



**Course: Oral hygiene**

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

**Course Collaborators:**

**Department:** Department of Oral medicine

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

**Study year:** 1st

**Academic year:** 2023./24.

## 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

Dental bacterial plaque and other soft deposits

Mechanical supragingival plaque control

Chemical supragingival plaque control

Methods of patient motivation in maintaining 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:**

Esther M. Wilkins. Clinical Practice of the Dental Hygienist 12th , Kindle Edition (selected chapters)  
Michele Leonardi Darby, Margaret Walsh MM. Dental Hygiene: Theory and Practice. 4rd Ed. Saunders. – selected chapters  
Harris NO, Garcia-Godoy F. Primary Preventive Dentistry (5th Edition), Prentice Hall 1999. – selected chapters  
Anderson MH et al. Professional prevention in dentistry. Williams & Wilkins, Baltimore, 1994. – selected chapters  
Wilkins EM. Clinical practice of the dental hygienist. 1994. - selected chapters

**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.**  
Know 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.**  
Toothbrush, techniques, 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.**  
Saliva and oral health  
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 the characteristics of oral hygiene in disabled, abused, and neglected persons.

**The list of practicals with descriptions:**

--

**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 grading is conducted according to the current University of Rijeka Studies and studying regulation.

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 30 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

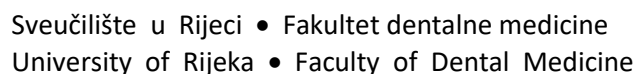
**Other important information regarding to the course:**

### **COURSE SCHEDULE (for the academic year 2023/2024)**

Date	Lectures (time and place)	Seminars (time and place)	Practicals (time and place)	Instructor
9.01.2024.	P1-P5 9.00-13.00 Kresimirova 42			Irena Glazar, PHD, professor
10.01.2024.		S1-S5 9.00-13.00 Kresimirova 42		Irena Glazar, PHD, professor
11.01.2024.		S6-10 9.00-13.00 Kresimirova 42		Irena Glazar, PHD, professor
12.01.2024.		Final exam		Irena Glazar, PHD, professor

#### **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. 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>	



Krešimirova 40/42 • 51000 Rijeka • CROATIA  
Phone : + 385 51 559 200; 559 202, 559 203

	PRACTICALS (Topics)	Teaching hours	Location/Lecture room
	TOTAL TEACHING HOURS		



**Sveučilište u Rijeci**  
University of Rijeka



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

*Krešimirova 40/42 • 51000 Rijeka • CROATIA*  
*Phone : + 385 51 559 200; 559 202, 559 203*

	<b>FINAL EXAM DATES</b>
1.	12.01.2024.
2.	26.01.2024.
3.	15.03.2024.

	<b>Lectures</b>	<b>Seminars</b>	<b>Practicals</b>	<b>Total</b>
Total number	5	10		
On-line	0	0		
Percentage	0	0		