



## Prophylaxis in dentistry

<b>1. IMPRINT</b>	
<b>Academic Year</b>	2024/2025
<b>Department</b>	Faculty of Medicine and Dentistry
<b>Field of study</b>	Medicine and Dentistry
<b>Main scientific discipline</b>	Medical science
<b>Study Profile</b>	General academic
<b>Level of studies</b>	Uniform MSc
<b>Form of studies</b>	Extramural study (paid)
<b>Type of module / course</b>	Obligatory
<b>Form of verification of learning outcomes</b>	Completion
<b>Educational Unit / Educational Units</b>	Department of Dental Propaedeutics and Prophylaxis, 59 Nowogrodzka str., 02-006, Warsaw, phone: 22 625 66 02, e-mail: zpips@wum.edu.pl
<b>Head of Educational Unit / Heads of Educational Units</b>	Leopold Wagner DMD, PhD, lwagner@wum.edu.pl
<b>Course coordinator</b>	Leopold Wagner DMD, PhD, lwagner@wum.edu.pl
<b>Person responsible for syllabus</b>	Małgorzata Ponto-Wolska DDS, PhD malgorzata.ponto-wolska@wum.edu.pl
<b>Teachers</b>	Małgorzata Ponto-Wolska DDS, PhD malgorzata.ponto-wolska@wum.edu.pl

<b>2. BASIC INFORMATION</b>			
<b>Year and semester of studies</b>	I year, II semester	<b>Number of ECTS credits</b>	3,00
<b>FORMS OF CLASSES</b>	<b>Number of hours</b>	<b>ECTS credits calculation</b>	
<b>Contacting hours with academic teacher</b>			
Lecture (L)	10	0,4	
Seminar (S)	15	0,6	
Classes (C)	20	0,8	

e-learning (e-L)	-	-
Practical classes (PC)	-	-
Work placement (WP)	-	-
<b>Unassisted student's work</b>		
Preparation for classes and completions	30	1,2

<b>3. COURSE OBJECTIVES</b>	
O1	Gaining knowledge regarding the influence of physical, chemical, biological, nutrition and stress factors on the masticatory system.
O2	Gaining knowledge regarding oral cavity hygiene, prophylaxis, health promotion and rules of preventive procedure planning in dentistry.
O3	Gaining knowledge regarding general principles of patient examination, conducting interview and physical examination.
O4	Gaining the ability to conduct a medical interview.
O5	Gaining the ability to perform physical examination.
O6	Gaining the ability to perform basic prophylaxis procedures.

<b>4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING</b>	
<b>Code and number of the effect of learning in accordance with standards of learning</b>	<b>Effects in the field of:</b>
<b>Knowledge – Graduate* knows and understands:</b>	
A.W1.	human body structures: cells, tissues, organs, and systems with special attention to the stomatognathic system
B.W1.	the importance of major and trace elements in the processes occurring in the body, including their supply, absorption and transport
B.W21.	principles of metabolism and nutrition
C.W6.	disease risk factors: external and internal, modifiable and non-modifiable

C.W32.	composition, structure, properties, purpose and method of use of dental materials
C.W38.	basic clinical procedures in caries prevention
E.W3.	the impact of physical, chemical and biological factors on the human body, as well as avitaminosis and stress
F.W2.	principles of prevention used in diseases of the masticatory system, including oncological diseases
G.W2.	concepts and models of health promotion
G.W3.	basic concepts in the field of prevention, health promotion, environmental hygiene and related to individual and population health, as well as lifestyle
G.W12	principles of planning and evaluation of preventive actions

**Skills– Graduate\* is able to:**

C.U19.	plan and carry out health promotion and caries prevention activities
F.U1.	collect medical and dental interviews with the patient or his family while maintaining the principles of professional communication
F.U6.	perform a dental physical examination of the patient
G.U4.	develop simple programs for the prevention and promotion of oral health
G.U5.	plan prevention and health promotion activities and implement promotional activities regarding population health
G.U9.	provide patients with the necessary information regarding oral health promotion, risk factors and methods of preventing the most common social diseases

**5. ADDITIONAL EFFECTS OF LEARNING** *(non-compulsory)*

Number of effect of learning	Effects in the fields of:
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**Knowledge – Graduate knows and understands:**

