

LESSON PLAN

Course: Educational Concepts for the Health Professional Part 2

Topic: Dental Hygiene Homecare Routine

Audience: Adult Learners (30s-80s)

Time: 50 minutes

Materials: Computer, Projector, PowerPoint

Instructional Objectives:

Upon completion of the lecture, the student should be able to:

1. List the correct order of a homecare routine.
2. Differentiate between the types of brushing techniques.
3. Determine if a manual toothbrush or electric toothbrush removes plaque more efficiently.
4. Categorize foods as healthy or unhealthy.
5. Support the use of dental homecare products recommended by healthcare professionals as part of a comprehensive oral care routine

References:

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Grender, J., Ram Goyal, C., Qaqish, J., & Adam, R. (2020). An 8-week randomized controlled trial comparing the effect of a novel oscillating-rotating toothbrush versus a manual toothbrush on plaque and gingivitis. *International Dental Journal*, 70. <https://doi.org/10.1111/idj.12571>

Home oral care. American Dental Association. (2025). <https://www.ada.org/resources/ada-library/oral-health-topics/home-care>

Mallonee, L. F., Wyche, C. J., & Boyd, L. D. (2020). *Wilkins' clinical practice of the dental hygienist*. Jones and Bartlett Learning.

Oral hygiene: Best practices & instructions for good routine. Cleveland Clinic. (2025). <https://my.clevelandclinic.org/health/treatments/16914-oral-hygiene>

Thomassen, T. M., Van der Weijden, F. G., & Slot, D. E. (2021). The efficacy of powered toothbrushes: A systematic review and Network meta-analysis. *International Journal of Dental Hygiene*, 20(1), 3–17. <https://doi.org/10.1111/idh.12563>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
4 minutes	<p>I. ANTICIPATORY SET</p> <p>A. <u>Introduction</u></p> <p>A great oral hygiene routine helps prevent bacteria, plaque, and cavities from forming. An established homecare routine is not only keeping your mouth healthy, but the rest of your body as well. If there is an active infection in the mouth, it can travel to other parts of the body. Important steps you can include in your daily hygiene routine include flossing, water flossing, using a tongue scraper, brushing, and mouthrinse.</p> <p>B. <u>Gain Attention/Motivate</u></p> <p>If your mouth looked like this, would you consider this healthy? What do you think caused the gums and teeth to look like this?</p> <p>C. <u>Activate Prior Knowledge</u></p> <p>Has anyone ever heard of the steps for a healthy dental hygiene homecare routine? Did you know you can pass bacteria that causes cavities from one person to another? Do you know what the number one cause of bad breath is?</p> <p>D. <u>Establish Rationale</u></p> <p>By attending today's lecture, you will learn the correct order of a hygiene homecare routine and the items needed to make your oral health pristine.</p>	<p>Slide #1: Dental Hygiene Homecare Routine</p> <p>Note: Active infections in the mouth can lead to cardiovascular disease, diabetes, endocarditis, stroke, and more.</p> <p>Q: Do you think most people floss every day?</p> <p>A: The correct answer is no.</p> <p>Slide #2: Picture of gingivitis</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes	<p>Learning a proper dental hygiene homecare routine is essential for your oral health and the rest of your body.</p> <p>E. <u>Present Instructional Objectives</u> After today's lecture, you should be able to:</p> <ol style="list-style-type: none"> 1. List the correct order of a homecare routine. 2. Differentiate between the types of brushing techniques. 3. Determine if a manual toothbrush or electric toothbrush removes plaque more efficiently. 4. Categorize foods as healthy or unhealthy. 5. Support the use of dental homecare products recommended by healthcare professionals as part of a comprehensive oral care routine. 	<p>Slide #3: Objectives</p> <p>Q: Do you think it is important to follow a dental hygiene homecare routine?</p> <p>A: The correct answer is yes.</p> <p>Note: Show the brushing techniques using the crest tooth model.</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
1 minute	I. Homecare Routine Order A. Flossing 1. c-shaped 2. string floss a. reduces cross contamination of bacteria	Slide #4: The Correct Order for Your Oral Hygiene Routine
1 minute	3. floss picks a. easier to use b. can access hard to reach areas	Note: Higher speeds on a water flosser can cause ulcers and damage to the gums.
1 minute	4. floss threaders a. bridges b. braces c. permanent retainers	Q: Do you think a plastic tongue scraper removes more bacteria than a metal tongue scraper?
1 minute	B. Water Flosser 1. Low speed 2. Trace the gumline 3. Reduce plaque	A: The correct answer is no.
2 minutes	C. Tongue Scraper 1. plastic 2. metal 3. reduce bacteria and halitosis	
5 minutes	D. Brushing 1. 2 minutes 2. manual toothbrush 3. electric toothbrush E. Mouthrinse 1. rinse for 60 seconds 2. do not rinse with water afterwards 3. different types a. whitening b. antiseptic c. therapeutic	
	II. Brushing Techniques A. Fones 1. circular motions 2. children 3. anyone with motor difficulties B. Bass 1. 45 degrees 2. Helps clean underneath the gums C. Stillman's 1. gum stimulation 2. gingival recession D. Charter's 1. 45 degrees	Slide #5: Types of Brushing Techniques Slide #6: Brushing Techniques Video

