

# DENTAL HYGEINE BOARDS WEEKLY STUDY GUIDE

Dentalelle Tutoring – Andrea Majewski

[Dentalelle.com](https://Dentalelle.com)

## Week 1

### *The Professional Dental Hygienist*

- Ethics, dental hygiene care, public health, health promotion, cultures

## Week 2

### *Preparation of the Appointment*

- Infection control, sterilization, disinfectants, HEP, HIV, herpes, HIV, ethics, barriers, handwashing, clinical attire, gloves, ergonomics, exercises

## Week 3

### *Assessment*

- Patient records, privacy, exams, teeth numbering systems, charting, personal and medical history, dental history, premeds, vitals, radiographs, film techniques, radiation, intra/extra oral exam, biopsy's, oral cancer,
- Casts, alginates, impressions, gingiva, instruments, probing, furcations, fremitus, periodontal health, local factors, self-cleaning, caries, enamel, attrition, conditions, occlusion, deposits, indices for oral health
- Dental Hygiene Diagnosis and patient care

## Week 4

### *Implementation*

- Learning process, teaching systems, evaluation of teaching aids, disclosing, remineralization, brushing, methods, effects of brushing, interdental care, orthodontics, prosthesis, dentures, underlying mucosa, implants, tobacco, five A's, diet, nutrition, fluorides, sealants
- Pain – pain medications, local anesthetic, nitrous, topical
- Instruments – types, activation, strokes, sharpening
- Non-surgical – care plan, calculus removal, ultrasonic, overhangs, follow-up, antimicrobials, tetracycline, doxycycline, chlorhexidine, minocycline
- Perio – acute conditions, chronic conditions, NUG, NUP, abscesses
- Sutures, dressings, knots, types, dentin hypersensitivity, stain, stain removal, polishing, air polishing
- Teeth whitening
- Evaluation – administration methods, appointment sequencing

## Week 5

### *Special Needs*

- Pregnancy, pedo, cleft lip, elderly, edentulous, oral surgery, cancer, disabilities, physical impairments, sensory, abuse, seizure, mental, respiratory, heart conditions, diabetes, emergencies

## Week 6

### *Anatomy*

- ➔ Head and neck, muscles, bones, tooth anatomy

## Week 7

### *Oral Anatomy*

- ➔ Oral anatomy, histology, microorganisms

## Week 8

### *Nutrition and Community*

- ➔ Nutrition and community, carbohydrates, cariogenic potential, disorders, proteins, lipids, vitamins, minerals, diet and counselling

## Week 9

### *Oral Pathology and Pharmacology*

- ➔ Oral pathology lesions, diagnosis, pharmacology medications, cysts, tumors, drug interactions, scripts

## Week 10

### *Case studies*

- ➔ Case studies and mock exam review questions

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Any questions? Feel free to email Andrea directly [here](#).