

## CURRICULUM (DENTAL HYGIENE PROGRAMME) FOR SECONDARY SCHOOL CHILDREN

**Course: Dental Care for secondary school children**

### LEARNING OUTCOME

On completion of the course, the **secondary school children** can:

- Describe the etiology and prevention of dental diseases (dental caries and gingival inflammation).
- Enumerate the risk and protective factors influencing the dental caries process
- Describe the proper oral hygiene measures including the correct technique for teeth brushing
- Describe the importance of dietary factors, healthy eating habits and tobacco avoidance in teeth decay prevention; making dietary choices.
- Describe the importance of a good oral hygiene for the health of entire human body.

### CONTAIN

The course is to enable secondary school children to acquire extended and deepened knowledge in dental care. The secondary school children are given theoretical and practical tools to be able to describe the dental caries occurrence process, differentiate the risk and protective factors regarding oral health, and describe the importance of a good oral hygiene for the human body. In addition, an informatory session for parents and teachers.

### TEACHING ACTIVITIES

The working methods consist of lectures, seminars, demonstrations, and work group.

### TOPICS:

**First OH education lesson:** Causal chain of dental caries, Risk versus protective factors for dental caries, Steps for proper tooth brushing.

**Second OH education lesson:** The role of diet in tooth decay process, Cariogenic versus protective foods, Steps for proper dental flossing.

**Third OH education lesson:** Importance of dental visits and preventive treatments, Influence of smoking and other negative habits on oral and general health



Karolinska  
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