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
3 minutes	2. Braces 3. Fixed appliances III. Manual vs. Electric Toothbrush A. Manual <ol style="list-style-type: none"> Does not remove plaque as effectively Different brush textures <ol style="list-style-type: none"> Soft <ol style="list-style-type: none"> gold standard gentle on the gums medium <ol style="list-style-type: none"> abrasive hard <ol style="list-style-type: none"> very abrasive will cause severe damage over time Affordable Simple to use Does not require charging Switch every 3 months 	Slide #7: Manual Toothbrushes Q: Does a manual toothbrush or electric toothbrush remove plaque for effectively? A: The correct answer is an electric toothbrush.
3 minutes		
2 minutes	B. Electric <ol style="list-style-type: none"> Reduces plaque and gingivitis Pressure sensor Hard to reach areas Costly 2-minute timer Several name brands <ol style="list-style-type: none"> Sonicare vs. Oral B Alert for new toothbrush head Several toothbrush heads More strokes per minute IV. Healthy and Unhealthy Foods A. Healthy <ol style="list-style-type: none"> Fruits <ol style="list-style-type: none"> Tomatoes Apples Oranges Bananas Grapes Blueberries Strawberries Blackberries Raspberries Peaches 	Slide #8: Electric Toothbrushes Slide #9: Oral B and Sonicare Video Note: An electric toothbrush can clean more effectively on molars and back surfaces of the teeth. Slide #10: Healthy Foods Note: A tomato is a fruit not a vegetable.

