COURSE TITLE:  DHY-214 - NUTRITION IN DENTAL HEALTH

RM: C-322     TIME:  9:25-11:05 AM
Online Component

INSTRUCTOR:  Assistant Professor:  Linda B. Hall, RDH, MS.

OFFICE HOURS:  MONDAY - 8:00 - 8:30 AM     E-mail: lhall@bergen.edu
TUESDAY - 1:00 - 2:00 PM     Secretary: Ext. 7937
THURSDAY - 11:30 - 1:00 PM     Office #: (201)689-7616
Wednesday 7:00-8:00 PM (Online)

COURSE CREDIT:  2 CREDITS, 2 LECTURE HOURS

PREREQUISITES:  CHM-110, DHY-202

COURSE DESCRIPTION:

Nutrition in Dental Health will explore basic concepts of nutrition as they apply to general and oral health. Students will learn to identify clinic patients with dietary and nutritional deficiencies, provide nutritional counseling treatment plans, and adapt behavioral modification techniques.

COURSE OBJECTIVES:
Upon completion of this course, the student will be able to:

1. Describe the function and daily requirements of fats, carbohydrates, proteins, vitamins, and minerals in preventing disease and maintaining health.

2. List the food groups and the daily recommended servings for each.

3. Describe the relationship between fermentable carbohydrates and dental caries.

4. Describe the role of fluoride in preventing and controlling dental caries.

5. Recognize clinical signs and symptoms of nutritional deficiencies and excesses; describe prevention and treatment.
6. Name specific nutritional health risks associated with particular stages of the life cycle, i.e. childhood, pregnancy, elderly.

7. Identify an appropriate patient for nutritional counseling, develop a dietary treatment plan, and accurately assess the results.

**Teaching Methods**
The following teaching methods will be utilized in this course:
1. Lecture
2. Discussion
3. Power Point Presentations
4. Review of handouts
5. DVD/Videos
6. Photographs
7. Diagrams/Tables/Physical Demonstrations Relative To Course Content
8. Web enhancement through Moodle rooms

**Learning Experiences/Activities**
The following learning experiences and activities will be utilized in this course:
1. Analysis of all patient data/assessments to formulate a dental hygiene nutritional counseling program to cater to individual client needs
2. Visual, auditory, sensory, and tactile assessments of patients being screened for nutritional counseling and advising
3. Discussion and documented advise from various nutritional counseling experts- including specialists from dietician settings and alternative/homeopathic settings
4. Evaluation of nutritional counseling patient’s response to treatment during dental hygiene clinical appointments, and throughout subsequent visits
5. Visiting and/or exploring alternative restaurant/dietary programs to enhance student dietary report outcomes
6. Journaling of clinical and additional experiences through Moodle rooms, and classroom presentations to include either: power point presentation, lecture, clickers in the classroom/review questions, and visual outcomes

**CORE COMPETENCIES:**

C.1 Apply a professional code of ethics in all endeavors.
C.3 Use critical thinking skills and comprehensive problem-solving to identify oral health care strategies that promote patient health and wellness.
C.4 Use evidence-based decision making to evaluate and incorporate emerging treatment modalities.
C.6 Continuously perform self-assessment for lifelong learning and professional growth.
C.7 Integrate accepted scientific theories and research into educational, preventative, and therapeutic oral health services.
C.9 Apply quality assurance mechanisms to ensure continuous commitment

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C.10 Communicate effectively with diverse individuals and groups, serving all persons without discrimination by acknowledging and appreciating diversity.

C.11 Record accurate, consistent, and complete documentation of oral health services provided.

C.12 Initiate a collaborative approach with all patients when developing individualized care plans that are specialized, comprehensive, culturally sensitive, and acceptable to all parties involved in care planning.

C.13 Initiate consultations and collaborations with all relevant health care providers to facilitate optimal treatments.

HEALTH PROMOTION AND DISEASE PREVENTION (HP)

HP.1 Promote positive values of overall health and wellness to the public and organization within and outside the profession.

HP.2 Respect the goals, values, beliefs, and preferences of all patients.

HP.4 Identify individual and population risk factors and develop strategies that promote health related quality of life.

HP.5 Evaluate factors that can be used to promote patient adherence to disease prevention and/or health maintenance strategies.

COMMUNITY INVOLVEMENT (CM)

CM.2 Provide screening, referral, and educational services that allow patients to access the resources of the health care system.

CM.3 Provide community oral health services in a variety of settings.

CM.7 Advocate for effective oral health care for underserved populations.

