



School of Dental Hygiene

**COURSE NUMBER & TITLE:** DNTH 500; Preventative Dentistry

**CURRICULUM LEVEL:** Undergraduate Senior Level

**COURSE CREDIT HOURS:** Three (3) hours

**CLASS LOCATION:** ODU main campus, Health Sciences Bldg, Room 300

**CLASS DAY & TIME:** Thursdays 1-2pm

**COURSE DESCRIPTION & PURPOSE:** Study of preventative dentistry including gingivitis and periodontitis. The purpose of this course is to learn about dental health and gain knowledge about how to talk to patients about prevention of caries. This course will focus on caries prevention, historical significance, risk assessment, and patient care.

**PREREQUISITES:** Admission into Dental Hygiene Program

**INSTRUCTOR:** Assistant Professor Komalpreet Kaur BSDH, RDH  
Office Location: ODU Main Campus, Health Sciences Building, Room 3  
Office Hours: Mondays from 1:00pm to 4:00pm (EST)  
Office Phone: (574) 310-9106  
Email Address: [kkaur005@odu.edu](mailto:kkaur005@odu.edu)

**INSTRUCTOR EMAIL POLICY:** You can contact me at my email: [kkaur005@odu.edu](mailto:kkaur005@odu.edu). Response time will vary from 1-2 days so please keep that in mind.

**METHODS OF DELIVERY:** This is an on-campus face-to-face course that will utilize lectures, projects, tests, and discussions. Canvas will also be used in order to receive information.

**REQUIRED TEXTBOOK:**

The following required textbook is available online:  
Harris, N. O., Garcia-Godoy, F., & Nathe, C. N. (2014). *Primary preventative dentistry* (8th ed.). Pearson.

**SUPPLEMENTAL READINGS:** No additional text is required. Students are required to complete weekly readings before lecture days.

**RECOMMENDED TEXTS:** Some assignments for this course require the use of APA style referencing. It is strongly recommended that you obtain the book: Publication Manual of the American Psychological Association (latest edition):.

American Psychological Association. (2009). Publication manual of the American Psychological Association (6th ed.). Washington, D.C. ISBN 978143380561

**METHODS OF EVALUATION:** Throughout the semester, students will be assessed for achievement of course goals and objectives by a variety of methods including tests, individual projects and assignments, homework, written work, tests, and a final project.

A list of graded requirements is below:

	List of Graded Assessments:
	<b>The following is a list of graded assessments. Due dates can be found in the schedule and will be discussed in class.</b>
1.	<b>Professional Paper</b> – Research information on and write a 5-page paper about what a professional dental hygienist is and how they promote the well-being of society.
2.	<b>Case Project &amp; Presentation</b> - Develop an appropriate treatment plan for a complex patient case according to course criteria and orally present it to the class. This will be a collaborative group activity.
3.	<b>Three (3) tests</b> -Each will be multiple-choice
4.	<b>Final Examination</b> (comprehensive)

**TESTING PROTOCOL:** Tests may cover lecture materials, assigned readings, PowerPoints, and handouts. The final exam will be comprehensive. Tests and exams will be administered using Canvas Respondus Lockdown Browser and recorded by Zoom proctoring (cell phone with a camera) to ensure testing integrity.

- **Hardware Requirements:** Desktop computer or fully charged laptop, a webcam, a microphone (built-in or external), and a fully charged smartphone (iPhone or Android) with camera. NOTE: tablets and Chromebooks are not compatible with some Blackboard testing options. You will also need a reliable internet connection (preferably a wired connection).
- **Software Requirements:** Chrome, Firefox, Edge, or Safari. You will also need to download the Zoom application for Windows or Mac. Make sure to update your Zoom application.

How to take tests: **1)** Put your smartphone in airplane mode. **2)** On the day of a test and during our regularly scheduled class period, log into Blackboard with your smart phone and click on the zoom session link for that day. **3)** Enable your camera and adjust it so that I can see you. **4)** Use your desktop/laptop computer to log into Blackboard and access the “*Tests & Exam*” tab. **5)** Within that tab, you will open the appropriate test/exam once I verbally announce that it is time to begin.

Tests are not released. For questions regarding tests, please make a Zoom appointment. **Tests may only be reviewed until the next test date.** Grades will not be changed for student errors on tests.

Below are links for the Zoom app for iPhone and Android and these applications work in the same manner as your computer. There is also a link to test your audio and video on your phone. There will be a practice session to check devices and also talk about how we will use Zoom for tests and exams.