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
3 minutes	k. Pineapples l. Watermelon m. Mangos n. Papaya o. Pears p. Plums q. Figs r. Cherries s. Apricots 2. Vegetables a. Cucumbers b. Celery c. Carrots d. Onions e. Potatoes f. Broccoli g. Asparagus h. Beets i. Peppers j. Cabbage k. Brussel sprouts l. Green beans m. Kale n. Corn o. Zucchini p. Sweet potatoes q. Spinach r. Cauliflower s. Eggplant t. Lettuce u. Mushrooms v. Peas w. Radishes	<p>Q: What types of vegetables are best for your oral health?</p> <p>A: The correct answers are leafy greens such as cabbage, spinach, lettuce, and many others.</p>
1 minute	v. Peas w. Radishes 3. Seafood a. Fish i. Salmon ii. Trout iii. Sardines iv. Mackerel v. Tuna b. Shrimp c. Crabs	<p>Note: Salmon is a great source of protein and is high in Omega-3 fatty acid.</p>
1 minute	4. Nuts a. Almonds b. Walnuts c. Cashews	<p>Note: Peanuts have the most protein.</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
1 minute	<ul style="list-style-type: none"> d. Pecans e. Peanuts f. Pistachios 	<p>Note: Healthy foods reduce cavities.</p>
1 minute	<ul style="list-style-type: none"> 5. Whole Grains <ul style="list-style-type: none"> a. Wheat b. Rye c. Oats d. Brown rice e. Black rice f. Red rice g. Wild rice h. Barley 	
1 minute	<ul style="list-style-type: none"> B. Unhealthy foods <ul style="list-style-type: none"> 1. Sweets <ul style="list-style-type: none"> a. Cake b. Cookies c. Chocolate d. Candy e. Donuts 2. Fast food <ul style="list-style-type: none"> a. Pizza b. Burgers c. Fries 3. Sugary drinks <ul style="list-style-type: none"> a. Soda b. Energy drinks c. Juice d. Sports drinks 4. Processed foods <ul style="list-style-type: none"> a. Meats <ul style="list-style-type: none"> i. Hot dogs ii. Lunch meat iii. Bacon iv. Sausage b. Frozen food c. Canned soup d. Cereal e. Bread f. Chips 	<p>Slide #11: Unhealthy Foods</p>
2 minutes		<p>Note: After consuming sugary foods and beverages, an acid attack on your teeth can occur for 20 minutes.</p>
1 minute		<p>Q: Do you think you should rinse with water after drinking something sugary?</p>
3 minutes		<p>A: The correct answer is yes.</p>
	<p>V. Best Homecare Products</p> <p>A. Toothpaste</p> <ul style="list-style-type: none"> a. Sensodyne <ul style="list-style-type: none"> i. Helps reduce sensitivity b. CariFree 	<p>Slide #12: Homecare Products Recommended by Health Professionals</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
1 minute	B. Mouthrinse a. Listerine Total Care i. Alcohol ii. Alcohol free a. great for dry mouth	.
1 minute	b. Act i. Helps prevent cavities ii. Freshens breath iii. fluoride c. Closys i. Reduces plaque and gingivitis ii. Does not cause staining d. Chlorohexidine i. Reduces plaque and gingivitis ii. Causes staining of the teeth C. Electric toothbrushes a. Sonicare b. Oral B	<p>Note: Mouthrinse that contains alcohol may burn the tissue inside of the mouth.</p> <p>Q: What is the correct amount of toothpaste you should put on the brush?</p> <p>A: The correct answer is a pea-sized amount.</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
3 minutes	<p>SUMMARY:</p> <p>I hope you now have a better understanding of a dental hygiene homecare routine and the many factors that are a part of it. I want you to take what you have learned in today's lecture and use this knowledge when you are at home taking care of your oral health. Not only is it important to establish the steps and proper items for your homecare routine, but also ensuring you are eating healthy foods to reduce the risk of cavities. Unhealthy foods and beverages are high in sugar leading to an increased risk of developing cavities. Electric toothbrushes are proven to reduce plaque more effectively than manual toothbrushes. There are several types of brushing techniques that are used depending on age and cognizant and motor abilities. This information is helpful to prioritize your oral health and establish a good homecare routine.</p>	<p>Slide #13: Summary</p> <p>Note: Thank the learners for their attention and participation.</p> <p>Q: From our lecture today, what was the most important topic you learned?</p> <p>A: Answers will vary.</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
5 minutes	<p>CRITICAL THINKING ACTIVITY:</p> <p>Case: Here is the picture from the beginning of our lecture. Imagine these are your teeth and gums. You won a shopping trip to your local Walmart and were given 50 dollars to purchase items for your dental hygiene routine.</p> <p>1. What are some homecare items that might help you and what order should they be used? Answer: Some homecare items that could help are floss, a water flosser, electric toothbrush, and a mouthrinse. The correct order would be floss, water floss, electric toothbrush, and mouthrinse.</p> <p>2. What type of toothbrush would be best for you? Answer: An electric toothbrush. It would help remove the layer of plaque around the teeth.</p> <p>3. What brushing technique would be best in this situation? Answer: Bass brushing technique. This technique helps remove bacteria under and along the gums.</p> <p>4.. What healthy foods could you purchase that are high in protein and nutrition? Answer: There are many correct answers for this question. The categories answers may come from include fruits, vegetables, seafood, whole grains, and nuts.</p>	<p>Slide #14: Critical thinking case</p>

Test Items

Objective #1: List the correct order of a homecare routine.

Test Item #1: Which of the following answer choices lists the correct order of a hygiene homecare routine?

- a. mouthrinse, floss, brush, water flosser, tongue scraper
- b. floss, brush, mouthrinse, water flosser, tongue scraper
- c. floss, water flosser, tongue scraper, brush, mouthrinse
- d. brush, floss, tongue scraper, mouthrinse, water flosser

Objective #2: Differentiate between the types of brushing techniques.

Test Item #2: Which of the following is not considered one of the brushing techniques?

- a. Fones technique
- b. Charter's technique
- c. Stillman's technique
- d. Wave sweep technique

Objective #3: Determine if a manual toothbrush or electric toothbrush removes plaque more efficiently.

Test Item #3: Which of the following statements is most likely true describing a characteristic of an electric toothbrush?

- a. Removes plaque more efficiently than a manual toothbrush
- b. Causes recession
- c. Never have to replace the brush head
- d. Very affordable

Objective #4: Categorize foods as healthy or unhealthy.

Test Item #4: In one paragraph (3-4 sentences), explain the difference between healthy and unhealthy foods. Give three examples of healthy and unhealthy foods and why they fall into each category.

Objective #5: Suggest homecare products recommended by dental healthcare professionals.

Test Item #5: There were many homecare items we discussed during lecture that are recommended by dental healthcare professionals. List the two homecare items you think are most important and the benefits they provide. Explain your answer in 3-4 sentences.

