



CAMOSUN COLLEGE

School of Health and Human Services (HHS)
Department: Dental Programs – Dental Hygiene

DHYG 328 Nutrition
Winter 2020

COURSE OUTLINE

The course description is available on the web:
<http://camosun.ca/learn/calendar/current/web/dhyg.html#dhyg328>

□ Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

- (a) **Instructor** Elizabeth Morch
(b) **Office hours** Posted
(c) **Location** 004
(d) **Phone** 250-370-3215 **Alternative:** 250-812-8893
(e) **E-mail** morch@camosun.bc.ca
(f) **Website** D2L

2. Course Description & Intended Learning Outcomes

In this course, students learn basic nutritional concepts including micro and macro nutrients, nutritional standards and guidelines and apply these to client care in the clinical setting. The role and importance of nutrition, its relationship to oral and dental health, and client counseling are also examined.

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

- a) discuss the role of nutrition and its relationship to oral and dental health.
- b) describe the effect of nutrient intake including minerals, vitamins and water, and the utilization of micro and macro nutrients on the body.
- c) describe the effect of systemic disease upon nutrient utilization and/or nutrient uptake.
- d) utilize information about nutritional standards and guidelines including Canada's Food Guide in nutritional analysis and client counseling.
- e) provide appropriate dietary analysis and nutrition counseling that supports clients to make dietary and nutritional choices that promote oral, dental and overall health.

3. Required Materials

(a) Required Text:

Stegeman, C.A., Ratliff-Davis, J. (2019). The dental hygienist's guide to nutritional care. 5th Ed. St.Louis, Missouri: Elsevier

(b) **Other Materials:** – handouts or reference material posted on DHYG 328 D2L site.

4. Course Content and Schedule

Course Schedule will be posted on D2L

Learning Outcomes with Performance Indicators

Critical Elements

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

a. Discuss the role of nutrition and its relation to oral and dental health

Define nutrition related terms.

Identify local, national, and online nutrition resources for obtaining reliable nutrition information (CFG, other food guides – Mediterranean etc).

Differentiate between food fads and misinformation as presented in various sources of literature.

Explain the role of diet relative to form and frequency as well as cariogenic, anticariogenic and cariogenic food choices in association with host, saliva and plaque biofilm in the caries process.

Explain the impact of nutrition on development, maintenance and repair and supporting integrity of oral mucosa and periodontal health or disease. .

Discuss Canada Food Guide recommendation re food preparation and processing.

b. Describe the effect of nutrient intake including minerals, vitamins and water, and the utilization of micro and macronutrients on the body.

List the six major classes of nutrients found in foods and distinguish between those that are energy producing.

Discuss physiological roles of macronutrients (carbohydrates, lipids and proteins) in relationship with diet and overall/general health.

Describe the requirements, and identify sources and differentiate between the classifications within each macronutrient family (carbohydrates, lipids and proteins).

Discuss nutrition measures to prevent disease.

Demonstrate an understanding of the classification of vitamins.

Describe the fat -soluble (A, D, E, and K) and water-soluble (B-complex and C) vitamins including their physiological roles, sources, and general, as well as oral, effects of deficiency and excess.

Discuss the use of vitamin supplements.

Discuss the major and trace minerals the body requires, including functions, sources and effects of deficiency or excess on general and oral health.

Discuss the physiological roles of water, electrolytes, sodium and potassium.

Discuss the major minerals the body requires for health including functions, sources and effects of deficiency or excess.

Recall the significance of, and issues related to, fluoride as presented in DHYG 391 & DHYG 280.

Discuss metabolism and balance of the macronutrients (carbohydrates, proteins, lipids, etc)

Describe total energy requirements and basal metabolic rate (BMR) for individual needs

c. Describe the effect of systemic disease upon nutrient utilization and/or nutrient uptake.

Discuss nutrition measures to optimize health and to promote health

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.

Discuss over and under consumption of protein and health related problems.

Discuss the issues related to osteoporosis and calcium intake.

d. Utilize information about nutritional standards and guidelines including Canada's Food Guide in nutritional analysis and client counselling

Relate the following terms and concepts with nutritional health; characteristics of a nutritious diet, nutrient density, Dietary Reference Intakes (DRI), Recommended Dietary Allowances (RDA) and Recommended Nutrient Intakes (RNI) or current nutrition related terms.

Discuss food labeling in Canada and in the United States and identify the relevance of claims, nutrients and quantities that may be indicated on food packaging and labels. As well as identifying macronutrients on food labels.

Relate concepts and principles of nutrition for a variety of individuals including but not limited to the following; socioeconomic, physiologic and age-related (children through elderly) needs.

Identify nutritional requirements for optimum health using the recommendations and guidelines for healthy eating, from Canada's Food Guide (CFG).

Identify sources of macro and micronutrients from CFG.

e. Provide appropriate dietary analysis and nutrition counseling that supports clients to make dietary and nutritional choices that promote oral, dental and overall health.

Recall the role of the dental hygienist in nutrition counseling as part of comprehensive dental hygiene care.

Recall the process of involving a client in the completion of a food record from client selection criteria, written details of diet and patterns and non-directive nutrition counseling techniques.

Analyze personal and consider recommendations for alternative food choices and eating patterns which promote both general and oral/dental health.

Recall food factors such as; culture, budget, preparation and patterns that affect nutritional choices for individuals of any age and cultural diversity.

5. Basis of Student Assessment (Weighting)

- Webinar 10%
- 5 Quizzes 50%
- Presentations 40%

The minimum grade for successful completion of DHYG 222 is B- or 70%.

6. Grading System

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

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

Texts and Course PowerPoints

8. College Supports, Services and Policies

Immediate, Urgent, or Emergency Support



If you or someone you know requires immediate, urgent, or emergency support (e.g., illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts:

<http://camosun.ca/about/mental-health/emergency.html> or
<http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, centre for accessibility, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit Student Services at <http://camosun.ca/services/>

College Policies

Policies are available on the College website at <http://camosun.ca/about/policies/>

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Student Appeals](#), Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, and Student Penalties and Fines.

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 website.

A. GRADING SYSTEMS

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf#page=2>

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-	Minimum passing grade for Dental courses	4
65-69	C+		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#page=4> 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.