



CAMOSUN COLLEGE
School of Health & Human Services
Dental Programs

DHYG 228 Nutrition
Fall 2012

COURSE OUTLINE

The Approved Course

Description is available on the web @

<http://camosun.ca/learn/calendar/current/web/dhyg.html>

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 004
(c) Location	004 Dental Building
(d) Phone	370-3507 Alternative
(e) E-mail	guyader@camosun.bc.ca
(f) Website	D2L https://online.camosun.ca/

2. Course Content and Schedule

a. Calendar Description

This course is a continuation of the study of basic nutritional concepts according to the Canada Food Guide and their application to oral health. Concepts are applied in the clinical setting for clients whose dietary choices compromise their oral health. Dietary analysis and recommendations are provided for clients who have diets that compromise their oral health.

b. iii) Pre / Co-requisites: BIOL 260, DHYG 128, DHYG 260

c. Course Particulars

i) Credits: 1.0

ii) Components: Class Hours: 1 hour per week / Out of class hours 1 hour per week.

iii) Is the course available by distance education? No

iv) Is prior learning available for this course? No

A weekly schedule of topics (lecture and lab information) and exam times will be provided in the first week of class. Students are expected to be prepared for class by reading text chapters and completing related reading materials when required.

3. Required Materials

(a) **Required Text:**

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

(b) **Other Materials:** – handouts posted on DHYG 228 D2L site

4. Intended Learning Outcomes

Learning Outcomes for DHYG 228	Program (Global) Outcomes (FYI)
Dental Anatomy and Morphology	
<p>Upon completion of this course the student will understand, discuss and apply the following nutritional components and concepts in relation to client oral health and overall health:</p> <ol style="list-style-type: none"> 1. Discuss and understand the bodies utilization of the following macronutrients: Lipids and Proteins (C) 2. Discuss the role of vitamins minerals and water as they relate to oral and overall health. (B, C, D, G, H) 3. Describe macronutrients metabolism and balance and the bodies utilization of energy from macronutrient and micronutrient sources (C) 4. Describe how systemic disease effects nutrient utilization and/or nutrient uptake (B, C, G) 5. Identify and discuss other considerations affecting nutrient intake (C, D, F) 6. Identify nutritional requirements for older adults based on GFC and each individuals determinants of needs (A, B, C, D, E, F, G, H) 7. Discuss nutrition as it relates to gingivitis and periodontitis. (B, C, D,) 	<ol style="list-style-type: none"> A. Function as a professional dental hygienist. B. Communicate and collaborate effectively with individuals, family, community and interdisciplinary teams. C. Demonstrate critical thinking and use evidence based decision-making to provide optimal dental hygiene services to individuals, families and community. D. Advocate improving oral health and access to oral health services for individuals, families and community. E. Coordinate and contribute to the effective management of the practice environment to ensure quality care and services. F. Function as a competent clinician using the dental hygiene process of care. G. Educate individuals, families and community about oral health including its relationship to general health. H. Apply health promotion principles to improve the health of individuals, families and community.

5. Course Elements

Upon completion of this course the students will understand and be able to discuss and apply the following topics as they relate to oral health, and the relation to systemic health.

1. **Apply concepts and principles of nutrition from DHYG 128**
 - discuss the relationship between nutrition and health
 - discuss nutrition standards and guidelines with clients
 - apply "Canada's Food Guide to Healthy Eating" in a clinical setting
 - recall carbohydrates and their functions and relationship to CFG and provide client specific recommendations based on oral assessment and nutritional assessment findings
2. **Apply 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 and implement nutritional goals jointly with client
3. **Discuss lipids and identify sources from CFG.**
 - Differentiate between types and functions of fats in the body.
 - discuss the following issues related to consumption of dietary fat: saturated and non-saturated fats, essential fatty acids, hydrogenation and, emulsification of fats, cholesterol, LDL and HDL
 4. **Discuss proteins: The cellular foundation, and identify sources from CFG**
 - discuss amino acids
 - differentiate between classification
 - discuss physiological roles
 - discuss requirements and sources
 - discuss over and under consumption and health related problems
 5. **Discuss vitamins.**
 - describe classification of vitamins
 - describe the fat soluble vitamins (A, D, E, and K) including their functions, sources, and general, as well as oral, effects of deficiency and excess
 - describe 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
 - differentiate between the major minerals the body needs. Understanding functions, sources and effects of deficiency or excess on general and oral health
 - identify the trace minerals the body needs including functions, sources and effects of deficiency or excess oral health
 - analyze the issues related to osteoporosis and calcium intake
 - discuss the significance of 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 interrelationship, total energy requirements
 - basal metabolic rate (BMR)
 8. **Discuss the effects the following systemic/chronic diseases have on of nutrition or nutritional intake**
 - describe the role of nutrition in the prevention and treatment of the following diseases:
 - anemia's, cardiovascular disease, gastrointestinal problems, acquired immunodeficiency disease, metabolic problems, mental health problems
 9. **Discuss growth and development.**
 - describe eating habits and their effect on the oral health of infants
 - describe recommendations and guidelines for growth of children of all ages
 10. **Apply the following considerations that affect nutrient intake into client care when appropriate.**
 - food patterns and food budgets

- maintenance of optimal nutrition during food preparation, food fads and misinformation
11. **Understand and integrate nutritional requirements for older adults and eating habits as they relate to client education and recommendations:**
 - oral health/general health
 - socioeconomic and physiological factors
 - nutrient requirements
 - eating patterns
 12. **Relate the effects of nutrition on gingivitis and periodontal disease**
 - physical effects of food on periodontal health
 - considerations for clients with gingivitis and all forms of periodontitis including: chronic periodontitis, necrotizing periodontal disease

6. Basis of Student Assessment (weighting)

- Assignments – two assignments: assignment #1 = 15%, assignment #2 = 25%; specifics TBA during the first week of class
- Quiz – mineral quiz to be completed on D2L: 5%
- Tests – 1 term test: Term Test 25%
- Exams – final in exam week: Final Exam 30%

The minimum grade for successful completion of DHYG 110 is B- or 70%.

7. Grading System

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

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

This course applies the standard grading system 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

8. 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, StudentServices or the College web site at <http://www.camosun.bc.ca>. Also, refer to the resources for learning section of the DHYG student handbook.

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. Additional information regarding the dental hygiene program is in the student handbook. <http://www.camosun.bc.ca/policies/policies.html>