K1	
K2	

**Skills– Graduate is able to:**

S1	
S2	

**Social Competencies – Graduate is ready for:**

SC1	
SC2	

<b>6. CLASSES</b>		
<b>Form of class</b>	<b>Class contents</b>	<b>Effects of Learning</b>
L1-Lecture 1-2	Introduction to dental examination. General principles of a dental examination, medical interview, basics of masticatory system anatomy, filling out the examination chart	A.W1, F.U1, F.U6
L2-Lecture 3-4	Topic: Selected materials used in oral hygiene and dental prophylaxis. Mechanical oral hygiene products, the composition of toothpaste, methods of brushing teeth and cleaning interdental spaces, antibacterial rinses - division, composition, requirements, mechanism of action, side effects, fluorine compounds found in dental materials, dental sealants - materials and procedure	C.W38
L3-Lecture 5-8	Topic: Principles of prophylaxis procedures in various fields of dentistry. Dentistry departments and their basic tasks, goals, and tasks of dental prophylaxis, forms and didactic used in health education, promotion of oral health, planning of preventive programs, prosthetic dentopathies, introduction to orthodontic prophylaxis.	F.W2, G.W2,G.W3, G.W12 C.U19, G.U4, G.U5, G.U9
L4-Lecture 9	Topic: Introduction to oncological prophylaxis. Lesions in the oral cavity of local and systemic origin, symptoms, prevention.	F.W2
L5-Lecture 10	Topic: Nutrition and oral health. The effect of carbohydrates, proteins and fats for oral health, nutritional deficiencies, stimulants, dietary recommendations.	B.W21
S1-Seminar 1-3	Topic: Teeth morphology. Groups of teeth and their basic features, differences between permanent and primary dentition, basic features of dental arches.	A.W1
S2-Seminar 4-6	Topic: Physical examination of the patient. Extraoral examination - assessment of symmetry of the face, skin, lips, eyeballs, nasal patency, submandibular, chin, and cervical lymph nodes, temporomandibular joint function, the functioning of the facial nerve branch and trigeminal nerve end reaction, intraoral examination - oral - assessment: atrium of the mouth, palate, throat, tongue, the bottom of the mouth and dental arches, methods used for physical examination - visual (viewing, mirror, intraoral camera), touching, auscultation, tapping and receiving olfactory sensations.	F.U1, F.U5
S3-Seminar 7-8	Oral hygiene. Methods of brushing teeth, cleaning interdental spaces, staining of plaque and dental deposits, antibacterial rinse. Written test.	C.W38, G.U5
S4-Seminar 9-10	Health education, prophylaxis, and health promotion. Basic concepts in the field of education and health promotion, planning preventive activities in various fields of dentistry, principles of prophylaxis procedures.	G.W2, G.W3, G.W12, G.U4, G.U5, G.U9
S5-Seminar 11-13	The impact of internal and external factors on oral health. Mechanical and physical factors: temperature, pH, humidity, optical and ionizing radiation, overloads, injuries, general properties of consumed food and dental materials, beneficial and adverse of chemical substances, biological factors, the cellular response of the human body, the function of vitamins and antioxidants - excessive supply and deficiencies, positive and negative stress, oral problems resulting from the negative impact of stress - changes in the temporomandibular joints, bruxism, obstructive sleep apnea. Written test.	C.W6, E.W3, B.W12
S6-Seminar 14-15	Realization and presentation of own programs in the field of health education, prophylaxis, and health promotion. Work in groups of two students.	C.W25, F.W21, G.W2, G.W3, G.W17, G.U7, G.U15

PC1-Practical Class 1-9	Patient examination. Perform the interview and extraoral examination, filling out the examination chart.	F.U1, F.U2
PC2-Practical Class 10-14	Oral hygiene. Promotion of oral health, methods of teeth brushing, cleaning interdental spaces, staining of dental plaque, antibacterial rinses.	G.U5, G.W2
PC3-Practical Class 15-16	Oral hygiene. Training of oral hygiene ITOP - Curaprox.	C.W38, G.U5, G.W.3
PC4-Practical Class 17-18	Oral hygiene. Guided Biofilm Therapy (GBT) - the newest protocol of oral hygiene.	C.W38, G.U5. i G.W.3
PC5-Practical Class 19-20	Dental sealants and fluoride. The use of fluoride varnishes and sealing materials - treatments performed on phantoms.	C.U19, G.U5.

## 7. LITERATURE

### Obligatory

1. Principles and Practice of Operative Dentistry. E.S. Akpata, Q. D. Alomari, A. R. AlShammery. Quintessence Publishing 2013
2. Essentials of Dental Caries, Fourth Edition Edwina Kidd and Ole Fejerskov, Oxford University Press, Oxford 2016

### Supplementary

## 8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
A.W1., C.W25., C.W31., F.W21., G.W2., G.W3., G.W17.	Written test	Achieving the expected learning outcomes of at least 60%
C.W25., C.W31., F.W21., G.W2., G.W3., G.W17., G.U7., G.U15.	Multimedia presentations - work in groups	Compliance of the presentation with the given topic, substantive content, manner of delivering and the ability to discuss. Each of the above criteria is assessed on a scale of 1 to 3 points. To pass, student must achieve at least 7 points.

## 9. ADDITIONAL INFORMATION

Completion of the course: no grade

The teaching supervisor of the subject is: Małgorzata Ponto-Wolska PhD, DDS, malgorzata.ponto-wolska@wum.edu.pl

A student may be absent once during the classes if he/she completes all the planned tasks in the next week or may also take it on the teacher's duty.

Completion of the course: weighted average of grades from individual modules with equal importance (50%) of knowledge and skills, provided that a positive grade is obtained for all partial passes and practical tasks.

The condition for passing the course is participation in all lectures, seminars and exercises. Absence from 1 lecture, 1 seminar and 1 exercise is allowed. In case of absence due to health reasons, the student is obliged to provide a medical certificate within 7 days.

A student who receives a negative grade for a partial pass is entitled to 2 retakes.

Passing the exercises requires obtaining a positive assessment of each completed task.

Absence or failure to pass the S6 seminar results in failure to complete the course.

In a justified situation, a student may be late for classes up to 15 minutes.

It is forbidden to use cell phones or other electronic devices during the classes if not needed for educational projects, the student may bring to the classroom only things permitted by the teacher. A student in the training room must wear an apron, disposable gloves, a surgical mask, pinned hair or a cap, and indoor footwear.

Student Scientific Club at the Department of Propaedeutics and Dental Prophylaxis, supervisor: Łukasz Zadrożny, MD, PhD, e-mail: [lukasz.zadrozny@wum.edu.pl](mailto:lukasz.zadrozny@wum.edu.pl)

Department's website: <https://propedeutyka-stomatologiczna.wum.edu.pl>

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**ATTENTION**

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers