Course Description

A study of general nutrition and nutritional biochemistry with emphasis on the effects of nutrition and dental health, diet, and the application of counseling strategies to assist the patient in attaining and maintaining optimum oral health. (2 semester hours credit; 2 lecture hours)

Learning Outcomes

Explain general nutrition requirements, deficiencies, and major biochemical reactions within the human body; and interpret and analyze dietary records to assist the dental patient in attaining and maintaining optimum general and oral health.

Course Meeting Place and Times

Room: 172 in Allied Health Bldg.
Day & Time: Wednesday 8:00 – 10:00

Course Director

Name: Jnita Collins, RDH, BS, Assistant Professor
Office: 122 in Allied Health Bldg.
Office Phone: 356-3644
Office E-mail: collins-ij@actx.edu
Web Address: http://www.actx.edu/~collins_jj/
Office Hours: Monday: 9:00-12:00 & 1:30-4:30
Friday: 9:00-11:30

Required Course Textbook

1. The Dental Hygienist's Guide to Nutritional Care, Judi Ratliff Davis and Cynthia A. Stegeman; Elsevier Saunders, 2nd Edition.

Course Overview

The student who successfully completes this course will be familiar with the basic principles of biochemistry, particularly as they relate to the science of nutrition, the major diseases of the oral cavity and the methods utilized for the prevention of these diseases. Participating students should develop an understanding and appreciation for nutrition and the clinical application to specific nutritional counseling and procedures for dental patients. Unit objectives and chapter
study questions will be distributed at the beginning of each unit of study. Unit objectives will coordinate with the materials presented in lecture, handouts, reading assignments, quizzes, and examinations.

**Course SCANS Competencies**

1. **Reading**
   The student will complete all reading assignments, and will be able to understand and interpret the information necessary for the study of nutrition.

2. **Writing**
   The student will submit answers to questions given by the instructor on quizzes, major examinations and assignments. The student will also be able to document information related to nutritional habits, screenings, or progress in a patient’s chart using correct spelling and professional terminology.

3. **Speaking**
   The student will participate verbally in class discussions, and will answer oral questions to the best of their ability. The student will also learn to direct conversation in a professional manner when interacting with patients and other dental professionals.

4. **Listening**
   The student will listen attentively to lecture and audio/visual presentations in order to take good notes and to assimilate enough information to ask questions when necessary. The student will listen attentively to any guest speakers in the classroom and in professional dental meetings in order to ask pertinent questions at the conclusion of the speaker’s presentation. The student will also watch and listen attentively to instructor demonstrations and audio/visual presentations in order to be able to ask appropriate questions of the instructor when there is a difficulty understanding lecture content.

5. **Critical Thinking**
   The student will utilize the information presented in this class, as well as in other courses in this program, and assimilate this information in order to correctly answer the various types of questions presented in quizzes and examinations. The questions contained in the quizzes and examinations require the student to be able to reason, problem solve, make logical decisions based on information supplied, and/or to describe further steps of actions necessary to derive reasonable conclusions.

6. **Personal Qualities**
   The student is expected to complete all assignments, quizzes, and examinations independently unless assigned to work in a group. The student is expected to work independently or in group situations with professional attitude and in cooperation with the instructor and other classmates. The student is encouraged to have the honesty and integrity to perform assignments as expected. The student will participate in discussions regarding honesty, integrity, and responsibility, as they relate to the ethical, legal, and personal information when treating patients with confidentiality.
Students with Disabilities

"Any student who, because of a disabling condition, may require some special arrangements in order to meet course requirements should contact disAbility Services (Student Service Center Room 119, Phone 371 -5436) as soon as possible."

The Amarillo College Catalog can be viewed at www.actx.edu/catalog/index/htm.

Attendance Policy

“Regular attendance is necessary for satisfactory achievement. Therefore, it is the responsibility of the student to attend class.” (Amarillo College Student’s Rights and Responsibilities Publication)

Due to the tremendous amount of information contained in this course, the student who plans to succeed should also plan to attend all course lecture and laboratory sessions regularly and promptly. Without question, the instructor expects each student to be present at each session. Unfortunately, no one has ever developed a short cut which will replace hours of actual experience needed to master a new skill; therefore, you must be present to acquire the specific knowledge in this subject. You may have no more than 1 absence in this course without affecting your final grade. Beginning with the 2nd absence, 1 point will be deducted from your final grade for each absence thereafter. A student will receive 2 bonus points to the final course grade for perfect attendance in both lecture and laboratory sessions.

It is the expectation of the instructor, for students to come to class prepared to participate in discussion and activities. In order to gain an understanding of how theory translates into the clinical experience, students will need a baseline knowledge, obtained through reading assignments in this course as well as familiarity with content of courses taken up to this point.

