

Prepared by: G. Gardner
Reviewed by: V. Kimbrough
Reviewed by: S. Eveland
Text Update: Spring 2022
Date Prepared: Spring 2022
C & GE Approved: May 19, 2022
Board approved: July 13, 2022
Semester effective:

Dental Hygiene (DNTL) 3020 Modifying Oral Health Behavior (3 Units)

Prerequisite: Admission to the Dental Hygiene completion program

Hours and Units Calculations:

48 hours lecture. 96 Outside of class hours. (144 Total Student Learning Hours) 3 Units

Catalog Description: Presents models and theories associated with understanding and modifying behaviors. Investigates behavioral changes that can positively influence total human well-being. Discusses factors that impact personal health behavior. Focuses on behavioral change models and theories from different perspectives including biological, psychological, and social. Includes use of models and theories for planning, implementation and evaluation of oral health behaviors.

Type of Class/Course: Degree Credit

Textbooks: N/A

Additional Required Materials: Articles –

Haley-Hitz, E. (2020). Modifying Patient Behavior Remains One of Dental Hygiene’s Primary Objectives. *Today’s RDH*. <https://www.todayrhdh.com/modifying-patient-behavior-remains-one-of-dental-hygiene-primary-objectives/>

Hollister, M.C., Anema, M.G. (2004). Health Behavior Models and Oral Health: A Review. *Journal of Dental Hygiene*. Jun 2004, 78 (3) 6. <https://jdh.adha.org/content/jdentyg/78/3/6.full.pdf>

Martino S. (2011). Oral health behavioral and social intervention research concepts and methods. *Journal of public health dentistry*, 71 Suppl 1(0 1), S2–S6. <https://doi.org/10.1111/j.1752-7325.2011.00217.x>

Course Objectives:

By the end of the course, a successful student will be able to:

1. Explain the primary theories associated with oral hygiene behaviors and behavior modification.
2. Differentiate among the theories for use in planning, implementation and evaluation of oral health behaviors.
3. Summarize the criticisms that have been made regarding the major traditional models of health behavior change and why these models do not seem adequate to account for observed health behaviors.

Course Scope and Content:

- Unit I Oral Hygiene as a Profession
 - A. History of oral hygiene as a profession
 - B. Current trends in the profession
 - C. Emerging trends in the profession

- Unit II Behavior and Oral Hygiene
 - A. Role of behavior in oral hygiene
 - a. Categories of oral hygiene behavior
 - b. Factors that impact personal health behavior
 - B. The role of the oral hygienist
 - a. Monitoring and modifying behaviors
 - i. Categories of behavior
 - ii. Social/cultural influences on behavior
 - C. The role of theories in the oral hygiene program
 - a. Evaluating patient and/or community needs
 - b. Use in planning and implementation to modify oral health behaviors

- Unit III Theories of behavioral learning and modification
 - A. Types of theories: Different Perspectives
 - a. medical/biological
 - b. psychological
 - c. social, cultural
 - B. Fundamental elements of a theory
 - C. Limitations of theories

- Unit IV Medical/Biologically Based Theory
 - A. Disease theory
 - B. Connection of oral health and other physiological health metrics
 - C. Limitations
 - D. Considerations for use in planning, implementation and evaluation of oral health behaviors

- Unit V Psychological Theory
 - A. Theories of Behavior
 - a. behavioral modification
 - i. associations, generalizations, reinforcement, and ‘punishment’
 - ii. considerations for use in planning, implementation and evaluation of oral health behaviors
 - b. limitations
 - B. Theories of Learning
 - a. observation and imitation
 - b. habituation
 - c. considerations for use in planning, implementation and evaluation of oral health behaviors
 - d. limitations
 - C. Social Cognitive Theory
 - a. influence of social norms and group status

- b. influence of social media
- c. considerations for use in planning, implementation and evaluation of oral health behaviors
- d. limitations

- Unit VI Cultural Impacts and Influence
- A. Cultural distinctions
 - B. Role of culture:
 - a. On personal oral hygiene behaviors
 - b. On group oral hygiene behaviors
 - C. Considerations for use when planning, implementation and evaluation of oral health behaviors
 - D. Limitations

Learning Activities Required Outside of Class

The students in the class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Read from relevant textbooks, peer-reviewed journals, and current periodicals, approximately 50-100 pages per week
2. Critique and presentation of the chosen behavior change model.

Methods of Instruction

1. Lecture
2. Discussion
3. Individual and collaborative activities
4. Research and writing assignments

Methods of Evaluation

1. Participation in discussions
2. Written assignments
3. Journal article presentations

Supplemental Data:

TOP Code:	124020: Dental Hygienist
SAM Priority Code:	B: Advanced Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable (funds not used)
Program Status:	1: Program Applicable

Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE
Discipline:	Dental Technology