<https://apps.apple.com/us/app/zoom-cloud-meetings/id546505307>

[https://play.google.com/store/apps/details?id=us.zoom.videomeetings&hl=en\\_US](https://play.google.com/store/apps/details?id=us.zoom.videomeetings&hl=en_US)

<https://zoom.us/test>

**GRADING CRITERIA:****ASSIGNMENT WEIGHTS:**

Assignment	Undergraduate DNTH 400
Professional Paper (individual activity)	25%
Case Project & Presentation (group activity)	20%
Test #1	10%
Test #2	10%
Test #3	10%
Final Examination	25%
Total Grade	100%

**GRADING SCALE:**

93 - 100	A
85 - 92	B
77 - 84	C
70 - 76	D
69 and below	F

**ATTENDANCE POLICY:** Students will be expected to attend lectures. If a student cannot attend due to an emergency, they must contact me via text or email.

**MISSED TESTS & EXAMS:** Students must have a valid reason for missing an exam. They must show proof and/or physical documentation. If the student has a valid reason, they will be given three days to make up the exam. If those three days are not used to take the exam, 10 points will be deducted. After 6 days the automatic score will be zero.

**SUBMITTING ASSIGNMENTS:** Students will have a full week to submit and turn in assignments. Assignments are due Thursday at 12pm before class time. Tests will be submitted online through Canvas. If any issue arises, students may contact the IT department.

**LATE ASSIGNMENTS:** Students are expected to turn in all portions of the assignment. Missed assignments will result in a 5 point deduction for every day after the due date.

**STUDENT EXPECTATIONS:** Students are expected to learn and study the materials on their own time. Students must treat one another with respect and kindness. Students must act professional and present information in a professional manner.

- Students must be open to constructive criticism.
- Students must take an active part for group activities and assignments.
- Students are expected to read and understand
- Students must submit the assignments and exam on time.
- Students must effectively communicate with the instructor.

**COMPUTER AND CELL PHONE USE IN CLASS:** Cell phone use during class time is prohibited unless students give a reason. Make sure that devices are on silent during class.

**GENERAL COMPUTER AND TECHNICAL REQUIREMENTS:** Computer (Mac or Windows) is required. Students must have Zoom and Lockdown Browser download on their Mac or PC.

**IMPORTANT ADDITIONAL UNIVERSITY & SCHOOL OF DENTAL HYGIENE STATEMENTS:****Statement of Student Responsibilities and Accountabilities:**

**Attendance.** Due to the unique responsibilities and accountabilities associated with becoming a competent professional provider of health care, the progressive nature of the curriculum, the legal issues associated with providing patient/client care, the provision of quality health services and future employability, attendance and class participation are required. Should an absence be necessary, the student must contact the course instructor immediately via email and call the School of Dental Hygiene at 757-683-3338.

- A note on official stationary from a physician or other appropriate healthcare provider must be submitted to your instructor(s) the day you return verifying the need to be excused from class, lab and/or clinic, and date(s) for the required absence.
- Each unexcused absence will result in a grade penalty of one percentage point reduction from the final grade in the course(s) missed.
- Make up quizzes, tests and exams will not be given for unexcused absences.
- Late arrivals to class are considered unexcused absences.
- Students who miss a regularly scheduled test are to follow the steps below:
  - Must contact the instructor before and make plans to reschedule at a later date.
  - Student must have a reasonable excuse to miss the test. If the test is not made up within 6 days, the student will receive a automatic 0.

**Meeting Established Deadlines.** All course related assignments are to be submitted to the course instructor on the established due dates. Work submitted after the established deadlines will be penalized by the grade. Students are encouraged to keep a duplicate copy of all assignments submitted.

**Honor Code.** By attending Old Dominion University you have signed a pledge accepting the responsibility to abide by the following Honor Code: "We the students of Old Dominion University, aspire to be honest and forthright in our academic endeavors. Therefore, we will practice honesty and integrity and be guided by the tenets of the Monarch Creed. We will meet the challenge to be beyond reproach in our actions and our words. We will conduct ourselves in a manner that commands the dignity and respect that we also give to others." This is an institutional policy approved by the Board of Visitors. The University Honor Code applies to all assignments.

**Plagiarism.** All academic work submitted to fulfill a course requirement is expected to be result of each student's own thought, research and self-expression. A student will have committed plagiarism if he or she reproduces someone else's work without acknowledging its source; or if a source is cited which the student has not cited or used. Examples of plagiarism include: submitting a research paper obtained from a commercial research service, the Internet, or from another student as if it were original work; making simple changes to borrowed materials while leaving the organization, content, or phraseology intact; or copying material from a source, supplying proper documentation, but leaving out quotation marks. Plagiarism also occurs in a group project if one or more of the members of the group does none of the group's work and participates in none of the group's activities, but attempts to take credit for the work of the group.

