

COURSE SYLLABUS



COURSE TITLE: DHYG 225 Health Promotion and Disease Prevention

CLASS SECTION: X01

TERM: F2024

COURSE CREDITS: 3.0

DELIVERY METHOD(S): Lecture

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

INSTRUCTOR DETAILS

NAME: Leta Zaleski

EMAIL: zaleskil@camosun.ca

OFFICE: Dental 006

HOURS: By appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

Please take advantage of office hours if you need clarification or additional help.

CALENDAR DESCRIPTION

Learners will explore the role of dental hygienists as primary health care providers in health promotion and oral disease prevention. Concepts of health across the lifespan and as a continuum and the interrelationship to systemic health are also explored. Risk management related to the biopsychosocial determinants of health are examined. Students are introduced to teaching and learning theories, motivation, and communication strategies to inform client education. Students will discuss nutrition, oral self-care, and tobacco cessation to reduce disease risk through a primary, secondary, and tertiary prevention lens.

PREREQUISITE(S): n/a

CO-REQUISITE(S): n/a

PRE/CO-REQUISITE(S): n/a

COURSE DELIVERY

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	3	15	45
Seminar			
Lab / Collaborative Learning			
Supervised Field Practice			

Workplace Integrated Learning
Online

TOTAL HOURS

45

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon completion of this course, a student will be able to:

1. Define what a primary health care provider is in dentistry.
2. Discuss the dental hygienist's role in oral health promotion.
3. Explore teaching and learning theories applicable to oral health.
4. Discuss effective interpersonal communication strategies in a dental environment.
5. Discuss the dental hygienist's role in oral disease prevention.
6. Explain the different dental indices used in dental hygiene clinical practice and their purposes.
7. Discuss and demonstrate the use of various oral self-care aids and chemotherapeutics.
8. Outline various strategies for the prevention and management of oral diseases.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Pieren, J.A. & Gadbury-Amyot, C.C. (2025). *Darby and Walsh dental hygiene: Theory and practice* (6th ed.). Elsevier.

2024-2025 Camosun College Dental Hygiene Clinic Manual

Selected readings uploaded to D2L

Students should have access to a computer and printer. Please ensure you have access to Office 365 (freely available to Camosun students) to ensure you can open Word and PowerPoint files and to maintain proper formatting.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

Lectures:
Mondays 1:00-2:20pm Dental 015
Wednesdays 10:30-11:50am Dental 015

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Weeks 1	Course Intro	No class Monday Sept 2 (Labour Day)

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 2-4	<p>Health Promotion</p> <ul style="list-style-type: none"> • Define health and what is meant by the health continuum. • Identify the assumptions of health promotion. • Explore the determinants of health • Discuss health promotion and health education within the context of the individual. • Discuss elements of the major health education theories and their importance to health promotion. • Identify principles of adult learning <p>Concepts of Primary Preventive Healthcare</p> <ul style="list-style-type: none"> • Discuss client-centered healthcare. • Explore the biopsychosocial model of dental hygiene care • Define conceptual model and explore two models commonly used in dental hygiene practice. • Discuss the health paradigms and models of health care (treatment, prevention, health promotion) • Discuss the eight human needs utilized in the dental hygiene process of care. • Discuss trauma informed practice. • Define primary preventive healthcare and the levels of prevention. • Explore the dental hygienist’s role as primary healthcare provider. 	
Weeks 4-6	<p>Health Behaviour Change</p> <ul style="list-style-type: none"> • Discuss extrinsic and intrinsic motivation and factors that inhibit behaviour change. • Identify and explain various behaviour change theories and their components. • Discuss motivational interviewing and brief intervention as client-centered approaches to behaviour change. • Discuss the relationship between culture and health and the dental hygiene practice in the cross-cultural environment. <p>Communication</p> <ul style="list-style-type: none"> • Describe the essential elements and styles of communication. • Discuss how communication can facilitate or hinder the provision of quality dental hygiene care. • Explore models for client-centered communication. • Discuss verbal, non-verbal, and written communication with clients and other healthcare providers. 	No class Monday Sept 30 th (National Day for Truth & Reconciliation Day)

