

SYLLABUS

Subject :	Preventive Dentistry – Dental Hygiene		
Study programme:	<i>Dentistry 5</i>	Semester:	<i>2. semester -</i>
Valuation:	<i>Zápočet</i>	Obligation:	<i>obligatory</i>
Number of hours :	<i>1 h.lectures a 2 h.practicals / week</i>		<i>56</i>

Place: Department of Stomatology and Maxillofacial Surgery
 1 st Department of Stomatology
 Department of Stomatology and Maxillofacial Surgery and Specialized
 Hospital for Head and Neck Diseases, Academy of Košice, n.o

Lectures: Monday 09:15-10:45 (ECW)
 Lecture room P3

Týždeň	Prednášky	Cvičenia
1.	Introduction to prevention in dentistry. Importance of oral health. Plaque, bacteria, and caries formation – explained simply and clearly. 16.02.2026 MUDr. Eva Janitorová, PhD.	1st practicum: Tooth model and phantom work – oral cavity orientation, tooth nomenclature
		2nd practicum: Plaque staining and evaluation using plaque indices (API)
2.	Basics of oral hygiene – tooth brushing techniques (Bass, Fones, etc.). Interdental spaces – importance and cleaning techniques. 02.03.2026 MUDr. Eva Janitorová, PhD.	3rd practicum: Brushing training on models and each other, toothbrush selection
		4th practicum: Interdental brushes, dental floss, flossers – training
3.	Fluorides – key facts and safe use. Nutrition and its influence on oral health. Sugars, pH, dietary composition. 16.03.2026 MUDr. Jana Kaiferová, PhD.	5th practicum: Fluoride products – comparing toothpastes, gels, and mouth rinses
		6th practicum: Nutrition diary analysis, salivary pH testing
4.	Oral hygiene habits in different age groups. Caries prevention in children and adolescents. 30.03.2026 MDDr. Jaroslav Ďurica	7th practicum: Instruction practice for parents, elderly, and patients with fixed appliances
		8th practicum: Demonstration of fissure sealing (theory and models), school program instructions

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5.	Prevention in high-risk patients: orthodontic, oncologic, physically or mentally challenged. Communication with patients – how to motivate for hygiene. 13.04.2026 MUDr. Jana Kaiferová , PhD.	9th practicum: Demonstration of aids and adaptations for patients with special needs
		10th practicum: Role-play – motivational interviews and conversation simulations
6.	The role of a dental hygienist in the care team. Preventive plan. Oral hygiene products – how to choose and recommend them. 27.04.2026 MDDr. , Andrea Sinčák Konečná, PhD.	11th practicum: Creating a preventive plan for a model patient
		12th practicum: Practical demo and assessment of products – marketing vs. real benefit
7.	Final test 11.05. 2026 MDDr. Andrea Sinčák Konečná, PhD.	13th practicum: Planning recall interventions by age and risk group (teamwork)
		14th practicum: Summary and revision

Conditions for Successful Completion of the Course:

- 100% attendance at lectures and practical classes
- Continuous assessment with recorded evaluation during practical classes
- Successful completion of the final written test based on lecture content with a minimum score of 60%

Recommended Literature

1. **Clinical Practice of the Dental Hygienist**
Wilkins E. M. – *Elsevier*
2. **World Health Organization**
WHO Oral Health resources (open access)