



**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: 2024/2025**

## **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  
Patient positions in the chair and chairside operator positions.  
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 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):**

**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.

**L2. 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.

**L3. 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.

**L4. Mechanical plaque control.**  
Toothbrush, techniques, interdental oral hygiene.

**L5. 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.

**Students' obligations:**

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

Students may be absent from 20% of each form of teaching provided they have a justifiable cause. If a student is absent for more than 20% of the classes, he/she will have to re-enroll the course.

**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 30 credits during the course. The final exam comprises a written exam. Students must 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:**

Any use of another's text or other form of author's work, as well as the use of ChatGPT or any of another tool whose functionality is based on artificial intelligence technology, without clear and unambiguous citation of sources, is considered a violation of someone else's copyright and the principle of academic integrity and represents serious violation of student obligations, which entails disciplinary responsibility and disciplinary measures accordingly  
Rulebook on disciplinary responsibility of students.

Consultation time: contact to instructor (irena.glazar@fdmri.uniri.hr)

**COURSE SCHEDULE (for the academic year 2024/2025)**

Date	Lectures (time and place)	Seminars (time and place)	Practicals (time and place)	Instructor
07.01.2025.	P1-P5 9.00-13.00 Kresimirova 42			Irena Glazar, PHD, professor
08.01.2025.		S1-S5 9.00-13.00 Kresimirova 42		Irena Glazar, PHD, professor
09.01.2025.		S6-10 9.00-13.00 Kresimirova 42		Irena Glazar, PHD, professor
10.01.2025.		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>	

	<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.	10.01.2025.
2.	30.01.2025.
3.	27.02.2025.

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