MULTIPLE CHOICE

1. The surface of a healthy natural nail should be _____.
   a. smooth and spotted
   b. flexible and spotted
   c. smooth and unspotted
   d. pitted and rough
   ANS: C    PTS: 1    REF: Page 208

2. Clients with skin or nails that are infected, inflamed, or swollen should be referred to a(n) _____.
   a. technician
   b. physician
   c. stylist
   d. esthetician
   ANS: B    PTS: 1    REF: Page 209

3. Visible depressions running across the width of the natural nail plate that are the result of a major illness or injury are known as _____.
   a. eggshell nails
   b. narrow lines
   c. Beau’s lines
   d. hangnails
   ANS: C    PTS: 1    REF: Page 209

4. What is a nail condition in which blood clots form under the nail plate due to a small injury of the nail plate?
   a. Bruised nails
   b. Blue nails
   c. Abnormal nails
   d. Bruised onychia
   ANS: A    PTS: 1    REF: Page 209

5. Which type of nail has a noticeably thin, white nail plate, and is more flexible than a normal nail?
   a. Ingrown
   b. Bitten
   c. Leukonychia
   d. Eggshell
   ANS: D    PTS: 1    REF: Page 210

6. When the eponychium or other living tissue surrounding the nail plate becomes split or torn, a _____ occurs.
   a. purogenic granuloma
   b. trumpet nail
   c. splinter hemorrhage
   d. hangnail
   ANS: D    PTS: 1    REF: Page 210
7. Which treatment should be suggested to an individual with a simple hangnail?
   a. Removal of the damaged nail
   b. Hot oil manicure
   c. Removal of the entire cuticle, including living portions
   d. Daily use of medicated soaks
   
   ANS: B  PTS: 1  REF: Page 210

8. Redness, pain, and swelling are best described as signs of a(n) _____.
   a. cosmetic defect
   b. deformity
   c. infection
   d. abrasion

   ANS: C  PTS: 1  REF: Page 210

9. Minor damage to the matrix that produces a whitish discoloration or white spots on the nails is known as _____.
   a. leukonychia
   b. melanonychia
   c. a hangnail
   d. nail fungus

   ANS: A  PTS: 1  REF: Page 210

10. Leukonychia spots result from _____.
    a. injury to the nail matrix
    b. calcium deficiency
    c. zinc excess
    d. excess melanocytes

    ANS: A  PTS: 1  REF: Page 210

11. A dark band within the nail plate extending from the base to the free edge due to increased pigmentation is known as _____.
   a. melanin nails
   b. onycholysis
   c. onychophagy
   d. melanonychia

   ANS: D  PTS: 1  REF: Page 210

12. Melanocytes are _____.
    a. stem cells
    b. pre-cancerous cells
    c. infection fighters
    d. pigment cells

    ANS: D  PTS: 1  REF: Page 211

13. An individual who bites his or her nails may be said to have _____.
    a. onychocryptosis
    b. trumpet nail
    c. onychomycosis
    d. onychophagy
14. Split or brittle nails with a series of lengthwise ridges and a rough appearance to the surface of the nail plate is known as _____.
   a. onychophagy  
   b. onychophosis  
   c. onychorrhexis  
   d. plicatured nails

ANS: C  PTS: 1  REF: Page 211

15. Excessive use of ____ can cause onychorrhexis.
   a. hot oil treatments 
   b. nail strengtheners 
   c. cuticle removers 
   d. nail polish

ANS: C  PTS: 1  REF: Page 211

16. A highly curved nail plate often called “folded nail,” caused by injury to the matrix or inherited, is a(n) _____.
   a. bruised nail 
   b. bitten nail 
   c. plicatured nail 
   d. eggshell nail

ANS: C  PTS: 1  REF: Page 211

17. _____ often leads to ingrown nails.
   a. Onychophagy 
   b. Plicatured nails 
   c. Nail pterygium 
   d. Beau’s lines

ANS: B  PTS: 1  REF: Page 211

18. Ridges running vertically down the natural nail plate are caused by _____.
   a. overgrowth and polish 
   b. medication and cold temperatures 
   c. uneven growth and age 
   d. bitten nails

ANS: C  PTS: 1  REF: Page 211

19. Physical trauma or injury to the nail bed that damages the capillaries and allows small amounts of blood flow results in _____.
   a. purogenic granulomas 
   b. trumpet nail 
   c. splinter hemorrhages 
   d. hangnails

