Database of questions for the Medical-Dental Final Examination (LDEK)

Part 1

Public health

Modified 18.12.2023

Pytanie nr 1

SOZ This well

The President of the National Health Fund states in the regulation No. 6/2018/DS that it is possible to make contracts for providing dental services in dental buses. move is supposed to increase dental care accessibility. According to Robert Maxwaccessibility is one of the dimensions of health care quality. What are the other Maxwell's dimensions of health care quality?
A. effectiveness, efficiency.
B. effectiveness, efficiency, equity.
C. effectiveness, efficiency, equity, acceptability.
D. effectiveness, efficiency, equity, acceptability, appropriateness.
E. effectiveness, efficiency, equity, acceptability, appropriateness, accreditation.
Pytanie nr 2
WHO provides help in association with other specialized agencies except for :
A. FAO.
B. UNESCO.
C. UNICEF.
D. ONZ.
E. WTO.

Pytanie nr 3

Which of the following interventions is the most effective in preventing injuries in work environment?

A. behavioral.
B. economical.
C. technological.
D. legislative.
E. first aid.
Pytanie nr 4
Which of the following is used as the numerator of the fraction determining the death rate?
A. the number of all deaths in a given period of time.
B. the number of deaths from the disease in a given period of time.
C. the number of new incidences in a given period of time.
D. the average number of people in the population in a given period of time.
E. the number of people who are subject to risk in the population in a given period of time.
Pytanie nr 5
Which of the following is included in the field of health promotion? 1) health education; 2) curative medicine; 3) pro-health social policy; 4) local pro-health policy; 5) preventive medicine. The correct answer is:
A. 1,2.
B. 1,3.
C. 1,2,3.
D. 1,3,4.
E. 1,3,4,5.

Which of the following is an antiseptic recommended for chronic wound treatment? A. ethanol. **B.** hydrogen peroxide. **C.** mercury compounds. **D.** nitrofural. **E.** chlorhexidine. Pytanie nr 7 Indicate Winslow's public health definition: A. public health is "the science and art of preventing disease, prolonging life and promoting health and efficiency through the organized efforts of society to hygiene the environment, control infectious diseases, educate individuals on private hygiene, organize medical and caring services...". **B.** public health is "organized effort of society to protect, promote and restore human health". C. public health is "organized effort of society, first and foremost, through public organizations to improve, promote, protect and restore population health as a result of collective actions...". **D.** public health is "collective actions to permanently improve health of the entire population". E. public health is "the science and art of preventing disease, prolonging life and promoting health through the organized efforts of society". Pytanie nr 8 Which term does the following describe: "A combination of educational activities favorable for health with different kind of support: local, social, political, economic, legal and tactical"? A. health policy. **B.** public health.

C. health promotion.

D. prophylaxis.
E. health education.
Pytanie nr 9
The recommendation 9/2012 issued on 2-04-2012 by the President of the Agency for Health Technology Assessment concerning the removal of the service "open curettage within ¼ of the dentition" (CODE ICD-9-CM:23.1608) as an independent procedure performed under general anesthesia is an example of using:
A. security analysis of technology.
B. clinical effectiveness analysis of technology.
C. economic analysis (cost effectiveness of technology).
D. analysis of alternative solutions for technology.
E. medical technology assessment.
Pytanie nr 10
Which of the following depicts the development of infectious diseases?
A. epidemiological transformation.
B. epidemiological triad.
C. demographic transformation.
D. mandalas of health.
E. Lalonde model.
Pytanie nr 11
Zika virus is transmitted to humans by:
A. mosquitoes.
B. flies.
C. fleas.
D. horseflies.

