

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: DNA 120

Credits: 1

Course Title: Community Health

Course Description (including lecture hours, lab hours, total contacts)

Studies topics related to community health issues including identification of specific diseases, symptoms, causes and effects. An emphasis is placed on the promotion of oral health in the community through patient education in oral home care techniques, dietary counseling, plaque control procedures, and application of medicinal agents. Lecture 1 hour per week.

General Course Purpose

DNA 120 prepares the student to help treat patients by recognizing dental and periodontal disease. Students will be able to teach patients oral hygiene instructions and nutrition counseling.

Course Prerequisites/Corequisites

Corequisites: DNA 110 and 140

Course Objectives

Upon completing the course, the student will be able to:

- a. Explain why nutrition education is important in the dental practice
- b. Describe carbohydrates, proteins, fats, vitamins and minerals
- c. List the food groups and give examples of food from each group
- d. Complete a dietary evaluation on a patient
- e. Recognize oral manifestations of nutritional deficiencies
- f. Explain the difference between systemic and topical fluorides
- g. Explain how fluorides help the teeth
- h. Discuss the hazards of fluoride and the safety of fluoridated water
- i. Demonstrate how to apply topical fluoride
- j. Demonstrate how to brush and floss a patient's teeth
- k. Teach a patient proper oral hygiene instructions
- l. Identify intrinsic and extrinsic stains

Major Topics to be Included

- a. Components of Preventive Dentistry
- b. Pathogenesis of Dental Diseases
- c. Patient Education
- d. Fluoride
- e. Plaque Control (Home Care Techniques)
- f. Nutrition
- g. Stains of the Teeth
- h. Methods of Removing Plaque and Stains
- i. Flossing

Effective Date of Course Content Summary (Month, Date Year): February 12, 2009