Grading Criteria

The final course grade will be computed as follows:

- Major Exams: 40%
- Course Objectives or Outlines: 5%
- Caries Control Counseling Project: 15%
- Comprehensive Final: 25%

The following grade scale applies throughout this course:
- A = 93 - 100
- B = 83 -92
- C = 75 - 82
- F = less than 75

Note: A grade of "D" is not possible in this course.

Required Examinations

The course grade will be based on the student’s performance on four major examinations, chapter outlines, dietary analysis projects, and a comprehensive final examination. Any changes
in the major examination schedule will be announced a minimum one week in advance. The major examinations will be mostly objective in nature (true/false and multiple choice) with a few questions being subjective in nature (short answer, essay, and fill in the blank). The final examination will be objective in nature and will test information for the entire course.

Caries Control Counseling Project

The caries control counseling project will be based on the caries control counseling packet that will be completed in the clinical courses on patients. The project will consist of:

A. **Assessing** the patient’s need for caries control counseling and **Planning** the counseling session
B. **Implementing** the plan by interviewing the patient and assisting the patient in completing the forms
C. **Evaluating** the patient’s responses and **Analyzing** the data to formulate a plan for changes in the patient’s diet to prevent the caries process
D. Post counseling procedures to ensure that all forms are completed properly and the progress notes in the patient’s chart are accurately recorded and the forms are added to the chart properly

Each student will be expected to select a patient that is at high risk of developing caries lesions or has active decay and will complete the above steps and the Caries Control Counseling project. Once the counseling session is completed, a report will be written for this project and will summarize the responses from the questionnaire, the food diary, the analysis of the caries promoting foods and fermentable carbohydrate exposures, and the food group analysis. The report will also contain the summaries and a **detailed** description of the suggestions of food substitutions and oral health habits that must be modified in order to attain good oral health. The report must be written in a professional manner, typed, double spaced and placed in a folder with all of the forms that were completed during the counseling session. A minimum of two pages will be required for the report and there is no maximum length. The more detailed the report, the more accurately the patient’s case will be presented.

Make-up Policy

A student **will not** be allowed to make-up quizzes, as a **zero** will be given for each missed quiz. If a student is absent on the day when a major examination is given, the student may make-up the missed work as follows:

1. It is the responsibility of the student to make arrangements with the instructor within 24 hours of returning from the absence to reschedule the examination.
2. The missed work must be made up within TWO Amarillo College school days where the day ends at 4:00 p.m.
3. The make up work may earn a maximum of 80% of the original point value.

Course Ethics

Amarillo College also has standards that must be upheld. At Amarillo College, there are grave academic penalties for unethical conduct. The policy and penalty for such conduct is provided in the General Catalog as follows:
A high standard of conduct is expected of all students. It is assumed that obedience to the law, respect for properly constituted authority, personal honor, integrity and common sense will guide the actions of each member of the college community both in and out of the classroom. The student code of conduct is published in the Student Rights and Responsibilities publication. Any student who fails to perform according to expected standards may be disciplined.

It can be concluded from this statement that cheating and other forms of unethical course conduct are absolutely forbidden by Amarillo College policy. To be more specific, in this course ANY unethical conduct is a cause for a final grade of “F” regardless of other grades earned to-date in the course.

In summary, a student should not risk his or her final grade in this course and any future enrollment privileges at Amarillo College as the result of the unethical conduct. This policy will be strictly enforced.

All students are considered mature enough to seek faculty assistance and to monitor their own progress in meeting course requirements. The following professionalism standards apply to this course:

1. Student is prompt to class.
2. Student is prepared for class sessions.
3. Student assumes responsibility for his/her own learning.
4. Student is concerned with excellence in learning rather than just meeting minimal criteria.
5. Student applies lecture material in the clinical setting.
6. Student maintains his/her composure, dealing with conflict in a constructive way.
7. Student exhibits an attitude of respect for classmates, faculty, and staff.
8. Students will not be disruptive or talk to each other during lectures, slide presentations, guest lectures, etc. Should this occur, the student will be asked to leave the classroom immediately.

Electronic and Recording Devices

All electronic devices such as cell phones or beeper/pagers are prohibited in this course. No tape recordings of the lecture during classroom or lab instruction will be allowed. Reading the assigned chapters prior to class and taking notes during lecture will assure proper coverage of chapters for preparation for daily and major examinations.