Correct Answer Key:

1. C
2. D
3. A
4. Healthy foods benefit you by providing nutrition and energy to your body. Unhealthy foods lack nutrients and have high amounts of calories and sugars, leading to an increased risk of developing cavities. Three examples of healthy foods are apples, bananas, and oranges, which provide vitamins, minerals, and nutrients. Three examples of unhealthy foods are candy, cake, and cookies, which are high in fat, calories, and sugar.
5. While we covered many important homecare items, the two I think are the most important are string floss and an electric toothbrush. String floss reduces the chance of reintroducing bacteria into the mouth and helps clean in between the teeth properly. An electric toothbrush is important because it reduces plaque more effectively than a manual toothbrush and is gentle on the teeth and gums. Some models also have a pressure sensor that allows you to make sure you are not brushing too hard.

SELF-EVALUATION OF YOUR STUDENT TEACHING EXPERIENCE:

Many teachers teach day-after-day without clear and accurate knowledge of what they actually do in the moment (things they say, facial expressions, how they sound, etc.). However, they should be aware of their teaching behaviors. Implementing needed changes in teaching style is difficult if unaware of what changes are needed. The aim of this self-evaluation coupled with watching your student teaching video is to stimulate that sense of instructional awareness.

Read the items on this form. Then, watch the video of yourself do the student teaching. Answer each question as best you can based on what you observe about yourself in the video (answers will vary depending on whether you taught in-person or online). *Do not be over critical of yourself!*

Type your answers to each question on this document and elaborate on each one. If you had challenges with any portion of the lecture experience, discuss what you could do next time to improve.

1. What did you do to try and establish good immediacy with the class? Did it work?

While presenting, I tried to establish good immediacy with everyone when asking questions and listening to their responses. Even if the answer wasn't correct, I wanted the audience members to know I appreciated their feedback during my lesson. I did not have any trouble with audience participation, which made it a great presentation.

2. What did you do with your hands while you lectured? Did you make gestures, fidget with an object, or hide them in your pocket? In looking back on this, do you think this was effective in helping you connect with the audience or emphasize important points?

During the presentation I made gestures with my hands when explaining things. I always talk with my hands when I am presenting. I think it was effective when explaining things to the audience.

3. Did you move around while you lectured? Did you move close to audience members or pace around the room?

I moved around when I lectured to make sure everyone could hear me in the room. Some of the audience members were older and I did not have a microphone, so I moved around frequently.

4. Where did your eyes most often focus? Did you make eye contact with the learners?

When I presented, I made eye contact with the audience members. I think I did a good job of looking around and using eye contact.

5. What did you do when you finished one content segment and were ready to move onto the next? Said unnecessary words like “okay” or “Um”? Asked if there were any questions? Made a verbal transition?

When I finished one section, I would ask if there were any questions before moving on. I did notice myself saying um a few times and tried to correct myself in the beginning, so I wouldn't continue doing it.

6. Describe how you used vocal variations? Did you change your vocal tone or speed any?

While presenting, I changed my tone when emphasizing important information or correct answers from the audience. I kept a steady pace throughout the presentation because I wanted everyone to understand the information.

7. Explain your use of humor? What did you do or say?

I made a couple of jokes throughout the presentation. One joke I told the audience members was about eat unhealthy foods. I told them I know I shouldn't eat McDonalds, but I love it, and they all thought that was funny.

8. What did you do when you needed to emphasize main points?

When I needed to emphasize main points, I repeated myself a couple times to let the audience members know the information was very important. Also, I included the information in the summary section.

9. What did you do if students were inattentive?

Everyone was very attentive during my presentation, so I did not have to worry about losing their attention.

10. What did you do to encourage student participation and engagement?

To encourage participation and engagement, I asked many questions throughout my presentation to get feedback from the audience. Additionally, we did a critical thinking activity, and I asked test questions which allowed for audience participation.

11. What was the main thing you learned about yourself as a future educator from this experience?

Before my presentation today, I was nervous to present in front of others. I still don't have much experience presenting, so it can be nerve racking. On the drive home, I reflected on my presentation, and I was proud of myself for presenting for 50 minutes. I really enjoyed meeting new people, and they were so welcoming.

12. Reflect on your interactions and conversations with the site supervisor. Elaborate on insights and perspectives you gained from them regarding their unique experiences with teaching adult learners, and their professional experiences within the organization or institution where they work.

Mrs. Lewis is the executive director at South Richmond Adult Day Care Center, and she is so sweet and caring. She was very appreciative I wanted to present to the people who attend this adult day care. Before going to this place, I was not aware adult day cares existed. I think their mission is great, especially for families that work and need time to complete tasks. The people who attend the adult day care were so welcoming when I presented and it was truly a great experience!