Positioning for Success in Dentistry:
Essential Ergonomic Guidelines for the Dental Team
Presented by Bethany Valachi, PT, MS, CEAS
Earn 1 CE credit

Purchase of the DVD "Positioning for Success in Dentistry" entitles the owner to download and complete this test for 1 CE credit.

Cancellation/Refund Policy: Any team members who is not 100% satisfied with this DVD course can request a full refund by contacting Posturedontics at info@posturedontics.com.

Test Questions

1. Which piece of ergonomic equipment should be adjusted first in the operatory?
   A. patient chair
   B. delivery system
   C. operator stool
   D. none of the above

2. A tilting seat on the operator stool should be adjusted forward as far as it will go.
   A. true
   B. false

3. To check for proper seat depth:
   A. measure one hand-width from the front of the knee
   B. place 3 fingers behind the knee
   C. proper seat depth should measure 16" deep
   D. A & C

4. Proper seated height can be determined by
   A. hips higher than knees
   B. knees higher than hips
   C. thighs parallel with floor
   D. none of the above

5. A saddle stool
   A. requires little adjustment
   B. places the pelvis in a neutral position
   C. is easy to move around the patient chair
   D. all of the above

6. The assistant stool should be adjusted so the assistant’s eye level is ________ the dentist’s eye level.
   A. level with
   B. 1-2" higher than
   C. 4-6" higher than
   D. none of the above

7. When treating the upper arch, the occlusal plane should be angled
   A. vertically
   B. about 25 degrees backward
   C. about 45 degrees backward
   D. none of the above

8. The footring on the assistant stool should be resting on the pedestal (base) of the assistant stool.
   A. true
   B. false

9. A patient positioning aid that is effective for both upper and lower arch positioning is
   A. a contoured cervical support cushion
   B. a wedge-shaped seat cushion
   C. dogbone headrest
   D. none

10. Correct height of the patient can be determined
    A. proprioceptively
    B. forearms parallel to the floor or sloping 10 degrees upward
    C. forearms angled downward 10 degrees
    D. A & B

11. To treat the distobuccal of tooth #15, the patient’s head should be
    A. neutral
    B. rotated toward the assistant
    C. rotated toward the dentist
    D. sidebent toward the assistant

12. The overhead light should
    A. be above the oral cavity for the lower arch
    B. be angled up over the chest for the upper arch
    C. parallel the operator’s line of sight within 15 degrees
    D. A & B

13. When treating the lower anterior molars & pre-molars, the occlusal plane should be
    A. horizontal
    B. angled 10-20 degrees above horizontal
    C. angled 30-40 degrees above horizontal
    D. none

14. Most of the hygiene treatment should be performed sidesitting in the 9:00 position.
    A. true
    B. false

15. In the 11-12 o’clock position, the hygienist should ask the patient to
    A. rotate the head to the left
    B. rotate the head to the right
    C. sidebend the head to the left
    D. A & C

16. Which of the following is essential to safely transfer wheelchair patients, regardless of method?
    A. transfer belt
    B. transfer cane
    C. transfer sling
    D. transfer chair

17. Attaining optimal head posture with loupes involves a greater amount of eyeball rotation.
    A. true
    B. false

18. Which of the following is not a recommended transfer in the operatory?
    A. 1-person transfer
    B. sliding board transfer
    C. 2-person lift transfer
    D. hoyer lift transfer
Answer Sheet

Positioning for Success in Dentistry:

Essential Ergonomic Guidelines for the Dental Team

Name______________________________________Title__________________ Specialty_________________

Address_________________________________________E-mail____________________________________

City_____________________________________State_________________Zip___________________

Phone_________________________ License # _______________________AGD #_______________________

To receive dental continuing education credits, please complete the information on this page. One team member may receive 1 CEU per DVD course. Additional team members may enclose a check for $49.00 with this form to receive 1 CEU credit. Complete answer sheet in pen or pencil and mail this completed form to: Posturedontics, LLC PO Box 25552 Portland, OR 97298

A score of 70% of greater will earn you 1 CE credit. For questions, please call 503-291-5121 or e-mail info@posturedontics.com.

Course Objectives

1. Demonstrate proper patient positioning for upper vs. lower arches
2. Identify ergonomic features on the operator stool and properly adjust them to attain balanced seated posture.
3. Adjust the assistant stool properly, depending upon stool type, and position the assistant properly chairside.
4. Understand 4 methods to treat wheelchair patients safely in the operatory.

Course Evaluation

Please evaluate this course, using a scale of 5=Excellent to 0= Poor.

1. Were the course objectives accomplished? 5 4 3 2 1 0
2. Speaker knowledge of subject matter 5 4 3 2 1 0
3. Applicability of material to your job 5 4 3 2 1 0
4. Visual aids 5 4 3 2 1 0
5. Were the references adequate? 5 4 3 2 1 0
6. Would you participate in a similar ergonomic program on a different topic in the future? _____Yes _____No
7. Please describe the areas of the presentation you found most valuable.

_______________________________________________

_______________________________________________

____________________________________

8. Was there any subject matter that you found confusing or could use improvement?

_______________________________________________

_______________________________________________

____________________________________

Answer Key

1. Ⓐ Ⓑ Ⓒ Ⓓ
2. Ⓐ Ⓑ Ⓒ Ⓓ
3. Ⓐ Ⓑ Ⓒ Ⓓ
4. Ⓐ Ⓑ Ⓒ Ⓓ
5. Ⓐ Ⓑ Ⓒ Ⓓ
6. Ⓐ Ⓑ Ⓒ Ⓓ
7. Ⓐ Ⓑ Ⓒ Ⓓ
8. Ⓐ Ⓑ Ⓒ Ⓓ
9. Ⓐ Ⓑ Ⓒ Ⓓ
10. Ⓐ Ⓑ Ⓒ Ⓓ
11. Ⓐ Ⓑ Ⓒ Ⓓ
12. Ⓐ Ⓑ Ⓒ Ⓓ
13. Ⓐ Ⓑ Ⓒ Ⓓ
14. Ⓐ Ⓑ Ⓒ Ⓓ
15. Ⓐ Ⓑ Ⓒ Ⓓ
16. Ⓐ Ⓑ Ⓒ Ⓓ
17. Ⓐ Ⓑ Ⓒ Ⓓ
18. Ⓐ Ⓑ Ⓒ Ⓓ

AGD Code 130

Ⓒ2009 Posturedontics, LLC www.posturedontics.com