**Code of Student Conduct.** All students are expected to abide by the Student Code of Conduct as found in the *Old Dominion University Student Handbook* and *University Catalog*. The School of Dental Hygiene undertakes to provide persons treated in the Dental Hygiene Care Facility with safe, ethical, and evidence-based oral healthcare. Endangering health and welfare by use of unsafe and unethical practices and /or not following standard dental hygiene treatment protocols is grounds for the removal of students from the dental hygiene program.

Students' papers and projects may be used anonymously for necessary review without notification.

**Accommodations.** Students are encouraged to self-disclose disabilities that have been verified by the Office of Educational Accessibility by providing Accommodation Letters to their instructors early in the semester in order to start receiving accommodations. Accommodations will not be made until the Accommodation Letters are provided to instructors each semester.

### **School of Dental Hygiene Policy on Professionalism in the Use of Social Media:**

The Internet has created the ability for dental hygiene students and oral health professionals (dental hygienists and dentists) to communicate and share information quickly to reach millions of people easily. Participating in social networking and other similar Internet opportunities can support students' and dental hygienists' personal expression, enable individuals to have a professional presence online, foster collegiality and camaraderie within the profession, provide opportunity to disseminate public health and other health messages. Social networks, blogs, and other forms of communication online also create new challenges to the patient-oral health provider relationship. Oral health professionals and students must weigh a number of considerations when maintaining a presence online.

- (a) Standards of patient and colleague privacy and confidentiality must be maintained in all environments, including online, and oral health professionals and students must refrain from posting identifiable person information online.
- (b) When using the Internet for social networking, oral health professionals and students must use privacy settings to safeguard personal information and content to the extent possible, but realize that privacy settings are not absolute and that once on the Internet, content is likely there permanently. Thus, oral health professionals and students should routinely monitor their own Internet presence to ensure that the personal and professional information on their own sites and, to the extent possible, content posted about them by others, is accurate and appropriate.
- (c) If interacting with patients on the Internet, oral health professionals and students must maintain appropriate boundaries of the patient-oral health provider relationship in accordance with professional ethical guidelines just as they would in any other context.
- (d) To maintain appropriate professional boundaries oral health professionals and students should consider separating personal and professional content online.
- (e) When oral health professionals or students see content posted by colleagues that appear unprofessional or a violation of the Code of Ethics of the American Dental Hygienists' Association, they have a responsibility to bring that content to the attention of the individual, so that he or she can remove it and/or take other appropriate actions. If the behavior significantly violates professional norms and the individual does not take appropriate action to resolve the situation, the dental hygienist and or students should report the matter to appropriate authorities, e.g., the State Board of Dentistry, the University Honor Council.
- (f) Oral health professionals and students must recognize that actions online and content posted may negatively affect their reputations among patients, colleagues, employers and potential employers and may have consequences for their careers now and in the future, and can undermine public trust in the dental hygiene profession.

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Adapted heavily from the AMA Policy: Professionalism in the Use of Social Media Approved - May 17, 2012.

**ODU reign responsibly/commitment to adhering to coronavirus safety guidelines:** The university will work to create a campus environment that supports safe behaviors and reduces the spread of COVID-19 (Coronavirus). A healthy environment will only be supported if everyone – students, faculty, staff, and visitors - takes responsibility for their own health and safety and the health and safety of those around them. We all must make a commitment to following current Center for Disease Control and Prevention (CDC) and the Virginia Department of Health guidance and best practices. While Old Dominion University cannot guarantee immunity from sickness, we will do our best to provide a healthy environment. We will be directed by the Governor's guidelines as well as the guidance of health officials. As a Monarch citizen, you are encouraged to reign responsibly by demonstrating such care for

protecting yourself and others through your compliance. By adhering to safety guidelines, you are helping to keep your family and friends safe along with other students, faculty and staff and their families—Monarch Nation is everywhere! **COMMITMENT STATEMENT:** As a Monarch, I commit to taking the following actions to Reign Responsibly in reducing the spread of the Coronavirus:

1. Staying Informed
  - I commit to completing any Coronavirus related training provided by the University.
  - I commit to visiting the ODU Coronavirus page to stay informed on University guidelines and updates.
2. Following Guidelines
  - I commit to following guidelines set forth by the University and the Commonwealth of Virginia.
    - Wearing face coverings and practicing physical distancing.
    - Cleaning my hands frequently with soap and water for at least 20 seconds or using hand sanitizer that contains at least 60% alcohol.
3. Caring for Yourself
  - I commit to self-monitor for Coronavirus symptoms daily.
  - I commit to avoiding close contact with people.
  - I commit to staying home and contacting my health provider if I am exhibiting any symptoms of the Coronavirus.
4. Caring for others
  - I commit to maintaining a clean space by disinfecting or cleaning frequently touched surfaces daily.
  - I commit to participating in screening and testing to help reduce the spread of the Coronavirus.

