



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**

**Study year: 3rd**

**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 third year of the Integrated Undergraduate and Graduate University Study of Dental Medicine. The course consists of 30 hours divided into 8 lectures, 7 seminars and 15 exercises. The course is held in the premises of the Faculty of Dental Medicine and Dental Medicine Clinics of the Clinical Hospital Centre Rijeka.

### **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  
Patient positions in the chair and chairside operator positions.  
Mastering the use of basic dental instruments: mirror, probe and pincers  
Approaching the patient and the first clinical examination  
Methods of patient motivation in maintaining oral hygiene  
Determination of the oral hygiene index (OHI)  
Determination of the sulcus bleeding index (SBI)  
Instructing the patient to maintain oral hygiene

Teaching is carried out in the form of lectures, seminars and practical courses. In the seminar, students present the assigned material, which is implemented in practicals under the supervision of the instructor. During the course, mandatory colloquia are held, while at the end of the course there is a written test and an oral exam. The student earns 2 ECTS credits by participating in all class activities, the mandatory colloquium and the final exam.

**Assigned reading:**

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

**Optional/additional reading:**

**COURSE TEACHING PLAN:**

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

**L1./L2 The importance of oral hygiene for comprehensive prevention of dental and oral diseases.**  
Know the objectives of the World Health Organization to maintain oral health, explain the relationship between oral and general health.

**L3./L4 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.

**L5/L6. 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.

**L7/L8. 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. 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.

**S4. 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.

**S5. 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.

**S6. Specifics of performing oral hygiene in patients with mobile and fixed 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.

**S7. Oral hygiene in immunocompromised individuals.**  
Describe the characteristics of 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.

**The list of practicals with descriptions:**

The oral hygiene practicals are conducted at the Faculty of Dental Medicine and on the Clinic for Dental Medicine of the Rijeka Clinical Hospital Center Rijeka.

Before students begin practicals, they must acquire theoretical knowledge, which they then apply practically. During the practicals, they perform a patient examination, practice diagnostic procedures to determine oral hygiene status, recognize dental practice instruments, explain the oral hygiene index, explain the sulcus-bleeding index, discuss the mechanical and chemical means of maintaining oral hygiene, and demonstrate the oral hygiene maintenance procedure.

#### 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:

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
3.10.2022.	L1,L2			Irena Glazar, PHD, Professor
	14.30-17.30			
	Krešimirova 42			
4.10.2022.	L3			Irena Glazar, PHD, Professor
	17.30-19.00			
	Krešimirova 42/online			
5.10.2022.	L 4	S1		Irena Glazar, PHD, Professor
	12.00- 13.30	13.30-14.15		
	Krešimirova 42/ online	Krešimirova 42		
6.10.2022.		S2-S4		Irena Glazar, PHD, Professor
		8.00-10.15 Krešimirova 42		
7.10.2022.		S5-S7		Irena Glazar, PHD, Professor
		8.00-10.15 Krešimirova 42		
10.10.2022.			P1-3	Irena Glazar, PHD, Professor

			16.15-18.30 Krešimirova 42	Ella Sever, DMD
11.10.2022.			P4-6	Irena Glazar, PHD, Professor
			16.15-18.30 Krešimirova 42	Ella Sever, DMD
12.10.2022.			P7-9	Irena Glazar, PHD, Professor
			14.00-16.15 Krešimirova 42	Ella Sever, DMD
13.10.2022.			P10-12	Irena Glazar, PHD, Professor
			12.00-14.15 Krešimirova 42	Ella Sever, DMD
14.10.2022.			P13-15	Ella Sever, DMD
			12.00-14.15 Krešimirova 42	Ema Saltovic, DMD

**List of lectures, seminars and practicals:**

	LECTURES (Topics)	Teaching hours	Location/Lecture room
L1	The importance of oral hygiene for comprehensive prevention of dental and oral diseases. Know the objectives of the World Health Organization to maintain oral health, explain the relationship between oral and general health.	2	Kresimirova 42
L2	Development and structure of dental adhesive materials, dental plaque and calculus, the occurrence of dental caries and periodontal disease.	2	Kresimirova 42 Online
L3	Mechanical means of plaque control, Mechanical plaque control.	2	Kresimirova 42 Online
L4	Chemical plaque control.	2	Kresimirova 42 Online
	<b>TOTAL TEACHING HOURS</b>	<b>8</b>	

	SEMINARS (Topics)	Teaching hours	Location/Lecture room
S1	Mechanical and chemical means of maintaining oral hygiene.	1	Kresimirova 42
S2	The importance of oral hygiene in dental pathology	1	Kresimirova 42
S3	Oral hygiene in clinical pediatric dentistry, oral hygiene in pregnant women.	1	Kresimirova 42
S4	Oral hygiene in orthodontics.	1	Kresimirova 42
S5	Appropriate methods and means of oral hygiene in periodontal patients.	1	Kresimirova 42
S6	Specifics of performing oral hygiene in patients with mobile and fixed prostheses.	1	Kresimirova 42
S7	Oral hygiene in immunocompromised individuals.	1	Kresimirova 42
	<b>TOTAL TEACHING HOURS</b>	<b>7</b>	

	<b>PRACTICALS (Topics)</b>	<b>Teaching hours</b>	<b>Location/Lecture room</b>
P1	Oral examination, patient motivation, oral hygiene	3	Kresimirova 42
P2	Oral examination, patient motivation, oral hygiene	3	Kresimirova 42
P3	Oral examination, patient motivation, oral hygiene	3	Kresimirova 42
P4	Oral examination, patient motivation, oral hygiene	3	Kresimirova 42
P5	Oral examination, patient motivation, oral hygiene	3	Kresimirova 42
	<b>TOTAL TEACHING HOURS</b>	<b>15</b>	

	<b>FINAL EXAM DATES</b>
1.	19.10.2022.
2.	15.11.2022.
3.	10.01.2023.