PATIENT/CLIENT CARE (PC)

Assessment

PC.1 Systematically collect, analyze, and record data on the general, oral, psychosocial health status of a variety of patients/clients using methods consistent with medico-legal principles.

PC.2 Recognize predisposing and etiologic risk factors that require intervention to prevent disease.

PC.3 Recognize the relationships among systematic disease, medications, and oral health that impact overall patient care and treatment.

Diagnosis

PC.5 Use patient assessment data, diagnostic technologies, and critical decision making skills to determine a dental hygiene diagnosis, a component of the dental diagnosis, to reach conclusions about the
patient’s dental hygiene care needs.

Planning

PC.6 Utilize reflective judgment in developing a comprehensive patient dental hygiene care plan.
PC.7 Collaborate with the patient and other health professionals as indicated to formulate a comprehensive dental hygiene care plan that is patient-centered and based on the best scientific evidence and professional judgment.
PC.8 Make referrals to professional colleagues and other health care professionals as indicated in the patient care plan.

Implementation

PC.10 Provide specialized treatment that includes educational, preventative, and therapeutic services designed to achieve and maintain oral health. Partner with the patient in achieving oral health goals.

Evaluation

PC.11 Evaluate the effectiveness of the provided services, and modify care plans as needed.
PC.13 Compare actual outcomes to expected outcomes, reevaluating goals, Diagnoses, and services when expected outcomes are not achieved.

PRIMARY TEXTBOOK:


SUPPLEMENTAL REFERENCES:


Handouts and references from dental and other scientific sources will supplement lectures. Websites, newsletters, and resources on didactic, clinical, and consumer information are listed in Appendix C (p. 491-8) and Appendix D (p. 499-500) in textbook. The websites below will be particularly helpful:

www.womenshealth.gov
www.cancer.org (substitute diabetes, stroke, osteoporosis, etc.)

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Professional conduct, class attendance, and completion of course assignments (see “Evaluation System”) is expected.

**LECTURE OUTLINE** (Subject To Change)

Reading assignments and the sequence of lectures and tests is as follows:

1. Overview of Nutrition and Dietary Habits, Digestion- Chapter 1,2
2. General Carbohydrates: The Efficient Fuel- Obesity & Diabetes Chapter 3
3. Carbohydrates and Dental Caries - Chapter 17
4. Protein; malnutrition and anorexia - Chapter 4
5. Lipids: The Condensed Energy- Chapter 5

**EXAM I**

6. Vitamins That Form Calcified Structures - Chapter 7
7. Minerals That Form Calcified Structures - Chapter 8
8. Fluoride- Requirements, Role, and Application Chapter 8 p. 155-162

**EXAM II**

9. Vitamins Required For Soft Tissue Structures - Chapter 10
10. Water & Minerals Required For Soft Tissue Structures- Chapter 11
11. Nutritional Requirements Affecting Oral Health In Women- Chapter 12
12. Other Considerations Affecting Nutrient Intake- Effects of Systemic Disease on Nutritional Status and Oral Health- Chapter 16
EXAM III

13. Nutritional Assessment and Dietary Counseling - Chapter 20, Wilkins – Chapter 32

14, 15. **Nutritional Project Presentations**

### EVALUATION SYSTEM

The final grade will be determined by:

- **Examinations (3)** 90% Test dates-subject to change:
  - 2/20, 3/27, 4/24

- **Nutritional Counseling Patient Project** 10% Topic approval due date:
  - 4/24. Moodle rooms drop-off box: 5/1

  5-6 Minute Presentations on: 5/1 & 5/8

If you miss an exam, due to extenuating circumstances, you must either: call the Dental Hygiene Office (447-7937) or call Instructor’s office number, Moodle room the instructor or send an email to lhall@bergen.edu within 24 hours. Failure to do these steps will result in a zero grade. The “make up” exam will be scheduled at the instructor’s convenience and a different test format may be used.

### DENTAL HYGIENE PROGRAM GRADING SYSTEM:

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<tr>
<th>Grade</th>
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<tr>
<td>A</td>
<td>92 - 100</td>
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<td>B+</td>
<td>89 - 91</td>
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<td>80 - 82</td>
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<td>C</td>
<td>75 - 79</td>
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<td>F</td>
<td>below 75</td>
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Students must achieve a passing grade of 75 or better to meet course and program requirements.

