



---

Faculty of Health, Science and Technology

# Programme Study Plan

Programme in Dental Hygiene

<b>Programme code:</b>	OGTHY
<b>Programme title:</b>	Programme in Dental Hygiene Tandhygienistprogrammet
<b>ECTS credits:</b>	180 ECTS credits
<b>Approval:</b>	The Programme Study Plan was approved by the Faculty Board of Health, Science and Technology on 30 January 2020 and is valid from the autumn semester of 2020, Rev 2022-12-01.
<b>Language of instruction:</b>	Swedish
<b>Degree level:</b>	Bachelor
<b>Degree type:</b>	Professional qualification  The programme also meets the requirements of a Degree of Bachelor in Oral Health
<b>Degree title:</b>	Degree of Bachelor of Science in Dental Hygiene  Degree of Bachelor of Science. Major: Oral health
<b>Prerequisites:</b>	General admission requirements and Mathematics 2a or 2b or 2c, Social Studies 1b or Social Studies 1a1 + 1a2, Science or Physics 1, Chemistry 1, Biology 1

## **General information**

The programme in dental hygiene at Karlstad University aims for students to acquire the necessary knowledge and professional competence to work as registered dental hygienists as well as attaining the necessary qualifications to continue towards postgraduate studies.

The programme is designed to meet the future requirements of the dental hygienist profession on continuous learning and development in line with the national qualitative targets (SFS 2018:1135).

Oral health is the main field of study within the dental hygiene programme and constitutes the theoretical and practical knowledge base of the dental hygienist's independent professional practice, which comprises oral health efforts aimed at children, adults and older people. Oral health should be considered part of a person's general health, which besides biological factors is affected by the person's surrounding, behaviour and life style. The field forms a body of knowledge from domains of natural sciences (primarily odontology and medicine) and social sciences, behavioural science and public health science and is based on the World Dental Federations international definition of oral health (Glick et al. 2016);

“Definition of oral health: Oral health is multifaceted and includes the ability to speak, smile, smell, taste, touch, chew, swallow, and convey a range of emotions through facial expressions with confidence and without pain, discomfort, and disease of the craniofacial complex.

Further attributes of oral health:

- It is a fundamental component of health and physical and mental well-being. It exists along a continuum influenced by the values and attitudes of people and communities.
- It reflects the physiological, social, and psychological attributes that are essential to the quality of life.
- It is influenced by the person's changing experiences, perceptions, expectations, and ability to adapt to circumstances.”

A registered dental hygienist should demonstrate the knowledge and skills to autonomously initiate and undertake health promoting and preventive dental interventions for both individuals, groups of patients and society as a whole. The role as a dental hygienist includes clinical patient care in dental health clinics but also collaborating with other professionals working in dental care, health care and nursing, and municipal care (school, elderly care and social services). Duties vary greatly with different specialisations and types of care such as public, private and specialist dental care and self-employment. Dental hygienists work in a number of different areas of dental care (public as well as private), the academic community (lecturers, researchers) and the business sector.

Dental hygienists work independently based on their responsibility to provide care and in accordance with tested and established scientific knowledge and experience. A registered dental hygienist complies with the laws and regulations of health care and dental care, as well as demonstrating awareness of relevant ethical considerations.

## **Aims and Objectives**

The Higher Education Ordinance, annex 2 Qualification Ordinance, stipulates the following national aims and objectives for a Degree of Bachelor of Science in Dental Hygiene (SFS 2018:1135):

For a Degree of Bachelor of Science in Dental Hygiene, the student shall demonstrate the knowledge and skills required for registration as a dental hygienist.

### *Knowledge and understanding*

For a Degree of Bachelor of Science in Dental Hygiene the student shall:

- o demonstrate knowledge of the disciplinary foundation of the field and awareness of current research and development work as well as the links between research and proven experience and the significance of these links for professional practice
- o demonstrate knowledge of and understanding of the significance of oral health for general well-being and the impact of health in general on oral health,
- o demonstrate knowledge of social circumstances that influence the health of individuals and groups,
- o demonstrate knowledge of men's violence towards women and violence in close relationships, and
- o demonstrate knowledge of the relevant statutory provisions.

