



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: 2026/2027

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 on 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

Methods of patient motivation in maintaining oral hygiene

Oral hygiene index (OHI)

Sulcus bleeding index (SBI)

Teaching is carried out in the form of lectures and seminars. Students present the assigned material at seminars. At the end of the course, there is a written test. 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 and 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. Oral hygiene aids.
Describe the main and auxiliary mechanical aids of maintaining oral hygiene.
Explain how to use mechanical means to maintain oral hygiene.

L4. Mechanical plaque control.
Tooth brushing 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. Saliva and nutrition in the maintenance of oral health.
Saliva and oral health
Nutrition and oral diseases

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 aids of oral hygiene in periodontal patients.



Explain the specifics of oral hygiene in periodontal patients.

Analyze the importance of oral hygiene in periodontology.

S6. Oral hygiene in patients with mobile and fixed dental appliances.

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. 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.

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.

S8. Oral hygiene in disabled individuals.

Describe the characteristics of oral hygiene in disabled 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 (lectures and seminars) 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:

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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 2026/2027)

Date	Lectures (time and place)	Seminars (time and place)	Practicals (time and place)	Instructor
01.12.2026.	P1-P5 9.00-13.00 Kresimirova 42			Irena Glazar, PHD, professor
02.12.2026.		S1-S5 9.00-13.00 Kresimirova 42		Irena Glazar, PHD, professor
03.12.2026.		S6-10 9.00-13.00 Kresimirova 42		Irena Glazar, PHD, professor
04.12.2026.		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
	TOTAL TEACHING HOURS	5	

	SEMINARS (Topics)	Teaching hours	Location/Lecture room
S1	Mechanical and chemical aids for oral hygiene	2	Krešimirova 42
S2	Saliva and nutrition in the maintenance of oral health	1	Krešimirova 42



S3	Oral hygiene in clinical pediatric dentistry, oral hygiene in pregnant women	1	Krešimirova 42
S4	Oral hygiene in orthodontics	1	Krešimirova 42
S5	Appropriate methods and means of oral hygiene in periodontal patients	1	Krešimirova 42
S6	Oral hygiene in patients with mobile and fixed dental appliances	2	Krešimirova 42
S7	Oral hygiene in immunocompromised individuals	1	Krešimirova 42
S8	Oral hygiene in disabled individuals	1	Krešimirova 42
TOTAL TEACHING HOURS		10	

	FINAL EXAM DATES
1.	04.12.2026.
2.	17.12. 2026.
3.	18.02.2027.

	Lectures	Seminars	Practicals	Total
Total number	5	10		
On-line	2	0		
Percentage	40%	0		