



Sveučilište u Rijeci • Fakultet dentalne medicine  
University of Rijeka • Faculty of Dental Medicine

**Course: Oral hygiene**

**Course Coordinator: Irena Glazar, PHD, professor**

**Course Collaborators:**

**Department: Department of Oral medicine**

**Study program: Integrated Undergraduate and Graduate University Study of Dental Medicine in English**

**Study year: 1st**

**Academic year: 2022/23**

## **SYLLABUS**

**Course description (a brief description of the course, general instructions, where and in what form the lessons are organized, necessary equipment, instructions for attendance and preparation for classes, student obligations, etc.):**

Oral Hygiene is an obligatory course in the first year of the Integrated Undergraduate and Graduate University Study of Dental Medicine. The course consists of 15 hours divided into 5 lectures and 10 seminars. The course is held in the premises of the Faculty of Dental Medicine.

### **Course content**

Importance of oral hygiene maintenance in the overall prevention of dental and oral diseases.

Significance of oral hygiene in dental pathology

Oral hygiene in clinical pediatric dentistry

Oral hygiene in orthodontics

Adequate methods and means of maintaining oral hygiene in patients with periodontitis.

Particulars of oral hygiene maintenance in patients with mobile prosthodontic appliances

Particulars of oral hygiene maintenance in patients under chemotherapy and/or head and neck irradiation therapy for malignant diseases

Infection control in immunologically compromised patients

Dental bacterial plaque and other soft deposits

Mechanical supragingival plaque control

Chemical supragingival plaque control

Epidemiology of periodontal disease

Methods of patient motivation in maintaining oral hygiene

Instructing the patient to maintain oral hygiene

Teaching is carried out in the form of lectures and seminars. In the seminar, students present the assigned material. At the end of the course there is a written test and an oral exam. The student earns 1,5 ECTS credits by participating in all class activities.

### **Assigned reading:**

Jan Lindhe, Niklaus P. Lang, Thorkild Karring: Clinical Periodontology and Implant Dentistry (selected chapters)

### **Optional/additional reading:**

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## COURSE TEACHING PLAN:

### The list of lectures (with topics and descriptions):

**P1. The importance of oral hygiene for comprehensive prevention of dental and oral diseases.**

Explain the objectives of the World Health Organization to maintain oral health, explain the relationship between oral and general health.

**P2. Development and structure of dental adhesive materials, dental plaque and calculus, the occurrence of dental caries and periodontal disease.**

Explain the formation of plaque and calculus and their impact on oral health.

**P3. Mechanical means of plaque control Mechanical plaque control.**

Describe the main and auxiliary mechanical means of maintaining oral hygiene.

Explain how to use mechanical means to maintain oral hygiene.

**P4. Mechanical plaque control.**

Describe toothbrushes, explain toothbrushing techniques and interdental oral hygiene.

**P5. Chemical plaque control.**

Name and describe the chemical agents used to maintain oral hygiene.

Describe the properties of the chemical agents and how they change.

### The list of seminars with descriptions:

**S1. Mechanical and chemical means of maintaining oral hygiene.**

Explain and describe the mechanical and chemical means of maintaining oral hygiene and how they are used.

Describe the techniques for maintaining oral hygiene.

**S2. The importance of oral hygiene in dental pathology.**

Understand how to maintain oral hygiene in patients with dental disease

Analyze the importance of oral hygiene in dental pathology.

**S3. Saliva and nutrition in the maintenance of oral health.**

Analyze saliva and oral health

Compare nutrition and oral diseases

**S4. Oral hygiene in clinical pediatric dentistry, oral hygiene in pregnant women.**

Describe the characteristics of oral hygiene in pregnant women and children. Analyze the importance of oral hygiene in pediatric dentistry.

**S5. Oral hygiene in orthodontics.**

Explain the peculiarities of oral hygiene in children. Explain the peculiarities of oral hygiene in patients with orthodontic anomalies. Analyze the importance of oral hygiene in orthodontics.

**S6. Appropriate methods and means of oral hygiene in periodontal patients.**

Explain the specifics of oral hygiene in periodontal patients.

Analyze the importance of oral hygiene in periodontology.

**S7. Specifics of performing oral hygiene in patients with mobile prostheses.**

Explain the specifics of performing oral hygiene in patients with mobile prostheses.