### *Competence and skills*

For a Degree of Bachelor of Science in Dental Hygiene the student shall:

- o demonstrate the ability autonomously and in cooperation with the patient initiate and undertake health promoting and preventive dental interventions for both individuals and groups of patients
- o demonstrate the ability to undertake oral examinations and to examine and analyse the need for interventions
- o demonstrate the ability to undertake measures and evaluate them
- o demonstrate the ability to describe and discuss interventions and treatment results in speech and writing with those concerned and in document these in accordance with the relevant statutory provisions,
- o demonstrate a capacity for teamwork and cooperation with other professional categories, and
- o demonstrate the ability to review, assess and use relevant information critically and also to present his or her knowledge to different audiences and so contribute to the development of the profession and professional practice.

### *Judgement and approach*

For a Degree of Bachelor of Science in Dental Hygiene the student shall:

- o demonstrate self-awareness and the capacity for empathy
- o demonstrate the ability to assess interventions using a holistic approach to individuals informed by the relevant disciplinary, social and ethical aspects and taking particular account of human rights
- o demonstrate the ability to adopt a professional approach to clients or patients, those close to them and other groups, and

- o demonstrate the ability to identify the need for further knowledge and undertake ongoing development of his or her skills.

#### *Independent project (degree project)*

A requirement for the award of a Degree of Bachelor of Science in Dental Hygiene is completion by the student of an independent project (degree project) for at least 15 credits.

#### *Local degree requirement*

In addition to the national requirements, a Degree of Bachelor of Science in Dental Hygiene issued by Karlstad University requires that students are able to

- demonstrate the ability to adopt a professional approach to sustainable development within the field of dental hygiene.

#### General aims of a Degree of Bachelor

In addition to the above mentioned aims of the Higher Education Ordinance, annex 2 Qualification Ordinance, (1993: 100) and local aims of a Degree of Bachelor of Science in Dental Hygiene, the programme in dental hygiene at Karlstad University is based on the objectives that apply for a general Degree of Bachelor (SFS 2006: 1053).

#### *Knowledge and understanding*

For a Degree of Bachelor, students shall:

- demonstrate knowledge and understanding in the main field of study, including knowledge of the disciplinary foundation of the field, knowledge of applicable methodologies in the field, specialised study in some aspect of the field as well as awareness of current research issues.

#### *Competence and skills*

For a Degree of Bachelor, students shall:

- demonstrate the ability to search for, gather, evaluate and critically interpret the relevant information for a formulated problem and also discuss phenomena, issues and situations critically,
- demonstrate the ability to identify, formulate and solve problems independently and to complete tasks within predetermined time frames,
- demonstrate the ability to present and discuss information, problems and solutions in speech and writing and in dialogue with different audiences, and
- demonstrate the skills required to work independently in the main field of study.

#### *Judgement and approach*

For a Degree of Bachelor, students shall:

- demonstrate the ability to make assessments in the main field of study informed by relevant disciplinary, social and ethical issues,
- demonstrate insight into the role of knowledge in society and the responsibility of the individual for how it is used, and
- demonstrate the ability to identify the need for further knowledge and ongoing development.

### *Independent project (degree project)*

To earn a Degree of Bachelor, students must also complete an independent project (degree project) of at least 15 ECTS credits within the main field of study, Oral Health.

### **Programme Structure**

The programme (180 ECTS credits) consists of theoretical and clinical courses and is based on courses adhering to established course syllabuses with specified entry requirements. Teaching, learning and examination forms are shown in respective course syllabus. The theoretical and clinical courses of the programme are integrated to form a coherent whole in order to gradually develop and deepen the student's professional competence and skills.

The theoretical courses should preferably be web-based. Clinical courses that are located at Karlstad University include preclinical studies on phantom models at the method laboratory and clinical activities, first practising on a fellow student and then a patient at the education clinic on campus. Clinical courses during placements (VFU) take place at dental clinics in regions with which Karlstad University has signed a VFU agreement, as well as observations at general and specialist clinics.

The forms of examination consist of individual written examinations, written assignments, seminars and clinical examinations. A National Clinical Final Examination is held in collaboration with other courses in oral hygiene.

The final examination comprises two parts; a fictitious theoretical patient case and a clinical examination "chair-side" with an authentic patient case.