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 6	<ul style="list-style-type: none"> • Discuss culture, diversity, and generational differences as factors in the communication process. 	
Weeks 7-10	<p>Term Exam #1</p> <p>Health Risk Assessment and Reduction</p> <ul style="list-style-type: none"> • Discuss the oral-systemic health connection. • Describe various dental indices used to assess the oral health status for individuals. • Explore dietary, nutritional and lifestyle risk factors associated with oral and systemic conditions. • Explore the key disease indicators and related risk factors for determining caries risk. • Explore the key disease indicators and related risk factors for inflammatory periodontal diseases. • Explore risk factors that contribute to oral, head and neck, and other cancers. • Discuss risk reduction strategies to prevent oral and other traumatic injury. <p>Preventive Strategies</p> <ul style="list-style-type: none"> • Discuss the concept of self-care as it relates to general and oral health promotion. • Review dental plaque biofilm, its formation and the impact on oral health. • Describe manual toothbrush design and use. • Discuss various toothbrushing techniques and recommendations under various conditions. • Describe design, methods, and uses of powered toothbrushes. • Discuss the components, purposes, indications, contraindications, techniques, advantages, and limitations of various oral self-care products including: dentifrices, interproximal aids, oral rinses, antimicrobial agents and adjunctive/supplemental oral self-care devices. • Explore how to modify client self-care techniques when needed. • Discuss fluorides and their primary mechanism of action. • Discuss non-fluoride-based caries preventive agents, including calcium phosphate, xylitol, and arginine. 	<p>No Class Monday Oct. 14th (Thanksgiving)</p> <p>Wednesday Oct. 16th class is Independent Study</p>
Week 11	<p>Term Exam #2</p>	<p>No Class Monday Nov. 11th (Remembrance Day)</p>
Weeks 12-14	<p>Tobacco Cessation</p> <ul style="list-style-type: none"> • Explain the dental hygienist's role with respect to smoking/vaping cessation in clinical settings 	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 15	<ul style="list-style-type: none"> • Discuss tobacco/nicotine product use and its effect on oral and general health. • Discuss nicotine addiction and withdrawal. • Explore appropriate tobacco cessation counseling strategies based on a client's readiness to quit. • Discuss the BC strategy and available aids for tobacco cessation. <p>Final Exam</p>	

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Preventive Aid Assignment	10%
Tobacco Cessation Assignment	10%
Quizzes	10%
Exam 1	20%
Exam 2	20%
Final Exam	30%

DESCRIPTION	WEIGHTING
<p>If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the Grade Review and Appeals policy for more information. https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf</p>	<p>TOTAL 100%</p>

COURSE GUIDELINES & EXPECTATIONS

Attendance and engagement with course material is necessary in order to understand and transfer the theoretical knowledge from this course into program clinical courses in preparation for delivery of safe client care. Students are expected to be on time and attend all classes. Each student is responsible to acquire all information given during a missed class, including notes, hand-outs, changed exam dates, etc.

Students are expected to complete assigned reading prior to each class. A copy of the PowerPoint/lecture notes should be downloaded and brought to class so students can follow along and add to the notes during the lecture. See D2L for further information

Guidelines for use of artificial intelligence (AI) for assignments will be specified by the instructor. Use of AI is prohibited for quizzes and exams.

SCHOOL OR DEPARTMENTAL INFORMATION

Students are required to read and are accountable for following College policies and guidelines as described in the DHYG and HHS Student Handbooks.

[DHYG Student Handbook](#)

[HHS Student Handbook](#)

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning

Support Service	Website
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>
Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<https://camosun.ca/services/academic-supports/accessible-learning>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <https://camosun.ca/sites/default/files/2021-07/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.