Emergency Contacts

Phone numbers that family members may use to reach you only in case of emergencies are as follows:

Jnita Collins - Course Director: 356-3644
Dental Hygiene Clinic Office: 354-6050
Dental Hygiene Clinic Dispensary: 354-6065
Donna Cleere - Department Director: 354-6064
Amarillo College Police: 371-5163
Kim Lacey - Allied Health Division Secretary: 354-6055
**Academic Grievances**

A student who has a grievance concerning a course in which he or she is enrolled should make an appeal in the following order to the:

1. Instructor
2. Department chair
3. Division chair
4. Vice President / Dean of Instruction
5. College President

**Dates of Importance for this Semester**

Please refer to the attached schedule for the sequence of the course content. The schedule is subject to change. Any changes will be announced in class.

- **September 5**: Labor Day Holiday (College Closed)
- **October 28**: In-Service Day (College Closed)
- **November 14**: Spring Registration Begins
- **November 24**: Last day to drop or withdraw
- **November 24-27**: Thanksgiving Holiday
- **December 12-15**: Final Exams Week
# General and Dental Nutrition Course Schedule

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<tr>
<th>Date</th>
<th>Subject of Lecture Content</th>
<th>Book Chapter</th>
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| 8/31/05    | Course Introduction and Review of Syllabus  
Overview of Healthy Eating Habits                | Chapter 1             |
| 9/07/05    | Alimentary Canal: Digestion and Absorption  
Carbohydrates: The Efficient Fuel                  | Chapter 2             |
| 9/07/05    | Protein: The Cellular Foundation  
Lipids: The Condensed Energy                        | Chapter 4             |
| 9/14/05    | Utilization of the Energy Nutrients: Metabolism and Balance  
Exam I                                               | Chapter 5             |
| 9/21/05    | Vitamins Required for Calcified Structures  
Minerals Essential for Calcified Structures         | Chapter 6             |
| 9/28/05    | Nutrients Present in Calcified Structures  
Vitamins Required for Oral Soft Tissues and Salivary Glands | Chapter 7             |
| 9/28/05    | Water and Minerals Required for Oral Soft Tissues and Salivary Glands  
Exam II                                               | Chapter 8             |
| 9/21/05    | Exam I                                                                                     | Chapter 9             |
| 9/21/05    | Exam I                                                                                     | Chapter 10            |
| 9/28/05    | Nutritional Requirements Affecting Oral Health in Females  
Nutritional Requirements During Growth and Development and Eating Habits Affecting Oral Health | Chapter 11            |
| 10/19/05   | Nutritional Requirements Affecting Oral Health in Females  
Nutritional Requirements During Growth and Development and Eating Habits Affecting Oral Health | Chapter 12            |
| 10/19/05   | Nutritional Requirements Affecting Oral Health in Females  
Nutritional Requirements During Growth and Development and Eating Habits Affecting Oral Health | Chapter 13            |
| 10/26/05   | Nutritional Requirements for Older Adults and Eating Habits Affecting Oral Health  
Nutritional Assessment and Counseling for the Dental Hygiene Client Caries Control Counseling Project Assignment | Chapter 14            |
| 10/26/05   | Nutritional Requirements for Older Adults and Eating Habits Affecting Oral Health  
Nutritional Assessment and Counseling for the Dental Hygiene Client Caries Control Counseling Project Assignment | Chapter 20            |
| 11/02/05   | Other Considerations Affecting Nutrient Intake  
Effects of Systemic Disease on Nutritional Status and Oral Health | Chapter 15            |
| 11/02/05   | Other Considerations Affecting Nutrient Intake  
Effects of Systemic Disease on Nutritional Status and Oral Health | Chapter 16            |
| 11/09/05   | Exam III                                                                                   | Chapters 12-16, 20    |
| 11/16/05   | Nutritional Aspects of Dental Caries: Causes, Prevention, and Treatment                    | Chapter 17            |
| 11/23/05   | Nutritional Aspects of Gingivitis and Periodontal Disease                                 | Chapter 18            |
| 11/30/05   | Nutritional Aspects of Alterations in the Oral Cavity  
All Projects Are Due – Class Discussion of Project Results | Chapter 19            |
| 12/07/05   | Exam IV                                                                                     | Chapters 17-19        |
| 12/14/05   | Comprehensive Final Examination                                                                 | All                   |
DHYG 1207
General and Dental Nutrition

Verification of Course Policies

I, ____________________________, verify that I have received the General and Dental
Nutrition, DHYG1207, course syllabus via the Amarillo College Dental Hygiene Program website
at www.actx.edu/~dental_hyg/syllabi.htm. I have read and understand the course and
department policies contained in the syllabus as they have been explained to me. I agree to
abide by the policies and course requirements documented in the syllabus.

____________________________________  on  _________________________________
Student Signature                  Date

Received and filed in student file.

____________________________________  on  _________________________________
Instructor Signature                Date