

Course objectives

Module 1

Introduction and overview

- ▶ Explain the main functions of the oral cavity.
- ▶ Describe the structure and functions of the hard tissues.
- ▶ Describe the structure and functions of the soft tissues.
- ▶ Explain the composition and role of saliva.

Module 2

Plaque

- ▶ Describe the composition and development of plaque.
- ▶ Explain the differences between aerobic and anaerobic bacteria and their role in plaque development.
- ▶ Describe the composition of calculus and distinguish between the two types of calculus.
- ▶ Explain the consequences of plaque and calculus formation.
- ▶ Define intrinsic and extrinsic staining and list their causes and treatment including whitening.

Module 3

Dental Plaque-Induced Gingivitis

- ▶ Define the terms gingivitis and inflammation.
- ▶ Describe the primary and secondary causes of dental plaque-induced gingivitis.
- ▶ Understand the difference between signs and symptoms, and list the signs and symptoms of gingivitis.
- ▶ Explain the best ways to prevent and manage the condition.

Module 4

Chronic Periodontitis

- ▶ Define chronic periodontitis and understand how it differs from gingivitis.
- ▶ Describe the primary and secondary causes of periodontitis.
- ▶ List the signs and symptoms of chronic periodontitis and distinguish these from those of gingivitis, and explain the best way to manage the condition.
- ▶ Define acute necrotising ulcerative gingivitis (ANUG), its causes and treatment.

Module 5

Oral Diseases

- ▶ Describe the main clinical features of 10 oral diseases.
- ▶ Explain the causes of these diseases and the best ways to treat them.
- ▶ Understand how other diseases can affect the health of the oral cavity and how the use of drugs, prescribed or otherwise, can affect the oral cavity.

Module 6

Caries

- ▶ Define dental caries.
- ▶ Describe the causes and progression of dental caries.
- ▶ List the most common and least common sites where caries occurs.
- ▶ Describe two studies that demonstrate the link between sugar consumption and caries.

Module 7

Toothwear

- ▶ Distinguish between the 3 types of tooth surface loss.
- ▶ Describe the causes and clinical features of each type of tooth surface loss.
- ▶ Explain how to prevent and manage tooth surface loss.
- ▶ Explain the causes and management of dentine hypersensitivity.

Module 8

Xerostomia

- ▶ Define xerostomia.
- ▶ List the causes of xerostomia.
- ▶ Explain the best way to manage the condition.

Module 9

Sugar

- ▶ List the common sugars and their sources.
- ▶ Define SACN and explain the classifications of sugar.
- ▶ Know the cariogenicity of the common sugars.
- ▶ State the recommended daily sugar intake by SACN.
- ▶ Differentiate between bulk and intense sweeteners and state their uses.

Module 10

Fluoride

- ▶ Define fluoride and state where it occurs naturally.
- ▶ Know how and when fluoride was discovered to protect teeth against caries, and the role McKay and Trendley-Dean had in this discovery.
- ▶ State the significance of the Strathclyde case and the Knox report had on water fluoridation in the UK
- ▶ Explain how fluoride protects teeth against caries and define fluorosis.
- ▶ Differentiate between systemic and topical administration of fluoride
- ▶ List the products available to provide both topical and systemic fluoride
- ▶ Know the arguments for and against the fluoridation of water.

Module 11

Fissure sealants

- ▶ Explain what a fissure sealant is and why it is used.
- ▶ List the most common sites for the sealant to be applied.
- ▶ Describe the technique of fissure sealing.

Module 12

Smoking cessation

- ▶ List the reasons why people smoke
- ▶ Explain the effects of smoking on the health of adults, children and the foetus
- ▶ List the oral health conditions and general health conditions caused by smoking
- ▶ Describe the Process of Change and be able to draw Prochaska and Diclemente's Cycle of Change diagram which illustrates the process.
- ▶ List the types of Nicotine Replacement Therapy products that are available.

Module 13

Communication

- ▶ Define communication
- ▶ List and briefly describe the three key aspects of effective communication
- ▶ Quote the 'three rules of communication'
- ▶ Recognise barriers to communication
- ▶ Define 'information fade'
- ▶ Recognise the increasing role of the media in communicating with the public

Module 14

Principles of education

- ▶ List and briefly describe the three domains of learning
- ▶ Explain the difference between aims and objectives
- ▶ Write aims and objectives for a teaching session
- ▶ Construct a lesson plan and questionnaire – and
- ▶ Answer written questions on evaluation

Module 15

PDU (preventative dental unit)

- ▶ Explain the factors to be considered in setting up a PDU.
- ▶ Describe the characteristics of a well organised PDU.
- ▶ List the points to remember when organising a display.