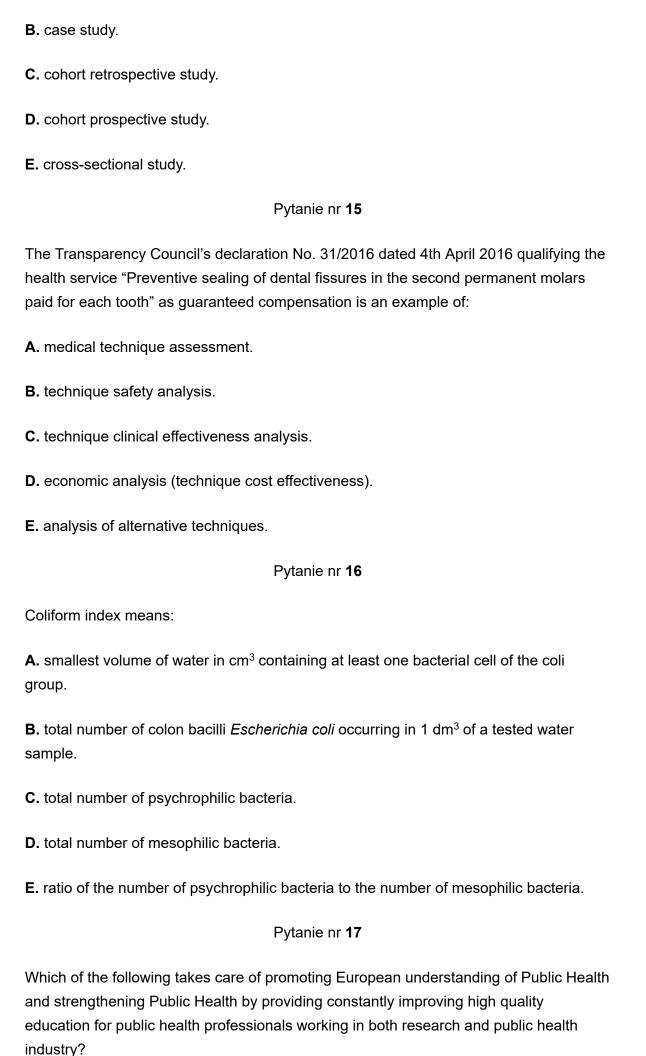
E. ticks.

It is estimated that infection with <i>Mycobacterium tuberculosis</i> carries the following risk of falling ill:
A . 10%.
B. 30%.
C. 50%.
D. 80%.
E. 100%.
Pytanie nr 13
Since 1879 when an antiseptic agent called Listerine was developed it has been recommended for wound decontamination, gargling, halitosis, dandruff, athlete's foot and currently mouth rinsing. There are reports suggesting that Listerine should help decrease the risk of pharyngitis caused by <i>Neisseria gonorrhoeae</i> . Which of the following study could provide the most convincing proofs to confirm such suggestions?
A. in vitro.
B. case-control.
C. cohort.
D. analytical.
E. experimental.
Pytanie nr 14
Although the most important American baseball league - Major League Baseball - strives to ban players from chewing tobacco, most of them continue to do it. A team of researches wants to determine the relation between tobacco chewing and the occurrence of contact mucositis of the oral cavity among players. At a training camp they ask players about their tobacco chewing, smoking and alcohol drinking. They also

estimate the condition of the players' oral cavity mucosa. Which of the following the

A. case-control study.

researches carry out?



B. Maastricht Treaty of 1992. **C.** Association of Schools of Public Health in the European Region. **D.** Ottawa Charter for Health Promotion. **E.** World Health Organization. Pytanie nr 18 The right to social security of Polish citizens results from: A. Polish constitution, EU acts and acts on the Social Insurance System. B. accession to the Social Insurance System. C. act on the universal health insurance. **D.** common human rights. **E.** accession to the social assistance system. Pytanie nr 19 According to Article 2 of the Act of 11 September 2015 on Public Health, which of the following tasks does public health include? 1) monitoring and assessing public health, threats for health and the life quality associated with public health; 2) supervision of zoonoses; 3) health education directed at the needs of different society groups; especially children, teenagers and elders; 4) health promotion; 5) disease prevention; 6) identifying, eliminating or reducing the risk and damage to physical and mental health in the living, working, learning and recreational environment; 7) nourishment policy building; 8) analysis of adequacy and effectiveness in providing health services in relation to identified health needs of the society; 9) sharing safe and nutritionally suitable food; 10) initiating and conducting research and international cooperation in the field of public health. The correct answer is:

A. European Public Health Association.

A. 1,2,3,4,5,7.

B. 1,3,4,5,6,8,10.	
C. 1,3,4,6,7,8,10.	
D. all the above.	
E. none of the above.	
Pytanie nr 20	
What proportion of spending on dental services is covered in Poland from public resources (by NHF)?	
A. about 5%.	
B. about 15%.	
C. about 25%.	
D. about 35%.	
E. about 50%.	
Pytanie nr 21	
In a given national population the body mass of women aged 19-25 shows a normal distribution and amounts to an average of 55 kg. The standard deviation is 5.5 kg. How many women are there in this population that weigh less than 49.5 kg?	
A. 5%.	
B. 10%.	
C. 15%.	
D. 16%.	
E. 32%.	
Pytanie nr 22	
Health promotion is:	
A. a term coined in the 90s of the last century.	
B. a synonym of prophylaxis.	
C. a state concept of health prevention which expresses itself through the system of	

organized activities, facilities, institutions and legal standards serving the health of society.

D. a process enabling individuals and society to increase their control over determinants of health.

E. an impact at the social level to change high-risk behavior in the study group, the so-called target group.

Pytanie nr 23

Which of the following activities should the dentist include in their scope of primary and secondary prevention?

- 1) oral health promotion directed at pregnant women and mothers of young children;
- 2) preventive oral examinations with the necessary range of treatment in pregnant women;
- 3) development of health-relating knowledge in the pediatric population concerning oral hygienic and nutritional habits;
- 4) regular oral examinations in the pediatric population and the use of fluoride prevention;
- 5) health education of the population on the prevention of gingival and periodontal diseases and their early detection.

The correct answer is:

A. 1,3,4,5.

B. 1,2,4,5.

C. 1,2,3,5.

D. 1,2,3,4.

E. all the above.

Pytanie nr 24

The risk of periodontal disease in tobacco smokers was studied in a prospective study. Here are the results.

Which of the following is the formula for calculating the relative risk of periodontal disease in tobacco smokers?

Smokers	Persons with periodontal disease		Row total
Sillokeis	yes	no	Now total
yes	100	900	1000
no	20	480	500
Column total	120	1380	1500

A. 100 : 1000.

B. (100 : 1000) : (20 : 500). **C.** (100:900): (20:480). **D.** (100 : 20) : (900 : 480). **E.** (100 : 120) : (900 : 1380). Pytanie nr 25 Which epidemiological index is particularly useful for evaluating changes both in health and in sanitary or economic situation of a society? A. incidence rate. **B.** morbidity rate. C. case fatality rate. **D.** infant fatality rate. **E.** infant mortality rate per 1000 live births. Pytanie nr 26 Keeping the so-called social distancing (i.e. preserving physical distance between people and limiting the number of contacts between persons of unknown epidemiological status), which was recommended during COVID-19 pandemic in 2019-2020 served to: **A.** neutralize the source of infection. **B.** cut infection transmission paths. **C.** immunize people sensitive to infection. **D.** isolate people with COVID-19 or suspected of having SARS-CoV infection.

Pytanie nr **27**

The destruction of biological pathogens (decontamination) undertaken to cut the transmission pathways (spread) of infection is part of:

A. anti-epidemic activities.

E. put in quarantine people at risk of infection.

B. epidemiological investigation.
C. epidemiological supervision.
D. individual epidemiological supervision.
E. general epidemiological supervision.
Pytanie nr 28
The most common cause of deaths from malignant tumors in Poland is:
A. colon cancer.
B. lung cancer.
C. pancreatic cancer.
D. gastric cancer.
E. kidney cancer.
Pytanie nr 29
In economic analysis the costs associated with physical and mental losses resulting from toothlessness in adults are:
A. non-medical costs.
B. immeasurable costs.
C. indirect costs.
D. direct costs.
E. medical costs.
Pytanie nr 30
Which of the following is used by the European Union and Eurostat to assess the health situation of the population?
situation of the population?

