COMMON COURSE OUTLINE: Course discipline/number/title: DA 1230: Preventive Dentistry

A. CATALOG DESCRIPTION
1. Credits: 2
2. Hours/Week: 2 hours lecture, 1 hour lab
3. Prerequisites (Course discipline/number): DA Program admission
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course focuses on disease prevention. Specific emphasis is on the nature of healthy oral tissues, dental decay and periodontal disease, plaque removal techniques, gum stimulation techniques, nutrition, nutritional counseling, and patient dental education presentations.

B. DATE LAST REVISED (Month, year): April, 2012

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Healthy Oral Tissues
   a) Benefits of Preventive Dentistry
   b) Preventive Dentistry Delivery
   c) Personal Oral Hygiene
   d) Characteristics of Healthy Oral Tissues
      i. Teeth
      ii. Gingiva
      iii. Alveolar Bone
      iv. Tongue and Tissues
2. Soft Deposits
   a) Acquired Pellicle
   b) Plaque
   c) Materia Alba
   d) Food Debris
   e) Disclosing Agents
   f) Plaque Index
      i. Method of Calculating
      ii. Calculate Personal Index
3. Calculus
   a) Definition
   b) Clinical Characteristics
   c) Formation/Location
   d) Effects
   e) Alternate Names
   f) Methods of Prevention/Removal
4. Periodontal Disease
   a) Acute Gingivitis
   b) Chronic Gingivitis
   c) Periodontitis
   d) Acute Necrotizing Ulcerative Gingivitis
   e) Prevention of Periodontal Disease
   f) Treatment of Periodontal Disease
5. Decay
   a) Definition
   b) Characteristics
   c) Causes
   d) Progression
   e) Classifications
   f) Prevention
   g) Treatment
C. OUTLINE OF MAJOR CONTENT AREAS: Continued...

6. Tooth brushing and Flossing
   a) Toothbrushing
      i. Purpose
      ii. Toothbrush Selection
      iii. Toothbrushing Methods
         1. Bass/Modified Bass Technique
         2. Modified Stillman's
         3. Charter's
         4. Rolling Stroke
         5. Modified Scrub
         6. Fones
      iv. Neglected Areas
      v. Automatic toothbrushes
      vi. Soft Tissue Brushing
      vii. Toothbrushing for Unusual Conditions
   b) Flossing
      i. Purpose
      ii. Types of Floss/Aids
      iii. Technique

7. Fluorides and Dentifrices/Toothpastes
   a) Fluorides
      i. Caries Reduction Potential
      ii. Forms
      iii. Recommended Levels of Intake
      iv. Supplements
      v. Fluoride Therapies
         1. Adult caries
         2. Caries
         3. Dentine sensitivity
         4. Exposed roots
         5. Hypersensitivity
         6. Orthodontic calcification
         7. Caries prevention
   b) Dentifrices/Toothpastes
      i. Purpose
      ii. Forms
      iii. Ingredients
      iv. Abrasive Index
      v. Types

8. Mouthwashes/Mouthrinses and Pit and Fissure Sealants
   a) Mouthwashes/Mouthrinses
      i. Purpose
      ii. Types
      iii. ADA Recommended
   b) Pit and Fissure Sealants

9. Stains
   a) Location
      i. Extrinsic
         1. Yellow Stain
         2. Brown Stain
         3. Tobacco Stain
         4. Green Stain
         5. Black Line Stain
         6. Orange Stain
         7. Chlorhexidine Stain
ii. Intrinsic
   1. Dental Fluorosis
   2. Pulp Damaged or Non-Vital Tooth Stain
   3. Tetracycline Stain
   4. Metallic Stain

b) Origin
   i. Exogenous
   ii. Endogenous

10. Effects of Improper Toothbrushing, Tooth Abrasion, Tooth Erosion
   a) Alterations to the Gingiva
   b) Abrasions of the Teeth
   c) Tooth Erosion

11. Auxiliary Aids
   a) Purpose
   b) Types
      i. Interproximal Brushes
      ii. Balsa wooden wedge
      iii. Rubber Stimulators
      iv. Sponge
      v. Bridgethreaders
      vi. Superfloss
      vii. Dental Floss/Tape/Floss Aids
      viii. Implant Care
      ix. Automatic Toothbrushes
      x. Tongue Cleaners
      xi. Denture Toothbrushes
      xii. Oral Irrigation Devices
   c) Use

