POST-TEST FOR UNIT 3:
SAFE REMOVAL OF AMALGAM FILLINGS

This is a printable version of the Unit 3 Test for IAOMT Accreditation.
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“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
1. Mercury exposure created by removing old amalgams is a hazard for ________.
   A. dental patients
   B. dentists and dental staff
   C. the environment
   D. all of the above

“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
2. Drilling on amalgam under UV light in front of a fluorescent screen reveals clouds of
   ________ released.
   A. mercury vapor
   B. water vapor
   C. dust
   D. nothing

“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
3. The potential for the greatest mercury exposure when drilling out old fillings comes
   from ________.
   A. skin transmission
   B. mercury vapor
   C. fully inhalable amalgam micro-particles
   D. gray sludge

“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
4. Routes of mercury exposure for patients when removing old fillings include
   ________.
   A. skin transmission
   B. inhalable mercury vapor and particulate
   C. swallowed amalgam debris
   D. all of the above
“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
5. When a workplace is faced with a toxic exposure in the course of a process (such as drilling out old fillings), the methods used to mitigate that exposure are referred to as ___________.
   A. engineering controls
   B. biomimetics
   C. on-site mitigation
   D. separation

“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
6. Evidence from the dental literature demonstrates that a patient's blood mercury goes up after removing amalgam fillings and the effect is greatly reduced by using a rubber dam.
   A. True
   B. False

“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
7. Beyond the rubber dam, methods that are recommended for protecting patients from breathing, swallowing, and skin exposure to mercury when removing old fillings are ___________.
   A. draping and a saliva ejector
   B. water spray, high speed suction, and "Clean-Up"
   C. room air filtering
   D. all of the above

“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
8. Drilling out old fillings with water spray and high-volume evacuation alone, without supplemental room air-filtering results in a workplace mercury exposure that is ___________.
   A. lower than the safe level
   B. about the level of workplace safety levels
   C. too high for anyone
   D. undetectable

“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
9. Protection from mercury exposure for the dental staff is just as important as protection for the patient. While we know that workplace protection is not perfect, we currently use personal protection garb for dental staff. Such garb includes a mercury resistant gown and ___________.
   A. a paper mask
   B. a mercury-rated respirator or positive pressure system
   C. a moist paper towel
   D. a robotic manipulator
“Safe Removal of Dental Amalgam Fillings” Online Learning Module:
10. We know that there is no low exposure to mercury that is truly safe, and we know that all amalgam fillings can expose us to mercury. Therefore, we use our protective methods when drilling out __________.
   A. only the small amalgam fillings
   B. only the big amalgam fillings
   C. all amalgam fillings
   D. gold inlays

“Position Statement against Dental Mercury Amalgam Fillings for Medical and Dental Practitioners, Dental Students, and Patients” by the IAOMT:
11. Employee exposure to mercury is regulated in the United States by the 1970 Occupational Health and Safety Act and Workers’ Rights Handbooks which require employers to train employees to avoid or minimize exposures.
   A. True
   B. False

“Position Statement against Dental Mercury Amalgam Fillings for Medical and Dental Practitioners, Dental Students, and Patients” by the IAOMT:
12. Even though dentists, dental professionals, dental staff, and dental students are occupationally and chronically exposed to mercury released from dental mercury amalgam, researchers and clinicians have not raised any concerns whatsoever about the safety of dental personnel who work with dental mercury amalgam.
   A. True
   B. False

“Position Statement against Dental Mercury Amalgam Fillings for Medical and Dental Practitioners, Dental Students, and Patients” by the IAOMT:
13. By minimizing mercury exposure from dental mercury amalgam fillings or completely avoiding the use of dental mercury amalgam fillings, an individual’s total body burden of mercury can be beneficially reduced.
   A. True
   B. False
“Position Statement against Dental Mercury Amalgam Fillings for Medical and Dental Practitioners, Dental Students, and Patients” by the IAOMT:
14. According to the IAOMT position statement, minimizing or eliminating mercury exposure can potentially result in improvement and/or decreased risk of disease/illness/health impairments for __________.
   A. dental workers, children, patients with Alzheimer’s disease
   B. pregnant women, patients with multiple sclerosis, patients who are detoxing
   C. dental workers, patients with reproductive dysfunction, breast-fed children
   D. A & B
   E. all of the above

“Position Statement against Dental Mercury Amalgam Fillings for Medical and Dental Practitioners, Dental Students, and Patients” by the IAOMT:
15. The room where mercury removal is to take place needs to have adequate filtration, which requires __________.
   A. a small fan
   B. closing and locking the doors
   C. a high volume, air filtration system
   D. all of the above

“Position Statement against Dental Mercury Amalgam Fillings for Medical and Dental Practitioners, Dental Students, and Patients” by the IAOMT:
16. Copious amounts of water to reduce heat and a conventional high speed evacuation device to capture mercury discharges are required to reduce ambient mercury levels.
   A. True
   B. False

“Position Statement against Dental Mercury Amalgam Fillings for Medical and Dental Practitioners, Dental Students, and Patients” by the IAOMT:
17. The velocity of the particles generated by high speed drilling can be overcome by using suction devices during amalgam removal.
   A. True
   B. False

“Position Statement against Dental Mercury Amalgam Fillings for Medical and Dental Practitioners, Dental Students, and Patients” by the IAOMT:
18. The dentist and the assistant should wear __________ during amalgam removal.
   A. face shields
   B. hair coverings
   C. a properly-sealed, respiratory grade mask rated to capture mercury OR a positive pressure, properly-sealed mask providing air or oxygen
   D. A & C only
   E. all of the above and more
19. The patient should be given __________ for amalgam removal.
   A. barriers to protect skin and clothing
   B. an adsorbent drink before amalgam removal (unless contraindicated)
   C. external air or oxygen via a nasal mask or a nasal cannula completely covered with an impermeable barrier
   D. A & C only
   E. all of the above and more

20. A study published in 2016 and conducted on over 76,000 patients for over ten years found that posterior amalgam fillings had a higher annual failure rate than composites.
   A. True
   B. False

21. Current high-strength ceramics are much more durable than those made with the old porcelain technology.
   A. True
   B. False

22. A 2013 study by Warwick et al. measured mercury vapor levels in ambient air during amalgam removal as typically performed in dental training.
   A. True
   B. False

23. According to the abstract of the Warwick et al. study, “When suction without water spray was used, mercury vapor levels exceeded the safety threshold 8% of the time. When neither water spray nor suction was used, __________ of the mercury vapor readings exceeded the absolute ceiling value.”
   A. less than 1%
   B. 36%
   C. 52%
   D. 99%
“Mercury Vapour Exposure during Dental Student Training in Amalgam Removal” study by Warwick, O Connor, and Lamey:
24. In addition to occupational exposure to mercury vapor, a concern for dentists’ health is exposure to mercury particulate from amalgam fillings.
   A. True
   B. False

“Mercury Vapour Exposure during Dental Student Training in Amalgam Removal” study by Warwick, O Connor, and Lamey:
25. The 2013 Warwick et al. study concluded that dental schools should train students in
   A. effective use of personal protective equipment
   B. mercury hygiene
   C. prevention of occupational mercury exposure
   D. A & B only
   E. all of the above

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