Mandatory participation is specified in each course syllabus and mainly comprises preclinical studies at the method laboratory, clinical studies at the education clinic, during placements, seminars and examinations.

### Working methods and pedagogical approach

The working methods vary and are designed through a variety of different pedagogical methods in order to stimulate the students to active and autonomous learning. The theoretical courses are conducted in the form of lectures, literature studies, seminars and written assignments, individually and/or in groups. The clinical courses also include learning activities with the aim of integrating theoretical knowledge.

The pedagogical approach of the dental hygiene programme is, therefore, based on a holistic view of learning and a diversity of learning activities, both in theory and in practice. The web-based learning platform enables integration between teachers and students and is used as a pedagogical tool for conducting courses. There to help is the Centre for Teaching and Learning (UPE), which provides active and professional support for quality development at all levels of education at Karlstad University.

Blended learning is a pedagogical model encouraged by Karlstad University and which has inspired the teaching and learning methods applied in the dental hygiene programme. The model is based on three cornerstones; 1) Constructive alignment, i.e. that teaching is based on the intended learning outcomes of the course syllabi, ensures that all learning outcomes are assessed in relevant ways and offers students the opportunity and responsibility to develop the abilities that the assessment requires, 2) Student-centred teaching and learning based on student active working methods, and 3) Digital resources, which are used to create, experiment and conduct research as well as for communication and administration, for example by allowing students to create texts, images, videos, instructions, music, presentations and portfolios.

## Internationalisation

Karlstad University wants to promote collaboration and exchange with other universities. Karlstad University collaborates with a number of other universities, both in Sweden and abroad, and has an organisation to support students who want to make use of this opportunity. As such, students enrolled in the dental hygiene programme can choose to place part of their studies at a university abroad.

## Programme Content

The dental hygiene programme comprises a total of 180 ECTS credits and consists of courses in the main field of study Oral Health. The subjects in natural sciences (mainly odontology and medicine) as well as social sciences, behavioural science and public health science are partly integrated in courses within the main field of study and, for certain subjects, as separate courses (see courses below). The programme includes two courses (7.5 +7.5 ECTS credits) on scientific theories and methods with focus on the area of oral health and an independent degree project comprising 15 ECTS credits.

The programme is characterised by the professional role of the dental hygienist and an approach based on science, health promotion and behavioural science as well as human rights and sustainable development. Theoretical knowledge and understanding, clinical skills and abilities as well as good judgment are integrated parts throughout the programme. There is a gradual progression through increasing demands and complexity in both theoretical and clinical courses, forms of learning and the ability to work independently.

The clinical structure, course content and progression of the programme are characterised by, among other things, dental care models for children, adolescents, adults, and elderly people, ranging from a healthy patient to a high-risk patient. The care models are based on the requirements of the Dental Care Act (1985:125) on good and high-quality dental care, national guidelines for dental care and the United Nations Convention on the Rights of the Child Act (2018:1197).

The clinical studies of the programme are partly carried out at the student clinic at Karlstad University, comprising 19 weeks of full-time studies (28.5 ECTS credits), and partly through a placement (VFU), comprising 12 weeks of full-time studies (18 ECTS credits), equalling a total of 46.5 ECTS credits.

### Progression in the main field of study

Within the main field of study, Oral Health, there is a gradual progression related both to the field of oral health and to future professional practice as a dental hygienist, both in theoretical and clinical courses. Out of the 180 ECTS credits of the programme, the main field of study comprises 142.5 ECTS credits. The progression begins in year one and continues throughout all three years of the programme.

Step one (mainly the first year) includes oral health, both in theory and practice (30 ECTS credits) with the aim of providing the student the opportunity to acquire basic knowledge and practical training within the dental hygienist's main field and profession. Therefore, this step includes courses that concern basic theories and concepts in oral health, the profession, its statutes and ethical foundation, as well as sustainable development. Preclinical theory about caries and periodontal disease is initiated and applied through exercises in the method laboratory and auscultation at a dental clinic. Preventive measures are applied to healthy patients under supervision at the student clinic on campus at Karlstad University. Basic knowledge of behavioural science and health psychology theories is introduced along with health communication. The step establishes a scientific and critical approach.

