

ORAL HYGIENE TECHNIQUES & INSTRUCTION COMPETENCY

The Oral Hygiene Techniques & Instruction Competency is a test of the student's

- ability to evaluate a patient's performance of personal oral hygiene techniques from determinations of the amount and location of bacterial plaque deposits on the teeth,
- knowledge and skill in techniques of personal oral hygiene using the Bass toothbrushing technique with a soft-bristle toothbrush and dental floss, and
- ability to instruct a patient in the performance of daily, conventional personal oral hygiene techniques which are appropriate for that patient.

Clinical Guidelines:

Prior to challenging this examination, students must view a video tape and pass a written examination on the techniques of toothbrushing using the Bass brushing method and the use of dental floss.

The clinical procedures to follow for this competency are outlined below:

- 1) **Obtain faculty approval** to begin after reviewing and updating the patient's medical history.
- 2) After lubricating the patient's lips with petroleum jelly, disclose bacterial plaque deposits on the teeth by painting on disclosing solution to all surfaces of the teeth with a cotton swab. Allow the patient to rinse with water.
- 3) Critically evaluate the mesial, distal, facial and lingual aspects of each tooth for bacterial plaque deposits and indicate those areas positive for plaque in the appropriate locations on the chart.
- 4) Determine the percentage of tooth surfaces which are positive for dental plaque using the formula:
$$\frac{\text{\# of sites positive for plaque}}{\text{\# teeth X 4}} \times 100$$
- 5) Evaluate the patient's dentition for the presence of any local factors that need to be considered in the formulation of the patient's oral hygiene regimen, (eg. Fixed partial dentures, crowded or malaligned teeth, etc.)
- 6) From the charting of dental plaque, determine which areas of the dentition should be emphasized, using what oral hygiene techniques.
- 7) Determine what oral hygiene supplies and techniques are appropriate for the patient.
- 8) **Obtain faculty critique** for evaluation of dental plaque accumulation, and recommended oral hygiene techniques for the patient.

In the presence of faculty,

- 9) Describe the appropriate characteristics of a toothbrush for the patient to use to remove dental plaque on a daily basis
- 10) Demonstrate the Bass toothbrushing technique for the patient.
- 11) Observe the patient as they attempt to brush their teeth using this technique and make necessary corrections.
- 12) Demonstrate the appropriate techniques and supplies for the patient to use for interproximal plaque removal using dental floss.
- 13) Observe the patient as they attempt to perform interproximal plaque removal using the method prescribed and make necessary corrections in their technique.
- 14) Make indicated recommendations to the patient for frequency of oral hygiene practices, frequency of toothbrush replacement, and frequency of dental recall/oral prophylaxis treatment.

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Student: _____ Faculty: _____ Date: _____

ORAL DISEASE CONTROL	Optimal Performance	√	Passing Performance	√	Unacceptable Performance	√
Dental Plaque UL UR LR LL	0-3 surfaces	10	4-6 surfaces	7	7+ surfaces	0
Calculation of Plaque Score	Yes	10	Math error	7	No	0
Identification of areas to emphasize	All areas identified	10	Missed one area	7	Missed ≥ 1 area	0
Identification of local factors to address with OH techniques	All factors identified	10	Missed one factor	7	Missed ≥ 1 factor	0
Selects appropriate Oral Hygiene aids	Yes	10	Missed one	7	No	0
Demonstration Toothbrushing Technique	Demonstrated proper technique on typodont or in patient's mouth	10	Minor error of technique or omission.	7	Major error or lack of demonstration.	0
Demonstration of Interproximal Oral Hygiene technique	Demonstrated proper technique on typodont or in patient's mouth	10	Minor error of technique or omission.	7	Major error or lack of demonstration.	0
PATIENT EDUCATION & MOTIVATION:	Performance		Performance	√	Performance	√
Frequency of Oral Hygiene performance	Discussed correct information	10	Minor errors of omission	7	Indicated, but not discussed	0
Information regarding oral hygiene aids' characteristics, timing of replacement, use of other aids, mouthwashes, etc.	Discussed correct information	10	Minor errors of omission	7	Indicated, but not discussed	0
Frequency of Dental Recall/Prophylaxis	Discussed correct information	10	Minor errors of omission	7	Indicated, but not discussed	0
Competency Grade Calculation:						