ANS: C  PTS: 1  REF: Page 212

20. _____ are always be positioned lengthwise in the direction of growth.
   a. Splinter hemorrhages
b. Hangnails
c. Koilonychia
d. Leukonychia

ANS: A  PTS:  1  REF:  Page 212

21. The disorder in which the edges of the nail plate curl around to form a sharp cone at the free edge is called _____.
   a. purogenic granuloma
   b. trumpet nail
   c. splinter hemorrhages
   d. onychophagy

ANS: B  PTS:  1  REF:  Page 212

22. Moriah has a nail deformity. The general term for her condition is _____.
   a. onyx
   b. onychia
   c. onychosis
   d. onychophosis

ANS: C  PTS:  1  REF:  Page 214

23. Inflammation of the nail matrix followed by shredding of the natural nail plate is known as _____.
   a. onychia
   b. onyx
   c. fungi
   d. flagella

ANS: A  PTS:  1  REF:  Page 215

24. Which of the following is an infectious nail condition?
   a. onychomycosis
   b. nail psoriasis
   c. onychocryptosis
   d. onycholysis

ANS: A  PTS:  1  REF:  Page 215

25. _____ refers to a fungal infection of the nail.
   a. Onychocryptosis
   b. Onychopathology
   c. Onychomycosis
   d. Onychophagy

ANS: C  PTS:  1  REF:  Page 215

26. Which parasite, under some conditions, can cause infections to the feet and hands?
   a. Onychiosis
   b. Flagella
   c. Fungi
   d. Plicature

ANS: C  PTS:  1  REF:  Page 215
27. If a cosmetologist provides a service to a client with a fungal infection, it is _____ that the cosmetologist will get that infection from the client.
   a. extremely unlikely  
   b. possible  
   c. probable  
   d. extremely likely  

   ANS: A  PTS: 1  REF: Page 215

28. Discolorations of the nail plate from infections of the fingernails or toenails are usually the result of a _____.
   a. mold  
   b. fungus  
   c. viral infection  
   d. bacterial infection  

   ANS: D  PTS: 1  REF: Page 216

29. A naturally occurring skin bacterium that can grow out of control and cause nail infections, incorrectly referred to as mold, is _____.
   a. Pseudomonas aeruginosa  
   b. paronychia granular  
   c. pyogenic granular  
   d. plicated nails  

   ANS: A  PTS: 1  REF: Page 216

30. In the early stages, a typical bacterial infection on the nail plate can be identified as a _____.
   a. yellow-green spot  
   b. nail deformity  
   c. separation of the nail  
   d. white, lengthwise ridge  

   ANS: A  PTS: 1  REF: Page 216

31. Severe inflammation of the nail in which a lump of red tissue grows up from the nail bed to the nail plate is called _____.
   a. pyogenic granuloma  
   b. trumpet nail  
   c. splinter hemorrhages  
   d. onychophagy  

   ANS: A  PTS: 1  REF: Page 216

32. A friend shows you paperwork from a doctor stating that he has tinea pedis. What is his condition?
   a. Scaling skin  
   b. Whitish patches on the nail  
   c. Athlete’s foot  
   d. Ingrown nails  

   ANS: C  PTS: 1  REF: Page 216

33. Tiny pits or severe roughness on the surface of the nail plate is an indication of _____.
   a. local infection  
   b. ingrown nails  
   c. athlete’s foot
d. nail psoriasis  
ANS: D       PTS:  1       REF:  Page 217

34. An ingrown nail is called a(n) is called _____.  
   a. onychocryptosis  
   b. trumpet nail  
   c. onychomycosis  
   d. onychophagy  
   ANS: A       PTS:  1       REF:  Page 217

35. The lifting of the nail plate from the bed without shedding is a sign of _____.  
   a. onychomadesis  
   b. nail psoriasis  
   c. eggshell nails  
   d. onycholysis  
   ANS: D       PTS:  1       REF:  Page 217

36. _____ may be caused by an allergic reaction of the nail bed.  
   a. Onycholysis  
   b. Melanonychia  
   c. Onychophagy  
   d. Splinter hemorrhage  
   ANS: A       PTS:  1       REF:  Page 217

37. Onychomadesis is the separation and falling off of a nail plate and can typically be traced to _____.  
   a. darkening of nail  
   b. nail splitting  
   c. local infection  
   d. bitten nails  
   ANS: C       PTS:  1       REF:  Page 218