Step two (mainly the second year) includes oral health (52,5 ECTS credits) and is characterised by more in-depth theoretical knowledge and understanding of the subjects of cariology and periodontal diseases, first with focus on adults and then adapted to children and adolescents, based on evidence-based theories and methods. The courses also integrate odontological and medical subjects in order to get a broader overall picture of patient activities within the framework of the dental hygienist profession but also for the understanding of collaboration within the dental care service and other professions. In this step, clinical application primarily include at-risk patients, under supervision and with a patient-centred approach. In addition, knowledge of theories and concepts in public health science is added, as well as training in health dialogues and communicative methods. The student reflects on the dental hygienist's role in health promoting initiatives for individuals and groups and with regard to human rights. The step includes in-depth knowledge and application of scientific methods in preparation for the degree project.

Step three (mainly the third year) includes in-depth knowledge and skills in oral health (60 ECTS credits), both in theory and in practice. The aim of this step is for the student to demonstrate the ability to, from a professional and ethical approach, independently and in collaboration with the patient/family members/other groups, initiate and implement measures of health promotion, prevention and treatment aimed at different risk and age groups, and be able to evaluate one's own and others' efforts. The life cycle of ageing and the impact of social factors on oral health are added as a broader and more complex perspective in this step. The student must also in this step demonstrate an independent ability to apply and reflect on research and development work as well as national and global strategies for the field of oral health as well as for dental care. A degree project within the main field of study is included as an in-depth component of the final year.

### **Courses Included in the Programme**

Main field of study, Oral Health (142.5 ECTS credits):

Introduction to Oral Health – Theories, Profession and Science, 7.5 ECTS credits  
Preclinical Studies for the Dental Hygienist, Theory and Method, 15 ECTS credits  
Oral Health Prevention – Clinical Studies I, 7.5 ECTS credits

Public Health and Oral Health Promotion, 7.5 ECTS credits

Oral Health and General Health – Theory and Clinical Studies II, 22.5 ECTS credits

Oral Health Care with Focus on Children, Adolescents and Young Adults, 15 ECTS credits  
Conversation Methodology and Treatment in the Case of Oral Health-Related Behavioural Change, 7.5 ECTS credits

Oral Health Prevention and Treatment for Different Age Groups – Clinical Studies III, 15 ECTS credits

Ageing in Theory and Practice with Focus on Oral Health, 15 ECTS credits  
Oral Health from a Social Perspective, 7.5 ECTS credits

Degree Project in Oral Health, 15 ECTS credits

Oral Health, Complex Treatment Needs and Vulnerable Groups – Clinical Studies IV, 7.5 ECTS credits

Other courses (37.5 ECTS credits):

Anatomy, Physiology and Medical Microbiology with Focus on Dental Hygiene, 15 ECTS credits

Health Psychology and Communication, 7.5 ECTS credits Basic Scientific Theory and Method, 7.5 ECTS credits

Scientific Methods, Analyses and Project Planning, 7.5 ECTS credits

### **Transfer of Credits**

Students may transfer credits from previously completed university courses in Sweden or abroad, or replace a course, subject to approval in accordance with current regulations.

### **Additional Information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.

Scheduled teaching and independent study vary depending on the course content and comprise a total of 40 hours of full-time study per week.

The courses and their content are based on each other. In order to be admitted and proceed to courses within the programme, special eligibility requirements apply, which are stated in the syllabus of each course. Students are guaranteed a placement through agreements with regions in central Sweden.

Travel and accommodation can entail additional costs for the student in connection with compulsory attendance at Karlstad University as well as at auscultations and placements.

As stipulated in the Higher Education Act Ch. 4, sect. 6, SFS 1992:1434, and Regulations of Student Expulsion from Higher Education SFS 2007:989, a student who suffers from mental disorder, abuses alcohol or drugs, or has been guilty of a serious offence endangering others or valuable property can be expelled until further

notice. In such a case, the Vice-Chancellor files a complaint to the Expulsion Board of Higher Education, which investigates the matter and makes a decision. A decision of expulsion

shall always entail that the student must discontinue the education until further notice. The Expulsion Board of Higher Education is responsible for all Swedish higher education institutions.