



CAMOSUN COLLEGE
School of Health & Human Services
Dental Programs

DHYG 228 Nutrition
Fall 2009

COURSE OUTLINE

The Approved Course Description is available on the web @ _____

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records.

1. Instructor Information

(a) Instructor	Jacqueline Guyader
(b) Office hours	Posted on the door Dental 003
(c) Location	003 Dental Building
(d) Phone	370-3193 Alternative _____
(e) E-mail	guyader@camosun.bc.ca
(f) Website	_____

2. Intended Learning Outcomes
Critical Elements below each learning outcome

Upon completion of this course the student will be able to discuss the following:

- lipids
- proteins
- vitamins
- minerals & water
- utilization of Energy Nutrients: Metabolism and Balance
- the effects of systemic disease on nutritional status and oral health
- growth and development
- other considerations affecting nutrient intake
- requirements for older adults
- nutritional aspects of gingivitis and periodontal disease

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

1. Recall related concepts and principles of nutrition (DHYG 128).
 - recall the relationship between nutrition and health
 - discuss nutrition standards and guidelines
 - recall "Canada's Food Guide to Healthy Eating"
 - recall carbohydrates and their functions and relationship to CFG
 - recall the function of fats and the related recommendations in CFG

2. Discuss procedures for nutrition counseling as a dental hygienist in the areas of general health as well as dental\oral health.
 - identify clients who would benefit from nutritional counseling as part of comprehensive dental hygiene care
 - analyze Food Records and make recommendations for food choices and eating patterns which promote both general and oral/dental health
 - discuss non-directive nutrition counseling techniques
3. Discuss lipids.
 - discuss types and functions of fats in the body.
 - discuss the following issues related to consumption of dietary fat: saturated and nonsaturated fats, essential fatty acids, hydrogenation and, emulsification of fats, cholesterol, LDL and HDL
4. Discuss proteins: The cellular foundation
 - discuss amino acids
 - discuss classification
 - discuss physiological roles
 - discuss requirements
 - discuss sources
 - discuss over and under consumption and health related problems
5. Discuss vitamins.
 - describe classification of vitamins
 - discuss the fat soluble vitamins (A, D, E, and K) including their functions, sources, and general, as well as oral, effects of deficiency and excess
 - discuss the water soluble vitamins (B-complex and C) including their functions, sources, and general as well as oral effects of deficiency and excess
 - discuss the use of vitamin supplements
6. Discuss water and minerals required for oral soft tissues and salivary glands
 - discuss water, electrolytes, and sodium, potassium,
 - discuss the relationship between body fluids and minerals
 - discuss the major minerals the body needs, including functions, sources and effects of deficiency or excess on general and oral health
 - discuss the trace minerals the body needs including functions, sources and effects of deficiency or excess on general and oral health
 - discuss the issues related to osteoporosis and calcium intake
 - discuss the significance of, and issues related to, fluoride
7. Discuss utilization of the Energy Nutrients: Metabolism and Balance with regards to
 - the role of liver and kidneys
 - metabolism of carbohydrates, proteins lipids, etc
 - metabolic energy
 - metabolic interrelationships
 - total energy requirements
 - basal metabolic rate (BMR)
8. Discuss the effects of systemic disease on nutrition
 - describe the effects of chronic disease on intake
 - discuss the anemia's
 - describe the role of nutrition in the prevention and treatment of the following diseases:

- cardiovascular disease
 - gastrointestinal problems
 - acquired immunodeficiency disease
 - metabolic problems
 - mental health problems
9. Discuss growth and development.
 - discuss eating habits and their effect on the oral health of infants
 - recommendations and guidelines for growth of children of all ages
 10. Discuss the following considerations that affect nutrient intake.
 - food patterns
 - food budgets
 - maintenance of optimal nutrition during food preparation, food fads and misinformation
 11. Discuss nutritional requirements for older adults and eating habits and their effect on:
 - oral health
 - general health
 - socioeconomic and physiological factors
 - nutrient requirements
 - eating patterns
 12. Discuss nutritional aspects of gingivitis and periodontal disease
 - physical effects of food on periodontal health
 - considerations for periodontal clients
 - gingivitis
 - chronic periodontitis
 - necrotizing periodontal disease

3. Required Materials

- (a) Texts

The Dental Hygienist's Guide to Nutritional Care 3rd Edition Cynthia A. Stegeman and Judi Ratliff Davis Elsevier Saunders 2010.
- (b) Manual

DHYG 228 Nutrition Manual Fall 2009 to be purchased from the Bookstore
- (b) Other – handouts to be given in class

4. Course Content and Schedule

1 hr/wk Thursday from 1:00-1:50 unless otherwise stated.

Assigned readings to be done outside of class

Midterm Exam October 13, 2009

Final Exam during Exam Week Dec 14-21 date TBA.

Assignment # 1 Due on October Sept 29, 2009

Assignment #2 Due on November 3, 2009

5. Basis of Student Assessment (Weighting)

- (a) Assignments
1. 20% Food Track assignment
 2. 30% develop a 3-Day Food diary form and analysis for Dental Hygiene Practice or complete a Nutrition Paper
- (b) Exams
- 20% midterm
- 30% final exam

6. Grading System

(If any changes are made to this part, then the Approved Course description must also be changed and sent through the approval process.)

(Mark with "X" in box below to show appropriate approved grading system – see last page of this template.)

- Standard Grading System (GPA)
- Competency Based Grading System

7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

STUDENT CONDUCT POLICY

There is a Student Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section.
<http://www.camosun.bc.ca/policies/policies.html>

A. GRADING SYSTEMS <http://www.camosun.bc.ca/policies/policies.php>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-	PASSING GRADE	4
65-69	C+	Minimum level has not been achieved.	3
60-64	C		2
50-59	D		1
0-49	F		0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.