**Course Disclaimer:** Every attempt is made to provide a syllabus that is complete and that provides an accurate overview of the course. However, circumstances and events may make it necessary for the instructor to modify the syllabus during the semester. This may depend, in part, on the progress, needs, and experiences of the students.

**GENERAL COURSE OBJECTIVES:**

At the completion of this course, the student should be able to:

1. Define and apply the terms: Primary, Secondary, and Tertiary Prevention
2. Describe the historical perspective of preventive dental care.
3. Describe the state of dental health in the United States.
4. Differentiate the categories that aid in classifying diseases.
5. Describe risk assessment in dental care delivery.
6. Compare dental biofilm and plaque.
7. Define periodontal disease and the risk factors.
8. Demonstrate the different toothbrushing methods.
9. Contrast periodontal disease and gingivitis.
10. Discuss the importance of fluoride and the usage.

**SPECIFIC OBJECTIVES BY CHAPTER & TOPIC:**

Upon completion of each instructional unit, the student should be able to:

1. Chapter \_1\_; "Topic": Introduction to Primary Prevention
  - a. List the categories of oral diseases.
  - b. Define plaque biofilm.
  - c. Explain the historical aspect of preventative dental care.
  - d. Explain how to use risk assessment.
  - e. Describe the three types of prevention.
2. Chapter \_2\_; "Topic": Dental Hygiene Science
  - a. Define dental public health.
  - b. Explain the integration of the dental hygiene process of care into the hygiene appointment.
  - c. Summarize the elements of the dental hygiene appointment.
  - d. Explain the use of CDT in creating a dental hygiene care plan.
  - e. Describe the dental hygiene process of care.
3. Chapter \_3\_; "Topic": Dental Plaque Biofilm
  - a. Evaluate the best method to disturb plaque buildup.
  - b. Contrast endogenous and exogenous origin.
  - c. Explain the basis involvement of the acquired pellicle, bacterial dental plaque, and dental calculus.
  - d. Explain why dental plaque is not different from natural occurring layers.
  - e. Describe the mechanisms explained to summarize the bacterial adhesion to the acquired pellicle.
4. Chapter \_\_4\_\_; "Topic": Carious Lesions
  - a. Define what a carious lesion is and how it develops.
  - b. Summarize the four types of carious lesions.
  - c. List the four zones of an incipient caries.

- d. Explain why hygienists must learn about carious lesions.
- e. Describe the series of events in cariogenic plaque.

5. Chapter \_\_5\_\_; "Topic": Periodontal Disease

- a. Name the functions of the four components of the periodontium.
- b. Differentiate the different stages of periodontal disease.
- c. List the risk factors associated with periodontal disease.
- d. Define what a healthy periodontium is versus an infected one.
- e. Describe the normal gingival sulcus.

6. Chapter \_\_6\_\_; "Topic": Oral Cancer

- a. Identify risk factors for oral cancer.
- b. Explain the epidemiology of oral cancer.
- c. List the steps taken in order to prevent oral cancer.
- d. List the staging system used for oral cancer.
- e. Describe treatment options.

7. Chapter \_\_7\_\_; "Topic": Toothbrushes and Toothbrushing Methods

- a. List toothbrush designs
- b. List the different toothbrushing methods.
- c. Define the rationale for each toothbrushing method.
- d. Explain appropriate toothbrushing time and frequency.
- e. Describe the history of toothbrushes.

8. Chapter \_\_8\_\_; "Topic": Dentifrices, Mouth rinses, and Chewing Gums

- a. List the three types of and amounts of fluoride.
- b. List and define the purpose of each dentifrice.
- c. List the benefits of chewing gum and the ingredients.
- d. Define which abrasive material is used.
- e. Describe the advantages and disadvantages of mouthwash with alcohol in it.