Module 16

Planning an oral health education seminar

- ▶ Plan and prepare an oral health education session.
- ▶ Complete a lesson plan and record sheet for an OHE session.
- ▶ State what is meant by 'information fade' and explain ways to help prevent it.
- ▶ Plan and design leaflets and posters to deliver an oral health message.

Module 17

Anti-plaque agents

- ▶ Define an anti-plaque agent.
- ▶ List the anti-plaque agents used in toothpastes and mouthwashes.
- ▶ State the percentages of the active ingredients chlorhexidine gluconate and fluoride found in toothpastes and mouthwashes, and explain their recommended usage and side effects.
- ▶ List the functions of sugar-free chewing gum.

Module 18

Practical oral hygiene instruction

- ▶ Motivate patients to improve plaque control
- ▶ Explain the benefits of 'disclosing'
- ▶ Advise the patient on the most suitable toothbrush to use
- ▶ Discuss the advantages or disadvantages of various toothpastes
- ▶ Demonstrate suitable toothbrushing techniques
- ▶ Give practical instruction in interdental cleaning

Module 19

Oral health target groups and case studies: pregnant and nursing mothers

- ▶ Confidently discuss dental issues related to pregnancy with a patient.
- ▶ List the signs and symptoms of Pregnancy Gingivitis
- ▶ Explain the risks, to mother and baby, of smoking during pregnancy, the nursing period and beyond.

Module 20

Parents of children up to 11 years old

- ▶ Discuss eruption dates and ongoing care of deciduous and permanent teeth with parents
- ▶ Give advice to parents on the appropriate use of fluoride
- ▶ Advise on safe snacks and drinks for teeth for children up to 11 years old
- ▶ Advise parents on the importance of regular dental visits

Module 21

Adolescents

- ▶ Use your knowledge to motivate adolescent patients towards improved oral health, including specific advice during orthodontic treatment
- ▶ Advise on appropriate snacks and drinks
- ▶ Explain which fluoride-containing products should be used
- ▶ Demonstrate the care of orthodontic appliances
- ▶ Briefly differentiate between Angle's Classes

Module 22

Older people

- ▶ Explain who is included in this target group
- ▶ State the percentage of people with some natural teeth in the most recent survey
- ▶ Describe the reasons for deterioration in oral health in older people
- ▶ State SACN recommendation for consumption of free sugars by older people and suggest suitable alternatives in the diet
- ▶ List medical conditions which may prevent this group from visiting the dentist
- ▶ State particular dental conditions to which they are prone
- ▶ Describe ways of motivating older people and helping them overcome problems

Module 23

At risk patients

- ▶ List patients considered to be at a higher risk than average of developing dental disease
- ▶ Explain circumstances associated with these patients which increase their risk of developing dental disease
- ▶ State how the oral health educator can assist at risk and special care patients

Module 24

Ethnic minorities

- ▶ State the percentage of the population represented by Ethnic Minority Groups
- ▶ List the barriers to the uptake of dental treatment by these patients
- ▶ Describe ways of breaking down these barriers
- ▶ List the guidelines for use in producing promotional material

Module 25

Sociology

- ▶ Define sociology and explain what influences individual behaviour in the uptake of healthcare.
- ▶ Define and differentiate between primary and secondary socialisation
- ▶ Explain what is meant by values and norms
- ▶ List the National Statistics Socio-economic classification of social groups and examples of social class differences within the population
- ▶ Explain what is meant by the iceberg effect, victim blaming and the performance gap

Module 26

Epidemiology

- ▶ Define epidemiology & explain why it's useful in dentistry
- ▶ Name the body that collects & analyses epidemiological statistics
- ▶ State when UK Child & Adult Dental Surveys are conducted & explain how the data collected is utilised
- ▶ List 4 terms frequently used in the context of epidemiological surveys
- ▶ Define index, list different oral indices & how they are used in epidemiology

Module 27

Primary, secondary and tertiary prevention

- ▶ Discuss the meaning of the term 'evidence based prevention'
- ▶ Explain (giving examples) what is meant by primary, secondary and tertiary prevention (in relation to dental health)
- ▶ State the recommendations of the NICE report on the intervals between routine dental examinations and
- ▶ Describe the role of SIGN