### Academic Conduct

- The Dental Hygiene Faculty adheres to the policy statement governing academic conduct as outlined in the Bergen Community College Catalog.
- Faculty may not post exams grades due to privacy laws.
- Faculty reserves the right to alter test dates, in order to accommodate course changes as deemed necessary.

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Faculty reserve the right to delay the return of exam grades until all students have taken the exam and faculty review of the exam has been completed.

Cheating, plagiarism and unethical behavior will **NOT** be tolerated. Any student who has demonstrated any of the above behaviors will be disciplined according to College procedures.

Cell phone use is not permitted during classroom/examination time. And no computer use on lectures or continuous side-bar discussions tolerated unless encouraged during the lecture time.

Excessive talking will not be tolerated in the classroom! The disruptive student(s) will be told to leave the classroom after first warning and considered absent. Missed classroom information and materials can be obtained from a fellow student and not through the instructor/professor.

No discussions are permitted once students are seated for an examination. Faculty may dismiss a student who chooses not to comply with this policy.

Students are not permitted to work on classroom equipment or computer

Students are expected to be present for every scheduled examination.

Children are not permitted in the classroom during class time

**Academic Honesty**

A student must always submit work that represents his or her original words or ideas and complete all in class assessments (tests, quizzes, etc.) without any collaboration.

Failure to adhere to this policy will result in a grade of zero for the assessment in question (assignments, tests, quizzes, etc.)

**Progression Requirement**

A student must complete the Dental Hygiene Program within (4) four consecutive years from enrollment in the Dental Hygiene program.

Two course failures prohibit the student from progressing in the program. A student shall be permitted to request, through the Dental Hygiene Program Appeal Process, an additional opportunity to repeat a course.

All dental hygiene students who are withdrawing “W” from a Dental Hygiene course(DHY) or have received a failing “F” grade in any course
MUST NOTIFY the Dental Hygiene Department Chair about in writing about their intention to repeat the course, if eligible.

- All core DHY courses **MUST** be taken in sequential order within the Bergen Community College Dental Hygiene Program. **NO** DHY courses may be transferred or taken at any other Dental Hygiene Program.

- General science and education pre and co-requisites must be fulfilled as listed in the course sequence of the college catalog and program brochure.

- It is the responsibility of the individual student to review prerequisites for each course prior to registration.

**Course Grade Appeal**

- Bergen Community College’s appeal policy states:

- “A student raising a complaint or concern about a course grade should discuss the matter with the individual faculty member no later than the first two weeks of the semester immediately following receipt of the grade.

- If the grade appeal is not resolved, the student should bring the matter to the department chair within two weeks of discussion with then instructor.

- The department chair will investigate the appeal and attempt to resolve the matter as expeditiously as possible. The department chair will notify the student either orally or in writing of the result.

- If the appeal is not resolved, the student should put the appeal in writing, attaching copies of any supporting information and send it to the department chair requesting that an appeal board be convened to review the appeal.”

**Appeal Process**

The Dental Hygiene Academic Appeal Board shall consist of:

- Dental Hygiene Academic Chair
- Two (2) appointed Faculty members
- One (1) School of Health Professions Faculty member
- One (1) Clinical /Primary Dental Hygiene Faculty member involved
- Attendance at the meeting is limited to the student and the faculty members of the committee
- After the presentation, the student will leave the room.
- Each member of the committee will have one vote. In the event of a tie, the Academic department Chair will cast the deciding vote.
A letter indicating the committees’ decision, stating the conditions of the re-instatement, will be sent to the student within five business days after the meeting.

The Academic Department Chair will copy all committee members and a copy will be placed in the student’s file.

The student must respond in writing within five business days as to the acceptance of the conditions or re-instatement.

The decision of the Dental Hygiene Academic Appeal Board is final.

A third course failure (E or F) or withdrawal (W) requires an immediate dismissal from the Dental Hygiene Program.

**Absence/Punctuality**

- Bergen Community College’s attendance policy states: “All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor of each course. These will be established in writing on the individual course outlines.”

- It is the student’s responsibility to be on time for all classes. **One to Five Points** will be deducted from final grade for tardiness, (faculty discretion); if a student exceeds more than “2” times late to class.

- Please note that attendance is critical to successful completion of the program. Unexcused absences will also be factored into the **One to Five Point Deduction**, (faculty discretion); if a student fails to inform instructor via: office phone message, instructor e-mail, Moodlerooms and/or department secretary. **All students who miss a class, are responsible for obtaining class content and information on their own. Remember, only ONE absence from class permitted per semester.**

- In the event of an emergency, illness and/or inclement weather; all students must contact the instructor and/or department secretary prior to class. Resources to contact are: Moodlerooms, (don’t just count on the site), department secretary, instructor e-mail & phone. **Do Not** leave messages on the clinic phone or with colleagues to report absences.