E. potential years of life lost (PYLL).		
Pytanie nr 31		
"Health 21" is the challenge adopting plans for up to 2020 based on the following values: 1) health as a basic human right; 2) solidarity and equity in health; 3) active participation of people, institutions and local communities in striving to strengthen health. The correct answer is:		
A. all the above.		
B. 1,2.		
C. 1,3.		
D. 2,3.		
E. only 3.		
Pytanie nr 32		
In Poland neoplastic diseases are a major challenge for public health because of:		
A. increasing number of patients (prevalence).		
B. decreasing number of new diagnosed patients (incidence).		
C. their increasing death rate percentage.		
D. A and C are correct.		
E. demographic rejuvenation of the population.		
Pytanie nr 33		
In Poland before the introduction of vaccination the incidence of measles in epidemic years was 600 per100 thousands. The last epidemic took place in 1998. In 2010 there were 13 incidences of measles and the incidence of this disease per 100 thousands		

D. quality-adjusted life years (QALY).

A. 0.05.

was:

B. 0.03.
C. 1.
D. 0.5.
E. 0.13
Pytanie nr 34
The goal of each healthcare system <u>does not</u> include:
A. providing prophylactic and therapeutic services.
B. implementation of the healthcare mission.
C. emigration of the sick population.
D. health promotion.
E. organizing healthcare system as well as possible.
Pytanie nr 35
As a science epidemiology deals with:
A. assessment of the occurrence of health phenomena.
B. assessment of the determinants of health phenomena.
C. assessment of the effectiveness of interventions.
D. true are A,B,C.
E. true are A and C.
Pytanie nr 36
The European Academy of Pediatric Dentistry (EAPD) claims that daily use of fluoride should be the principal method to prevent caries in children and supports water fluoridation. EAPD also claims that fluoride use should results from the balance between the risks of caries and toxic fluoride effects. The assessment of health effects of exposure to fluoride from the environment and food is the subject matter for:

 $\textbf{B.} \ environmental \ epidemiology}.$

 $\textbf{A.} \ \ \text{epidemiology of infectious diseases}.$

D. clinical epidemiology.	
E. forensic epidemiology.	
Pytanie nr 37	
Which of the following has as a main goal to take care of helping patients understand and deal with the disease so that they can take advantage of their potential and resources in order to feel life satisfaction, which constitutes integral part of any patient-centered treatment?	
A. therapeutic education.	
B. health education.	
C. health promotion.	
D. public health.	
E. health pedagogics.	
Pytanie nr 38	
Acting with accordance to the methodology of public health and striving for good oral health in the population (the lack of active oral disease and its progression with simultaneous well-being and lack of impairment of functions) appropriate actions should be taken. Indicate the first stage of these actions:	
A. resource launch.	
B. defining goals, strategies and methods.	
C. situation analysis.	
D. implementation of activities.	
E. evaluation of activities.	
Pytanie nr 39	
Death rate first and foremost is:	
A. measurement of the severity of the disease.	
B. dependent on the health culture level.	

C. social epidemiology.

c. dependent on the level of knowledge about health.
D. measurement of the healthcare level.
E. basic negative measurement of health.
Pytanie nr 40
Drinking water fluoridation to prevent caries is an example of activity within:
A. primary prophylaxis.
B. secondary prophylaxis.
C. tertiary prophylaxis.
D. quaternary prophylaxis.
E. fifth order prophylaxis.
Pytanie nr 41
The demographic term "a migratory movement" covers:
A. deaths.
B. emigrations.
C. immigrations.
D. B and C are correct.
E. it does not apply to demographics.
Pytanie nr 42
The sentence: "science and art of preventing and controlling oral cavity diseases and promoting oral cavity health through organized society efforts" is the definition of:
A. health promotion regarding the oral cavity.
B. health education regarding the oral cavity.
C. health upbringing regarding the oral cavity.
D. public health regarding the oral cavity.
E. fight against illiteracy regarding the oral cavity.

The analysis of overall disease burden in 2016 showed that oral cavity diseases contribute 0.73% to the total DALY. The DALY indicator means: **A.** disability-adjusted life years. **B.** quality-adjusted life years. C. healthy life years. **D.** average life expectancy in good health. **E.** potential years of life lost. Pytanie nr 44 The risk factors of civilization diseases include those associated with professional work. Which of the following are harmful physical factors? 1) noise and vibration; 2) monotonous work requiring concentration; 3) electromagnetic radiation; 4) stressful work requiring performing multiple tasks against time; 5) working shifts (e.g. call duties) 6) ionizing radiation; 7) animal and plant microorganisms. The correct answer is: **A.** 1,2. **B.** 2,3. C. 4,5,6. **D.** 1,3,6. **E.** 4,5,7. Pytanie nr 45

According to the epidemiologic triad the development of infectious disease depends on:

A. pathogen, environment, prophylaxis.

B. host, healthcare system, living conditions.

C. environment, vaccination accessibility, pathogen.
D. pathogen, host, applied antibiotic.
E. pathogen, host, environment.
Pytanie nr 46
The measure of the disease severity and the ineffectiveness of its treatment is the rate of:
A. incidence.
B. prevalence.
C. morbidity.
D. case fatality.
E. mortality.
Pytanie nr 47
The State Sanitary Inspection performs its public health tasks through: 1) supervising the hygiene of teaching and upbringing; 2) supervising the health conditions of food and nourishment; 3) carrying out preliminary medical examinations of young workers; 4) supervising the hygiene of leisure and recreation; 5) carrying out mammography in women; 6) supervising the hygienic and sanitary conditions of medical offices in health care facilities. The correct answer is:
A. 1,3.
B. 2,3,4.
C. 4,5,6.
D. 6 only.
E. 1,2,4,6.
Pytanie nr 48

Following the public health logic which of the activity below is the first stage aiming to improve the health condition of a population?

A. analysis of the situation.
B. selection of priorities.
C. definition of goals and strategies of action.
D. implementation of determined activities.
E. assessment of the obtained effects.
Pytanie nr 49
Dentistry aims in the field of public health include:
A. dental examinations, treatment planning, obtaining patient consent.
B. dental examinations which include oral hygiene instructions, X-ray diagnostics, treatment planning.
C. monitoring the oral health of the population.
D. assessment of medical technologies in the field of dentistry.
E. dental examinations, treatment, patient education.
Pytanie nr 50
Which of the following factors, according to the Lalonde-Blum concept, has the biggest effect on health?
A. genetic factors.
B. health-care.
C. environment.
D. lifestyle.
E. cosmic radiation.
Pytanie nr 51
The time that passes from the penetration of a biological pathogen into the human body until the first symptoms of the disease occur is:

A. incubation period.

b. prodromai penod.
C. full-blown period.
D. period of relief of symptoms.
E. period of contagiousness.
Pytanie nr 52
Health policy may be identified as:
A. medical care.
B. health care.
C. health protection.
D. social care.
E. environmental care.
Pytanie nr 53
According to Lalonde's concept the factors influencing health do not include:
A. environmental factors.
B. genetic factors.
C. health care.
D. non-governmental organizations.
E. lifestyle.
Pytanie nr 54
Which of the following is of primary importance in the reduction of healthcare associated infections?
A. examination of all patients for microbial carriers.
B. room ventilation improvement.
C. limitation of use of intravenous cannulas (venflons).
D. hand washing by medical staff.

E. limitation of use of indwelling catheters.

Pytanie nr 55

In the course of dental practice, the prophylaxis of oral cavity cancers plays an important role. Which of the following is not a risk factor for those cancers:

- **A.** harmful substances from tobacco smoke.
- **B.** poor hygiene of the oral cavity leading to chronic inflammation.
- **C.** irritation of the oral mucosa by ill-fitted dentures.
- **D.** adverse sexual behavior.
- **E.** diet high in saturated fats.

Pytanie nr 56

Which of the following endings matches the sentence beginning with: "Health education is an important factor of health promotion because ..."?

- **A.** it enables acquiring competences to protect, maintain and improve health.
- **B.** it addresses first and foremost healthcare employees.
- **C.** it regards only a developmental-age population.
- **D.** it does not change social attitudes and behavior.
- **E.** it does not constitute an economically meaningful part of the state health policy.

Pytanie nr 57

Which of the following basic public health functions **does not** concern activities for health protection of the general population?

- **A.** monitoring the state of health of the population and determining its health needs.
- **B.** healthy lifestyle promotion, especially in the population of children and teenagers.
- **C.** provision of dental treatment for individual patients.
- **D.** education and professional training of doctors and other medical staff.
- **E.** monitoring the quality of medical services and their availability..

