Oral Health and Dental Hygiene

Experiment 6 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To demonstrate basic oral-hygiene counselling.

Principle

Regular plaque control, suitable fluoride toothpaste, dietary habits and dental review support oral health.

Key Points

- Use a model to show gentle brushing and cleaning of all tooth surfaces.
- Discuss sugary-snack frequency and routine dental visits.
- Dental swelling with fever, spreading facial swelling or difficulty swallowing needs prompt assessment.

Activity Procedure

1. Assess

Ask about brushing habits, diet, dental symptoms and last dental visit.

2. Demonstrate

Show a gentle systematic brushing method on a dental model and explain interdental cleaning where appropriate.

3. Counsel

Agree one achievable hygiene or diet action.

4. Teach back

Ask the partner to demonstrate and explain when dental referral is needed.

Record and Observations

Field	Activity record
Current habits	_____
Model demonstration	_____
Agreed action	_____
Dental referral signs	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use teaching models and respect privacy.
- Do not practise invasive procedures during these role plays.

Viva Questions and Answers

1. Why use plain language?

It helps the learner understand and act on the advice.

2. Why use teach-back?

It checks understanding through the learner's explanation or demonstration.

3. What should be recorded?

Observed performance, agreed actions and any referral concern.

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