**Absence of an Instructor**

As noted in the Bergen Community College catalog: “Students are expected to wait twenty (20) minutes. If at the end of **20 minutes** the faculty member does not come, the students should sign an attendance sheet which indicates course, date, and time. One student should deliver the attendance sheet to the dental hygiene office. Students cannot be penalized by faculty for not waiting longer than 20 minutes”.

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*It is highly recommended that students check course announcements in Moodle rooms considering class: assignments, concerns or cancellations by instructor, as well.

**Emergency School Closings**

If the College is closed due to inclement weather or for any other reason please refer to one of the following:

Log on to the College’s website: [http://www.bergen.edu](http://www.bergen.edu)

- Call the College’s main telephone number (201)447-7100.
- Visit [http://newyork.cbslocal.com/school-closings/](http://newyork.cbslocal.com/school-closings/) at 1010 WINs to sign up for email or text message notification of the College closing.
- Listen to radio stations: WCBS/880, WOR/710, 1010 WINS, WVNJ 1160
- Watch TV Cablevision/News 12 NJ

**Student Support Services**

Students are encouraged to use the student support services provided by the college. These services include the Tutoring Center (L-125) and the Office of Specialized Services (S-131). Every effort will be made to ensure classroom and laboratory access for all students. Students who require accommodations in accordance with the Americans with Disabilities Act (ADA) can request these services from the Office of Specialized Services. To learn more about how to apply for services, please visit them at: [http://www.bergen.edu/oss](http://www.bergen.edu/oss).

(Syllabus Subject To Change )

Spring 2014
STUDENT ACKNOWLEDGEMENT

I, ________________________________________ have read and understood the syllabus for course DHY 214 – Nutrition in Dental Health and agree to abide by the protocols and requirements set forth in this syllabus, in the Bergen Community College Dental Hygiene Student Handbook, and the Bergen Community College Catalogue.

__________________________________________
Student Signature/Date

___________________________
Linda B. Hall, RDH, MS
Faculty Signature/Date
<table>
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<tr>
<th>DATE</th>
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<th>TEXT</th>
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<tr>
<td>1/23</td>
<td>Overview of Nutrition and Dietary Habits, Digestion</td>
<td>CH. 1,2</td>
<td>C 1-5, 7, 9, 10, HP 5</td>
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<td>General Carbohydrates: The Efficient Fuel- Obesity &amp; Diabetes</td>
<td>Ch. 3</td>
<td>C 1-7, 10, 11, 12, HP 1-5, CM 2, 3, 7, PC 1-3, 5, 8, 10, 11, 13</td>
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<td>Carbohydrates and Dental Caries</td>
<td>Ch. 17</td>
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<td>Protein: Malnutrition and Anorexia</td>
<td>Ch. 4</td>
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<td>Lipids: The Condensed Energy</td>
<td>Ch. 5</td>
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<td>Vitamins That Form Calcified Structures</td>
<td>Ch. 7</td>
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<td>Minerals That Form Calcified Structures</td>
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<td>Fluoride: Requirements, Role, and Application</td>
<td>Ch. 8</td>
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<td>3/20</td>
<td>Spring Break</td>
<td>TBA</td>
<td>Follow Assigned Readings</td>
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<td>Vitamins required For Soft Tissue Structures</td>
<td>Ch. 10</td>
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<td>Water &amp; Minerals Required For Soft Tissue Structures</td>
<td>Ch. 11</td>
<td>C 7, 10, 12, 13, HP 5, CM 2, 3, 7, PC 1-3, 5, 6-13</td>
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<td>4/10</td>
<td>Nutritional Requirements Affecting Oral Health In Women</td>
<td>Ch. 12</td>
<td>C 7, 10, 12, 13, HP 5, CM 2, 3, 7, PC 1-3, 5, 6-13</td>
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<td>Other Consideration Affecting Nutrient Intake</td>
<td>Ch. 15</td>
<td>C 7, 10, 12, 13, HP 5, CM 2, 3, 7, PC 1-3, 5, 6-13</td>
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<td>Effects of Systemic Disease on Nutritional Status and Oral Health</td>
<td>Ch. 16</td>
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<td>Nutritional Assessment and Dietary Counseling</td>
<td>Ch. 20</td>
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