In the formula for calculating the sensitivity of the test the number that shall be entered in the numerator of the fraction represents the number of:

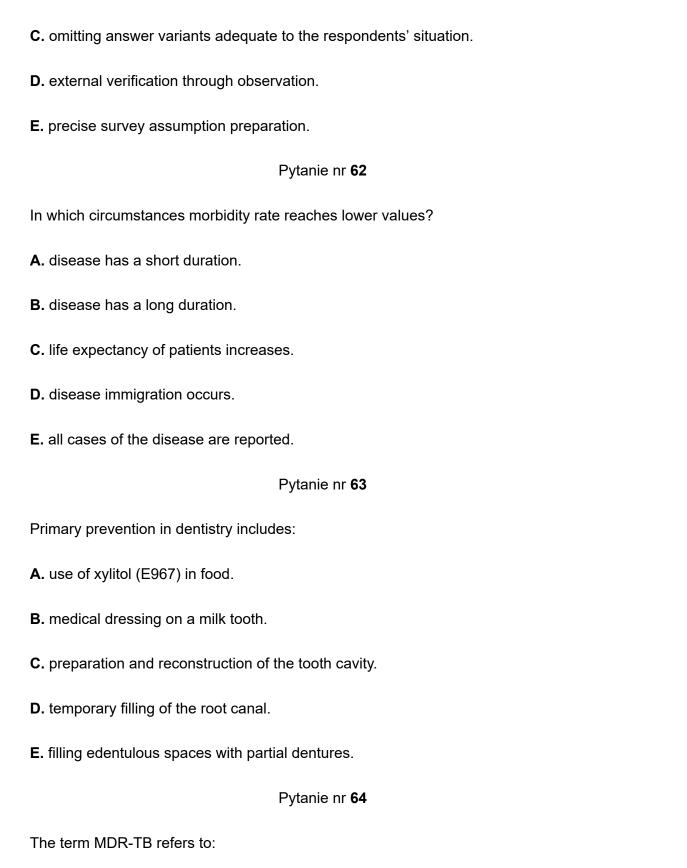
A. true negative results.
B. false negative results.
C. true positive results
D. false positive results.
E. all positive results.
Pytanie nr 59
When calculating the incidence rate for a given disease the numerator of the fraction denotes:
A. the number of people suffering from the disease.
B. the number of known cases of the disease.
C. the number of new cases of the disease in a given period of time.
D. the number of asymptomatic cases.
E . the number of deaths for the disease in a given period of time.
Pytanie nr 60
According to the stand of the American Academy of Pediatric Dentistry expressed in 2019 caries risk factors in children aged 0-5 years are: "long-term poverty and low parent/custodian health competence". Poverty and low health competence are indicators of low socioeconomic status (SES). Low SES is considered to be the cause of:
A. demographic transformation.
B. epidemiological transformation.
C. health inequalities.
D. globalization.

E. technological progress.

A dentist interested in infections in health care is planning to carry out a survey among doctors of non-surgical wards in the provincial hospital. The survey will test their knowledge, attitudes and habits associated with hand washing in clinical practice. Which of the following may produce results arising from artifacts in this survey?

B. internal verification through additional checking questions.

A. pilot survey.



A. diagnosis of tuberculosis by means of XD method.
B. wide drug resistant tuberculosis.
C. multi drug resistant tuberculosis.
D. method of isolation of <i>Mycobacterium tuberculosis</i> .
E. genetic mapping of Mycobacterium tuberculosis
Pytanie nr 65
Secondary prevention is aimed at:
A. restraining the development of disease through its early detection.
B. preventing the effects of past illness and counteracting its relapse and possible rehospitalization.
C. counteracting harmful conditions before they are able to cause disease.
D. strengthening the positive health potential.
E. co-shaping of health and human environment.
Pytanie nr 66
Evidence-based public health can be defined as the integration of evidence-based interventions with social preferences to improve the health of a population. Which of the following is used to recognize social preferences?
A. data from medical records.
B. reports on the activity of the National Health Fund (NFZ).
C. surveys.
D. data on hospital-acquired conditions.
E. Central Statistical Office (GUS) stats on deaths
Pytanie nr 67
Which of the following increases the level of morbidity? 1) high number of fatal cases; 2) emigration of the sick;

3) emigration of the healthy;

4) increase in the recovery rate.
The correct answer is:
A. 1,2.
B. 1,3.
C. only 2.
D. only 3.
E. 2,4.
Pytanie nr 68
The impact of society aging on social security system as far as disease risk is concerned manifests itself in:
A. decrease in the dependency ratio.
B. increase in a number of people taking advantage of healthcare.
C. increase in the fertility rate.
D. ensuring universality and equality in access to health protection.
E. systematic shortening of the average life expectancy.
Pytanie nr 69
Tertiary dental prophylaxis includes:
A. oral cavity examination.
B. prosthetics.
C. oral cavity hygiene.
D. attention to diet.
E. drinking water fluorination.
Pytanie nr 70
T 1 () () () () () () () () () (

To what percentage lifestyle, i.e. a set of individual decisions which influence people's health and which can be controlled, according to Lalonde's Health Field Model of 1974, is responsible for health?