9. Chapter \_\_9\_\_; "Topic": Dental Sealants

- a. Define how sealants prevent dental caries.
- b. Summarize the history of sealant development.
- c. List the criteria for selecting teeth for sealant placement.
- d. Define the essentials in attaining maximum retention of dental sealants.
- e. Describe the placement of dental sealants.

10. Chapter \_\_10\_\_; "Topic": Nutrition, Diet, and Associated Oral Condition

- a. Explain the role of nutrition in oral diseases.
- b. Explain the dietary patterns and food composition on cariogenic potential.
- c. Explain the dietary reference intakes.
- d. Explain the connection between saliva and nutrition.
- e. Describe the oral effects of poor nutrition.



### SYLLABUS COURSE SCHEDULE:

This schedule is based on the Spring semester of 2021 for a 16-weeks long course. **The schedule is subject to change due to unforeseen events.**

SEMESTER WEEK NUMBER:	DAY/DATES/TIMES OF THE WEEK:	CHAPTERS, TOPICS:	Have items in this column completed BEFORE class. For assignment details, look in "Assignments & Submissions" tab. Complete any additional reading assignments and activities listed within each module.
WEEK 1	Thurs, 1-2pm	No assignments	No assignments, Look over syllabus
WEEK 2	Thurs., 1-2pm	Chapters 1-2 "Introduction to Primary Prevention and Dental Hygiene Science" Teacher Lecture And course syllabus	READ: pages 10-20 DUE: Scavenger Hunt Quiz DUE: Homework #1 "Prevention Worksheet"
WEEK 3	Thurs., 1-2pm	Chapter 3 "Dental Plaque Biofilm"	READ: pages 24-37 VIDEO: "Accumulation of Dental Plaque"
WEEK 4	Thurs., 1-2pm	Chapter 3 "Dental Plaque Biofilm" Teacher Lecture	READ: pages 39-50 DUE: Homework #2 "Questions about Video" In-class Group Activity: Board Rotation
WEEK 5	Thurs., 1-2pm	<b>TEST #1</b>	
WEEK 6	Thurs., 1-2pm	Chapters 4-5 "Carious Lesion and Periodontal Disease" Teacher Lecture	READ: pages 52-75 In-class Group Activity: Gallery Walk
WEEK 7	Thurs., 1-2pm	Chapter 6 "Oral Cancer" Teacher Lecture	READ: pages 78-94 In-class Individual Activity: Defining Features Matrix Due: Professional Paper
WEEK 8	Thurs., 1-2pm	<b>TEST #2</b>	
WEEK 9	Thurs.,	SPRING BREAK No assignments; No class	SPRING BREAK No assignments; No class

WEEK 10	Thurs., 1-2pm	Chapter 7 "Toothbrushing methods"	READ: pages 96-110
WEEK 11	Thurs., 1-2pm	Chapter 8 "Dentifrices, Mouth rinses, and Chewing gum" Teacher Lecture	READ: pages 112-127 DUE: Homework #3 "Organizing type of Dental Products" VIEO: "Title"
WEEK 12	Thurs., 1-2pm	Chapter 9 "Dental Sealants"	READ: pages 129-140 Homework #4: Portfolio Due: Case Project and Presentation
WEEK 13	Thurs., 1-2pm	<b>TEST #3</b>	
WEEK 14	Thurs., 1-2pm	Chapters 10 "Nutrition, Diet, and Associated Oral Conditions" Teacher Lecture	READ: pages 143-169
WEEK 15	Thurs., 1-2pm	Chapters 10 "Nutrition, Diet, and Associated Oral Conditions"	READ: pages 173-197 DUE: Homework #4 "Oral Deficiencies" In-class Activity: Role Play In-class Activity: Application to Major
WEEK 16	Thurs., 1-2pm	<b>FINAL EXAM</b>	

### SYLLABUS COURSE ACTIVITY SHEET:

WEEKS		Teacher Lecture	Video Media	Group Work	Partner Work	Individual Work	Guest Speaker	Student Oral Presentation	Quiz/Test/Exam
1		MLK, Jr. Day							
2		X				Homework #1			Scavenger Hunt Quiz
3			X		Teach-OK				
4		X		Board Rotation		Homework #2			
5									Test #1
6		X		Gallery Walk					
7		X				-Defining Features Matrix -Professional Paper			
8									Test #2
9		Spring Break							
10							X		
11		X	X			Homework #3			
12								Case Project & Presentation	
13									Test #3
14		X							
15				Role Play		-Homework #4 -Application to Major			
16									Final Exam
TOTAL:		6	2	3	1	7	1	1	5