

SAMPLE LESSON PLAN

Course: Community Oral Health for the Dental Hygienist

Topic: Denture Care

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 products designed for cleaning dentures.
2. Explain how to properly clean a denture.
3. Determine which foods are appropriate to eat with dentures.
4. Distinguish between different adhesive products used to secure dentures in the mouth.
5. Recommend regular dental appointments to ensure a pain free, comfortable, and optimal denture experience.

References:

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TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
4 minutes	<p>I. ANTICIPATORY SET</p> <p>A. <u>Introduction</u></p> <p>Dentures replace oral hard and soft tissues and are often recommended for patients missing some or all their teeth. They should be cleaned daily to remove bacteria and plaque. Some products they can be cleaned with include tablets, creams, pastes, and gels. Hard, crunchy, and sticky foods should not be eaten when dentures are in the mouth because they could break. Denture adhesives such as strips, cream, and powder can be used to secure the denture in place. Also, it is important to schedule regular dental hygiene appointments if you have dentures to ensure they fit properly and optimize your oral health.</p> <p>B. <u>Gain Attention/Motivate</u></p> <p>Did you know that more than 36 million people in America do not have teeth?</p> <p>C. <u>Activate Prior Knowledge</u></p> <p>Has anyone ever had dentures, or do you know someone that has dentures? Have you ever cleaned dentures before?</p> <p>D. <u>Establish Rationale</u></p> <p>By attending today's lecture, you will learn about dentures and how to properly maintain them. Learning how to properly clean and take care of your dentures is important to maintain good oral hygiene.</p>	<p>Slide #1: Denture Care</p> <p>Note: Show the audience a denture model.</p> <p>Q: How often should you clean dentures?</p> <p>A: The correct answer is every day.</p> <p>Slide #2: Picture of dirty dentures</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes	<p data-bbox="358 268 768 300">E. <u>Present Instructional Objectives</u></p> <p data-bbox="358 304 881 336">After today's lecture, you should be able to:</p> <ol data-bbox="358 378 987 693" style="list-style-type: none"> <li data-bbox="358 378 938 409">1. List products designed for cleaning dentures. <li data-bbox="358 413 889 445">2. Explain how to properly clean a denture. <li data-bbox="358 449 954 512">3. Determine which foods are appropriate to eat with dentures. <li data-bbox="358 516 987 579">4. Distinguish between different adhesive products used to secure dentures in the mouth. <li data-bbox="358 583 938 693">5. Recommend regular dental appointments to ensure a pain free, comfortable, and optimal denture experience. 	<p data-bbox="1032 268 1263 300">Slide #3: Objectives</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
3 minutes	I. Products for Cleaning Dentures A. Tablets <ol style="list-style-type: none"> 1. dissolve in warm water 2. helps reduce bacteria 3. follow the instructions from the manufacturer for time to soak them 4. reduces stain 5. antibacterial 6. Efferdent, Polident 	Slide #4: Products for Cleaning Dentures Note: Show the audience members the denture tablets I use to clean my retainers.
3 minutes	B. Creams <ol style="list-style-type: none"> 1. low abrasive formula 2. soothe gums 3. Fixodent C. Pastes <ol style="list-style-type: none"> 1. can be abrasive 4. milder than toothpaste D. Gels <ol style="list-style-type: none"> 1. mildly acid 2. antibacterial 3. can be abrasive 	
2 minutes	E. Foams <ol style="list-style-type: none"> 1. fresh breath for five hours 2. kills 99.9 percent of bacteria 3. gentle formula 4. not abrasive 5. removes food, plaque, and stain II. Denture Cleaning A. Water Temperature <ol style="list-style-type: none"> 1. warm water 2. never use hot or boiling water B. Frequency <ol style="list-style-type: none"> 1. every day 2. removes plaque and bacteria 	Slide #5: How to Properly Clean Dentures
4 minutes	C. Toothbrush <ol style="list-style-type: none"> 1. soft 2. replace every 3 months D. Soap <ol style="list-style-type: none"> 1. denture cleanser 2. clear, mild soap <ol style="list-style-type: none"> a. dial 3. do not use toothpaste <ol style="list-style-type: none"> a. highly abrasive E. Order <ol style="list-style-type: none"> 1. place a towel over the sink 2. remove dentures from mouth 3. rinse dentures 	Q: Do you know why it is important to place a towel over the sink before removing dentures? A: The correct answer is so they don't break.

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
3 minutes	<ol style="list-style-type: none"> 4. use a soft toothbrush and soap to remove plaque and bacteria 5. rinse again 6. soak dentures in cleaner 7. rinse dentures after cleaning <p>F. When Not Wearing</p> <ol style="list-style-type: none"> 1. place in water, reduces the chance of drying out 2. retain original shape 3. leave out for 6-8 hours <p>III. Appropriate Foods to Eat</p> <p>A. Soft foods</p> <ol style="list-style-type: none"> 1. easier to chew 2. easier to swallow 3. chicken 4. ground beef 5. eggs 6. rice 7. bread 8. pasta 	<p>Slide #6: Appropriate Foods to Eat with Dentures</p>
2 minutes	<p>B. Stewed or slow cooked meals</p> <ol style="list-style-type: none"> 1. crock pot meals <p>C. Moist foods</p> <ol style="list-style-type: none"> 1. add water to soften 2. oatmeal 3. ground meat <p>D. Fruits and vegetables</p> <ol style="list-style-type: none"> 1. berries 2. bananas 3. cooked vegetables 4. mashed potatoes <p>E. Dairy products</p> <ol style="list-style-type: none"> 1. cottage cheese 2. yogurt 3. soft cheese <p>F. Grains and bread</p> <ol style="list-style-type: none"> 1. soft bread 2. rice 3. pasta 4. tortillas 5. pancakes 	<p>Q: What would happen if you ate hard, crunchy foods with dentures in?</p> <p>A: Answers will vary, but correct answers include dentures chipping, breaking, or not fitting properly.</p>
2 minutes	<p>G. Liquids</p> <ol style="list-style-type: none"> 1. If hot, let cool 2. provides hydration 3. nourishes the body 4. soups 5. smoothies 	<p>Note: Hot foods and liquids can cause dentures to warp.</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes	6. pudding 7. applesauce H. Foods to avoid <ol style="list-style-type: none"> 1. sticky foods 2. hard food 3. tough meat 4. nuts 5. popcorn 	Slide #7: Foods to Avoid Slide #8: Adhesive Products for Dentures
6 minutes	IV. Adhesive Products to Secure Dentures A. Fixodent Denture Cream <ol style="list-style-type: none"> 1. strong adhesive 2. works for partial and full dentures B. Cushion Grip Thermoplastic Denture Adhesive <ol style="list-style-type: none"> 1. most favored brand in thermoplastics 2. holds dentures up to 4 days 3. zinc free C. Super Poligrip Zinc Free Denture Adhesive <ol style="list-style-type: none"> 1. don't contain any sweeteners 2. food doesn't stick when using this product D. Secure Waterproof Denture Adhesive <ol style="list-style-type: none"> 1. glue 2. sticks quickly 3. no smell 4. fits into gaps in the denture 5. can use anytime of the day 6. 12 hour holding power E. Sea Bond Secure Denture Adhesive Seals <ol style="list-style-type: none"> 1. no flavor 2. no smell 3. good cushion capacity 4. will last all day 5. no ooze 6. helps seal out food particles 	Note: Denture adhesives come in many forms. Note: Metal on dentures could corrode if bleach is used and the clasps could break easily.
3 minutes	F. Poligrip Denture Adhesive Powder <ol style="list-style-type: none"> 1. applied in a thin layer 2. minimal cushioning capacity G. Poligrip Stripe Adhesives <ol style="list-style-type: none"> 1. zinc free 2. composed of cellulose gum 3. sticky throughout the day 4. no ooze 5. helps seal out food particles V. Regular Dental Appointments A. Maintain dental hygiene <ol style="list-style-type: none"> 1. at risk for gingivitis and periodontitis 2. increased risk for getting cavities 3. increased plaque accumulation 	Q: What do you think the purpose of a denture adhesive is? A: They help improve the fit of dentures and secure them in the mouth. Slide #9: Video: How to Apply Denture Adhesive Slide #10: Importance of Regular Dental Appointments