12. Nutrition
   a) Relationship of Nutrition to Preventive Dentistry
   b) Nutrients
      i. Carbohydrates
      ii. Proteins
      iii. Fats
         1. Cholesterol
      iv. Vitamins
      v. Minerals
      vi. Water
   c) Antioxidants
   d) Nutrition Labels
      i. Serving Sizes
      ii. Percent of Daily Value
   e) My Pyramid
   f) Diet and Culture
   g) Eating Disorders
   h) Diet Related Disorders

13. Diet Evaluation, Diet Prescription and Diet Counseling

14. Special Dental Diets
   a) Nutrition in Preventive Dentistry
      i. Cariogenic Foods and Noncariogenic Foods
      ii. Acid Attack Times
      iii. Trigger Foods
      iv. Detergent Foods
      v. Foods That Promote Dental Healing
   b) Special Dental Diets
15. Personal Oral Hygiene Instruction
   a) Patient Motivation
   b) Patient Education
      i. Recognition of Needs
      ii. Patient Involvement and Participation
      iii. Reinforcement
   c) Special Needs
      i. Conditions
         1. Arthritis
         2. Paralysis
         3. Stroke
         4. Cerebral Palsy
         5. Surgical Disfigurement
         6. Pregnant patients
         7. Patients with cancer
         8. Patients with heart disease
         9. Elderly patients
         10. Developmental Disabilities
      ii. Self-Care Aids
      iii. Caregiver Instruction
      iv. Denture Cleaning
   d) Individualizing Personal Oral Hygiene Instructions
      i. Categories
         1. Preschool/Elementary School Children
         2. Senior Citizens
         3. English as a Second Language
         4. Disabled Patient
      ii. Teaching Techniques
         1. Tell-Show-Do
         2. Question and Answer
         3. Demonstration
         4. Patient Involvement
      iii. Audio Visual Aids
         1. Viewing of Video Presentations
         2. Evaluation of Video Presentations
      iv. Auxiliary Aid Selection
      v. Developing the Personal Oral Hygiene Plan

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Demonstrate professional dental assistant traits.
   2. Define preventive dentistry terms.
   3. Describe health oral tissues.
   4. Describe soft/hard deposits.
   5. Describe soft/hard deposits characteristics.
   6. Describe periodontal disease.
   7. Describe periodontal disease prevention techniques.
   8. Describe tooth decay.
   9. Describe tooth decay prevention techniques.
   10. Describe tooth brushing.
   11. Demonstrate various tooth brushing techniques.
   12. Describe dental flossing.

D. LEARNING OUTCOMES (GENERAL): Continued... The student will be able to:
13. Demonstrate correct dental flossing technique.
14. Describe dental dentifrices
15. Describe mouthwashes.
16. Describe tooth stains
17. Differentiate tooth/deposits/stains.
18. Describe pit and fissure sealants.
19. Describe incorrect tooth brushing technique effects.
20. Demonstrate auxiliary aid use
21. Describe tooth erosion
22. Describe auxiliary aid use
23. Define nutrition terms
24. Identify essential nutrients
25. Define antioxidants
26. Describe food label requirements
27. Describe daily nutritional values
28. Describe eating disorders
29. Describe diet related disorders
30. Describe the My Pyramid
31. Describe preventive dental diets
32. Develop diet prescriptions
33. Describe oral care motivation principles
34. Select/evaluate personal oral hygiene audiovisual materials
35. Describe special needs patients oral hygiene instructions
36. Develop personal oral hygiene instructions
37. Deliver personal oral hygiene instructions
38. Evaluate personal oral hygiene instructions

E. LEARNING OUTCOMES (MNTC): None

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Weekly written quizzes
2. Develop a Written Personal Oral Hygiene Instruction Plan
3. Deliver Personal Oral Hygiene Instruction to a dental patient (Tape record)
4. Team Project: Community Dentistry Personal Oral Hygiene Presentation to elementary school children.
5. Team Project: Personal Oral Hygiene Instruction Role Play Presentation (Disabled, Senior Citizen, or English as a Second Language)
7. Final Exam
8. Attendance

G. RCTC CORE OUTCOME(S) ADDRESSED:
- Communication
- Critical Thinking
- Global Awareness/Diversity
- Civic Responsibility
- Personal/Professional Accountability
- Aesthetic Response

H. SPECIAL INFORMATION (if any): None