A. up to 15%.
B. around 25%.
C. around 50%.
D. around 70%.
E. over 80%.
Pytanie nr 71
Which of the following, according to the Marc Lalonde health conception, affects the human health the least?
A. healthcare system (its organization, availability, the quality of services).
B. biological factors (genetics, maturing and aging processes).
C. lifestyle (health and occupational risk factors, recreation).
D. environmental factors (physical, social, psychological).
E. all of them affect the human health to the same extent.
Pytanie nr 72
Morbidity rate reaches higher values if:
A. disease has a short duration.
B. disease has a long duration.
C. disease is severe and causes more deaths.
D . the number of the new cases of the disease is low.
E. the ill are emigrating.
Pytanie nr 73
In prevention of infectious diseases passive immunity is achieved through:
A. development of individual immunity as a result of asymptomatic infection.

B. oral application of a specific antigen with substantially diminished virulence.

C. application of inactivated (killed) vaccine consisting of specific toxoids.

D. application of immunoglobulin consisting of specific antibodies.
E. development of individual immunity as a result of an overt infection characterized by clinical signs and symptoms.
Pytanie nr 74
For dental caries the epidemiologic triad needs to be supplemented with fourth factor, which is:
A. microorganism.
B. host.
C. environment.
D. time.
E. food.
Pytanie nr 75
For describing occurrence of malocclusion in population, the best measure is:
A. prevalence.
B. odds ratio.
C. relative risk.
D. absolute risk.
E. none of the above.
Pytanie nr 76
In the model of dental caries epidemiologic triad, diet belongs to the factors:
A. pathogenic.
B. host.
C. environmental.
D. time.
E. dental care.

Increasing number of scientific evidence shows that the community of people of colour, of Asian descent and ethnic minorities are more in danger of contracting COVID-19 and experiencing severe course of the disease. This situation illustrates the phenomenon of:

A. over-recognition of diseases.
B. prophylactic paradox.
C. inequalities in health.
D. reverse healthcare.
E. pareto principle.
Pytanie nr 78
Clinical control trial is:
1) relatively easy to perform and cheap;
2) retrospective;
3) used for analysis of rare diseases;
4) used for testing the hypothesis;
5) used for calculating the odds ratio;
6) used for calculating the hazard ratio.
Correct answer is:
A. only 6.
B. 5,6.
C. 4,5,6.
D. 3,4,5,6.
E. 1,2,3,4,5.
Pytanie nr 79
Systematic observation and limiting the freedom of movement for a set period of time for healthy people, who were in contact with an infectious person is:

B. passive epidemiological surveillance.

A. active epidemiological surveillance.

D. quarantine.
E. epidemiological inquiry.
Pytanie nr 81
According to 2019 Analysis of Global Burden of Diseases, three most common reasons of health loss in Polish residents are:
A. ischemic heart disease, lung cancer, lower back pain.
B. lung cancer, type 2 diabetes, ischemic heart disease.
C. ischemic stroke, COPD, colorectal cancer.
D. ischemic heart disease, type 2 diabetes, collapse.
E. lung cancer, cirrhosis, collapse.
Pytanie nr 82
The most important document in health promoting policy, which determined the strategic directions and important measures taken in order to improve the health and quality of life of polish society is:
A. Health and Disease Program.
B. National Health Program.
C. the act on public health and Social Charter.
D. the act on public health and Health and Disease Program.
E. none of the above-mentioned.
Pytanie nr 83
The supreme WHO decision-making body is:
A. Board of WHO Directors.
B. WHO Executive Board.
C. WHO Committee of the Regions.
D. World Health Assembly.

C. isolation.