

LESSON PLAN #2 (TEMPLATE)

Course: DNTH 515	Topic: Homeopathic Oral Care	Audience: Professionals
Needed Materials: PPT, Computer, Projector	Total Time: 60 Minutes	
OBJECTIVES: Upon completion of the lecture, the student should be able to: (#1-4 cognitive; #5 affective)		
1. Describe oral homeopathy.		
2. Determine what methods are used in homeopathic oral care.		
3. Explain if different homeopathic care can help with oral health.		
4. Discuss the correlation of patients that use homeopathic oral products		
5. Demonstrate the different methods of creating your own toothpaste.		
ANTICIPATORY SET: Give a brief description of what you will do (1-3 sentences for each white section below). TOTAL TIME FOR ANTICIPATORY SET: __5__ minutes		
Introduction:		
I will start by introducing what homeopathic oral care and what it looks like. I will explain that this type of oral care include holistic or Ayurvedic oral products such as dentifrices, oral rinses, remedies for infection.		
Gain Attention/Motivate:		
I will talk about fluoride and why fluoride is considered an important element in dentistry (insert statistics). Then I will continue to talk about the other side of this debate talking about how some people consider fluoride to have toxic effects.		
Activate Prior Knowledge:		
I will ask the audience if they have every used a homeopathic product to help with any dental issues and if this product worked for them?		
Establish Rationale:		
By attending this lecture, you will learn about homeopathic oral care and the different methods. This lecture will also help you gain a better understanding of why patients will choose homeopathic oral care.		

LESSON CONTENT:

Use outline below to give a sample of main lecture points (no sentences). Roman numerals I-V will correspond to the 5 objectives and serve as major headings (DO NOT re-write objectives). A-C will be sub-headings that list important supporting details. Give a brief summary (use about 5-7 sentences for this).

TOTAL TIME FOR LESSON CONTENT: __40__ minutes

What I Do (Lecture):

I. Homeopathic oral care?

- A. natural
- B. does not replace dentistry
- C. types of homeopathy

II. Methods of Homeopathic Care

- A. Aryuvedic
- B. Chinese medicine
- C. Aromatherapy

III. Oral Care

- A. mouthwash versus herbal mouthwash
- B. herbal versus chemical dentifrices
- C. post treatment
- D. pain and inflammation

IV. Correlation

- A. study on mouthwashes
- B. study on dentifrices
- C. results for pain

V. Homemade dentifrice options

- A. pros versus cons
- B. baking soda
- C. coconut oil
- D. sage toothpaste/ charcoal

SUMMARY:

In this lesson plan we have gone over general knowledge about what homeopathic care is and what it looks like in the dental world. We can also gather information from different studies about the effects of homeopathic dentifrices and mouthwashes. In the studies we looked at can help us learn more about how homeopathic care can be beneficial and can also be an aide in dental care. We have also looked at different ways that you can create your own toothpaste at home. But the most important information to gather is that homeopathic dentistry can help give you a healthy mouth along with regular dental care.

What We Will Do (Critical Thinking Activity):

Choose 1 option from the list and give a brief description of what the class will do for this high-level critical thinking activity.

TOTAL TIME FOR CRITICAL THINKING ACTIVITY: 15 minutes

CHOOSE ONE OPTION:

1. Case Study-
2. Class Discussion-
3. Class Debate- For this activity, we will create two sides. One will be pro side and the other con side for homeopathic oral care, gathering what they learned from this lecture.

ASSESSMENT:

What Students Will Do (Independent Assessment):

List objectives in order with a corresponding test item for each. #1-3 should be multiple choice questions, #4-5 should be short answer questions. Include answer key.

1. **Objective #1:** Describe oral homeopathy.

Test Item: Homeopathic oral care consists which of the following?

- a. a holistic approach
- b. permanent care
- c. lack of dental visits
- d. replacing dentistry

2. **Objective #2:** Determine what methods are used in homeopathic oral care.

Test Item: What is an example of a method in homeopathy

- a. injections
- b. fillings
- c. acupuncture
- d. masseter Botox

3. **Objective #3:** Explain if different homeopathic care can help with oral health.

Test Item: What oral issue can homeopathic NOT aide in?

- a. plaque control
- b. pain after treatment
- c. caries
- d. fillings

4. **Objective #4:** Discuss the correlation of patients that use homeopathic oral products.

Test Item: In 2-3 sentences, describe the which dentifrice or mouthwash seemed to be more effective?

5. **Objective #5:** Demonstrate the different methods of creating your own toothpaste.

Test Item: In 2-3 sentences discuss at least two different ways to create your own toothpaste.

ANSWER KEY:

1. A
2. C
3. D
4. Answers will vary but should along the lines of the herbal dentifrice and herbal mouthwash being more successful.
5. Answers will vary but should include two of the following coconut oil, baking soda, sage, charcoal.

REFLECTION:

Briefly answer the questions below with 3 sentences each. (Write one sentence per bullet point):

1. Regarding the logistics of planning a lecture, what did you notice about how **template lesson planning (lesson plan #2)** differs from **full-length lesson planning (lesson plan #1)**?
 - This way of lesson planning is quicker.
 - The information is all there but it is more condensed in order to fit everything efficiently.
 - There is not time stamps or notes to add into this style of lesson planning.
2. Which style of lesson planning is your preference **and why**?
 - I would prefer this style of lesson planning.
 - I think you could save a lot of time instead of having to write every point that needs to be discussed.
 - This could also allow you to make changes, if needed, along the way.

REFERENCES:

In the white space below, list at least 5 references from the last 5 years from a variety of sources using APA style.

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Ravi, S., Jeddy, N., Radhika, T., & Sai Lakshmi, L. J. (2018). Comparison of the efficacy of herbal mouth rinse with commercially available mouth rinses: A clinical trial. *Journal of Oral and Maxillofacial Pathology*, 22(3), 332. https://doi.org/10.4103/jomfp.jomfp_303_18

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Ullman, D. (2017, January 23). *Homeopathy and dentistry keep you smiling*. Homeopathic.com. Retrieved November 17, 2022, from <https://homeopathic.com/homeopathy-and-dentistry-keep-you-smiling/>

***This lesson plan template is a brief overview of a full-length lesson plan. It should provide a good understanding of an entire lesson.