 1-800-654-3131 or www.hertz.com
- National: 1-800-328-4567 or www.nationalcar.com
- Payless: 1-800-PAYLESS or www.paylesscar.com
- Sixt Rent A Car: 1-888-SIXTCAR (888-749-8227) or www.sixt.com
- Thrifty: 1-877-283-0898 or www.thrifty.com

Customers looking for a shuttle to Rent-A-Wreck need to take the Rental Car Facility Shuttle and transfer to the company's shuttle at the facility.

- **Hotel Accommodations:**
There are several hotels very close to the campus. Three of the closest are:

The Clarion Inn at Totem Lake
12233 Totem Lake Way
425-821-2202

Silver Cloud Inn
12202 NE 124th
425-821-8300

Best Western Kirkland Inn
12223 NE 116th
425-822-2300 or 1-800-528-1234 (reservations center)

7. Maps:

- **Appendices**
- **Campus Map**

Expendable Dental Materials Appendices

APPENDIX A – Expendable Dental Hygiene Materials List Provided by Exam Site Host (School) To be provided in sufficient quantities for all Dental Hygiene Candidates		
Paper Towels	Soap	Masks
Gloves (non-latex)	Barriers	Air/Water Syringe, Saliva Ejector (HVE)
2 x 2 gauze	Topical anesthetic (various flavors)	Cotton-tip applicators
Lidocaine 1:100,000 or Carbocaine 3%	Needles 25g and 27g long and short	Prophy paste
Cups	Brushes	Cavitron Units (no inserts use 30k inserts)
Small instrument trays	Terry cloth towels for patient	Blankets (limited quantity)
Sterilization pouches	Patient Bibs	Surface Disinfectant
Ice Packs	Antimicrobial mouthwash	

APPENDIX B – Expendable Local Anesthesia Materials List Provided by Exam Site Host (School) To be provided in sufficient quantities for all Local Anesthesia Candidates		
Paper towels	Soap	Masks
Gloves (non-latex)	Barriers	Air/Water Syringes, Saliva Ejectors
Patient napkins	2 x 2 gauze	Topical anesthetic (various flavors)
Cotton-tip applicators	Lidocaine 1:100,000 or Carbocaine 3%	Needles 25g and 27g long and short
Cardboard needle protectors	Sterilization pouches	Surface disinfectant
Ice Packs	Antimicrobial mouthwash	

APPENDIX C – Expendable Restorative Materials List Provided by Exam Site Host (School) To be provided in sufficient quantities for all Restorative Candidates		
Paper towels	Soap	Masks
Gloves (non-latex)	Barriers	Barriers to catch amalgam scraps from dentoform
Standard HVE, air/water syringe tip (no water is provided)	Amalgam scrap jar	Dentoform mounts
2 x 2 gauze	Cotton-Tip applicators	Cotton rolls
Rubbing alcohol	Cups	Dappen Dishes