Analyze the importance of oral hygiene in prosthodontics. Specifics of performing oral hygiene in patients with fixed prosthetic restorations. To explain the peculiarities of oral hygiene in patients with fixed prosthetic restorations.

**S8. Specifics of performing oral hygiene in patients with fixed prostheses.**

Specifics of performing oral hygiene in patients with fixed prosthetic restorations. To explain the peculiarities of oral hygiene in patients with fixed prosthetic restorations.

**S9. Oral hygiene in immunocompromised individuals.**

Explain the specifics of performing oral hygiene in immunocompromised patients.

Analyze the importance of oral hygiene in immunocompromised patients. Specifics of performing oral hygiene in patients in immunocompromised patients.

**S10. Oral hygiene in disabled, abused and neglected individuals.**

Describe and explain the characteristics of oral hygiene in disabled, abused, and neglected persons.

### Students' obligations:

Students are required to attend class regularly and actively participate in all forms of instruction.

**Assessment (exams, description of written / oral / practical exam, the scoring criteria):**

**Assessment of students' work:**

Student assessment is carried out according to the current Regulations on Studies of the University of Rijeka.

Students can obtain a total of 100 credits: a maximum of 50 credits during the course (seminars) and a maximum of 50 credits on the final exam. Students are allowed to take the final exam if they gain a minimum of 25 credits during the course. The final exam comprises a written exam. Students have to solve more than 50% of the exam questions. If the student does not achieve this result, he fails the exam. The final exam is mandatory.

**The ECTS grading system is defined by the following criteria:**

A (5, excellent) 90-100 credits

B (4, very good) 75-89.99 credits

C (3, good) 60-74.99 credits

D (2, sufficient) 50-59.99 credits

F (1, insufficient, fail) less than 50 credits

**COURSE SCHEDULE (for the academic year 2022/2023)**

Date	Lectures (time and place)	Seminars (time and place)	Practicals (time and place)	Instructor
6.12.2022.	P1-P5 9.00-13.00 Kresimirova 42			Irena Glazar, PHD, professor
7.12.2022.		S1-S5 9.00-13.00 Kresimirova 42		Irena Glazar, PHD, professor
8.12.2022.		S6-10 9.00-13.00 Kresimirova 42		Irena Glazar, PHD, professor
9.12.2022.		Final exam		Irena Glazar, PHD, professor

**List of lectures and seminars:**

	LECTURES (Topics)	Teaching hours	Location/Lecture room
L1	The importance of oral hygiene for comprehensive prevention of dental and oral diseases. Oral hygiene motivation.	1	Krešimirova 42
L2	Development and structure of dental adhesive materials, dental plaque and calculus, the occurrence of dental caries and periodontal disease.	1	Krešimirova 42
L3	Mechanical means of plaque control	1	Krešimirova 42

L4	Mechanical plaque control.	1	Krešimirova 42
L5	Chemical plaque control.	1	Krešimirova 42
	<b>TOTAL TEACHING HOURS</b>	<b>5</b>	

	<b>SEMINARS (Topics)</b>	<b>Teaching hours</b>	<b>Location/Lecture room</b>
S1	Mechanical and chemical means of maintaining oral hygiene	1	Krešimirova 42
S2	The importance of oral hygiene in dental pathology.	1	Krešimirova 42
S3	Saliva and nutrition in the maintenance of oral health.	1	Krešimirova 42
S4	Oral hygiene in clinical pediatric dentistry, oral hygiene in pregnant women.	1	Krešimirova 42
S5	Oral hygiene in orthodontics.	1	Krešimirova 42
S6	Appropriate methods and means of oral hygiene in periodontal patients.	1	Krešimirova 42
S7	Specifics of performing oral hygiene in patients with mobile prostheses.	1	Krešimirova 42
S8	Specifics of performing oral hygiene in patients with fixed prostheses.	1	Krešimirova 42
S9	Oral hygiene in immunocompromised individuals.	1	Krešimirova 42
S10	Oral hygiene in disabled, abused and neglected individuals.	1	Krešimirova 42
	<b>TOTAL TEACHING HOURS</b>	<b>10</b>	

	<b>FINAL EXAM DATES</b>
1.	9.12.2022.
2.	12.01.2023.
3.	26.01.2023.