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
4 minutes	<ol style="list-style-type: none"> 4. stain, plaque, and tarter can be removed by your hygienist 5. reduces bad breath and infections <ol style="list-style-type: none"> a. denture stomatitis <p>B. Oral cancer</p> <ol style="list-style-type: none"> 1. will check for signs and symptoms 2. early stages are usually painless 3. earlier it is caught, higher chance of survival <p>C. Fit of dentures</p> <ol style="list-style-type: none"> 1. hard and soft tissues change size as we age <ol style="list-style-type: none"> a. jawbone can shrink over time b. monitor bone loss 2. bite can change 3. cracks, chips, broken teeth 4. if not adjusted, can lead to discomfort 5. health issues could develop <ol style="list-style-type: none"> a. sores b. TMJ c. sleep apnea d. poor nutrition e. dry mouth 	<p>Note: Dentures should never be adjusted by you, only your dentist!</p>
2 minutes	<ol style="list-style-type: none"> 6. may need to be adjusted every 3 months 7. speaking difficulties 8. weight gain or loss 9. reline or adjust <p>D. Prolonged denture life</p> <ol style="list-style-type: none"> 1. less chances of dentures becoming damaged 2. proper care instructions 3. collaboration with the dentist allows dentures to last <p>E. Dry mouth</p> <ol style="list-style-type: none"> 1. saliva protects your mouth <ol style="list-style-type: none"> a. helps dentures stay in place 2. increases risk of infections 3. more discomfort 	<p>Q: Do you know how long dentures typically last?</p> <p>A: The correct answer is 5-7 years.</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
3 minutes	<p>SUMMARY:</p> <p>I hope you now have a better understanding of how to properly care for your dentures and the importance of keeping them clean. I hope you take what you have learned today and use this knowledge when cleaning and caring for your dentures at home. There are many products that are safe to clean dentures with, and it is important to figure out which one is best for you. Additionally, there are many steps to properly clean dentures and a specific order should be followed. Remember, it is important to eat soft foods. Avoid hard, crunchy, and sticky foods to prevent dentures from breaking. There are many adhesive products that can be applied to dentures to help them stick and stay in place throughout the day. Finally, it is important to schedule regular dental appointments to ensure dentures are properly examined and cleaned. This will help maintain the longevity of dentures and optimize your oral hygiene.</p>	<p>Slide #11: Summary</p> <p>Q: From our lecture today, what was the most important topic you learned?</p> <p>A: Answers will vary.</p> <p>Note: Thank the learners for their attention and participation.</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
5 minutes	<p>CRITICAL THINKING ACTIVITY:</p> <p>Case: Here is the same picture of the denture I showed at the beginning of todays lecture. Imagine this is your denture and you have not been to the dentist in several years and do not know how to properly clean it. You have been given a \$40 dollar voucher to Walmart to purchase items to care for your dentures.</p> <p>1. What are three items you would buy with your voucher to clean your denture? Answer: There are many correct answers to this question. Some examples are a soft toothbrush, denture tablets, creams, gels, and denture adhesive.</p> <p>2. After learning soft foods are best for dentures, what type of snacks would you buy? Answer: Some correct answers include fruits, vegetables, moist foods, dairy products, liquids, and bread.</p> <p>3. Imagine you go over your budget. What is the most important item you would buy? Answer: Answers will vary. An example could be I would buy a denture cleaner such as tablets to help remove bacteria, plaque, and stain to keep the denture clean.</p> <p>4. What is an example of an adhesive product that could help your denture stay in your mouth? Answer: Correct answers may include Fixodent Denture Cream, Cushion Grip Thermoplastic Denture Adhesive, Super Poligrip Zinc Free Denture Adhesive, Secure Waterproof Denture Adhesive, Sea Bond Secure Denture Adhesive Seals, Poligrip Denture Adhesive Powder, and Poligrip Stripe Adhesives.</p>	<p>Slide #12: Critical Thinking Case</p>

Test Items

Objective #1: List products designed for cleaning dentures.

Test Item #1: Which of the following is a product used for cleaning dentures?

- a. Sponges
- b. Tablets
- c. Laundry detergent
- d. Toothpaste

Objective #2: Explain how to properly clean a denture.

Test Item #2: Which of the following describes how to properly clean a denture?

- a. Use a hard bristled toothbrush and toothpaste
- b. Boil to remove plaque and bacteria
- c. Rinse with mouthrinse and soak in water
- d. Rinse with water, use a soft toothbrush with denture cleaner, soak if needed, and rinse again

Objective #3: Determine which foods are appropriate to eat with dentures.

Test Item #3: Which of the following foods should not be eaten with dentures?

- a. fruits
- b. vegetables
- c. nuts
- d. dairy products

Objective #4: Distinguish between different adhesive products used to secure dentures in the mouth.

Test Item #4: In one paragraph (3-4 sentences), explain the importance of adhesive products and give two examples we discussed.

Objective #5: Recommend regular dental appointments to ensure a pain free, comfortable, and optimal denture experience.

Test Item #5: There are many reasons it is important to schedule regular dental appointments to ensure optimal denture function. In one paragraph (3-4 sentences), discuss two reasons.

Correct Answer Key:

1. B
2. D
3. C
4. Adhesive products help improve the fit of dentures and secure them in the mouth. Additionally, they help reduce food from sticking to dentures. Two examples we discussed were Sea Bond denture adhesive seals and Fixodent denture cream.
5. The first reason it is important to schedule regular dental visits is to make sure the fit of your dentures does not change. Overtime, we can lose bone and our bite can change, so it is essential to check on these things regularly. Next, every patient should be screened for oral cancer at dental visits. Early stages of oral cancer are often painless, so it is important to check for signs and symptoms.

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 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 and was ready to move on, I would ask if there were any questions. During this presentation, I did not catch myself saying any unnecessary words such as “okay” or “um.”

- 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?**

During the presentation, I made a couple jokes, and the audience thought it was funny. Most of the audience was older adults and they had a very funny sense of humor.

- 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?**

Since this was my second student teaching experience at this location, I felt more confident when presenting. It made me realize that the more I present, the more confident I will become each time.

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 I had a great experience with her over the last several months. She told me if I ever need to present for another class, I am always welcome to come back. The staff and participants were so welcoming and appreciative of the information they received. I had a great experience!