

Hagerstown Community College
OFFICIAL COURSE SYLLABUS DOCUMENT

COURSE: DHY 205 – Nutrition and Biochemistry in Dentistry 2 credits

INSTRUCTOR: Raychene Michaels RDH, MS **SEMESTER/YEAR:** Fall 2015

COURSE DESCRIPTION:

This course is created for dental hygiene students as a review of nutrition biochemistry, nutritional guidelines, diet analysis, and planning. The role of nutrition in dental health, systemic disease and cessation methods of tobacco usage are emphasized with the clinical application of nutritional counseling strategies. Total of 30 lecture hours. *Prerequisites: DHY 110, DHY 111, DHY 112, DHY 113, DHY 116. Co-requisites: DHY 201, DHY 202, DHY 203, DHY 204.*

TEXTBOOK:

Stegeman, Cynthia A., Davis, Judi R., The Dental Hygienist's Guide to Nutritional Care, Saunders, 2010. ISBN: 978-1-4160-6398-8

STUDENT LEARNING OUTCOMES:

- Perform a nutritional assessment on patients recommending appropriate changes for a healthier mouth
- Formulate nutritional plans to educate a patient on nutrition-related dental problems
- Analyze dietary intake of a patient respecting the cultural food patterns of the patient
- Identify the function and food sources of nutrients essential to systemic and oral health with an emphasis on the role of nutrition in the development and maintenance of hard and soft oral tissues.
- Demonstrate foundational knowledge of nutritional needs throughout the life cycle and the role of nutrition in the prevention and management of both systemic and oral disease.
- Demonstrate the implementation of effective approaches to dietary assessment and nutrition counseling in the dental clinic.

Total Hours of Coursework:

To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute “academic” hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit. For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

ACCOUNTING FOR CREDIT HOUR REQUIREMENT

Assignment / Assessment	Clock Hours
Reading/ studying for lecture exams	2 exams x 30 hours = 60 hours
Nutritional Analysis	30 hours
Total out of class time	90 hours