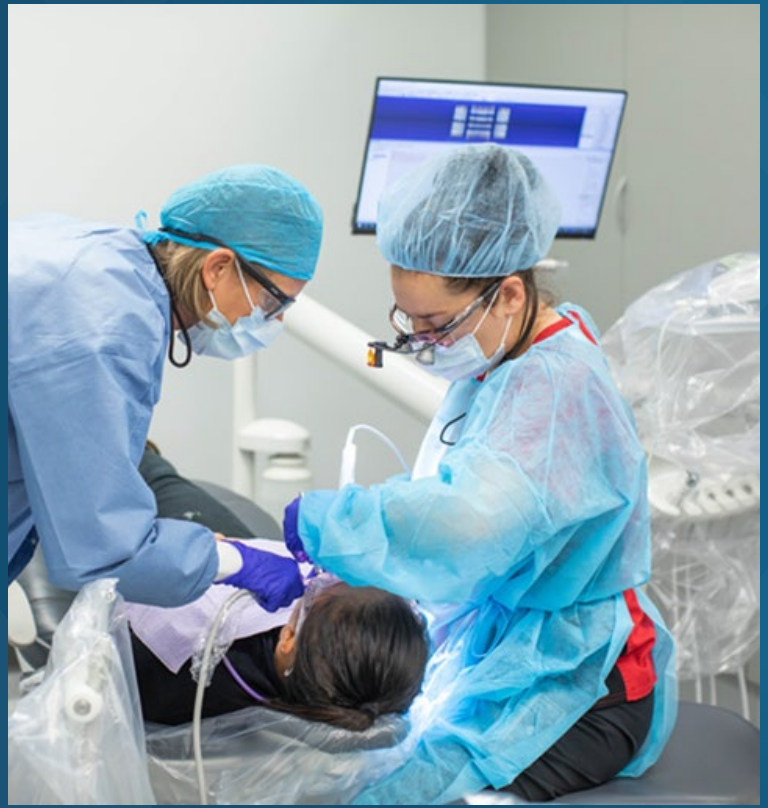
WAKE TECH®

DENTAL HYGIENE

Welcome to the Dental Hygiene Program



- What is it like to be in the Dental Hygiene Program?

Program History

Apr. 2002

Accreditation Eligible Status earned April 2002

Aug. 2002

First Class Admitted August 2002

Jan. 2003

Moved into HB Building January 2003

May 2004

First Class Graduated May 2004 – full accreditation status earned at same time

Feb. 2011 and Nov. 2018

ADA, CODA Accredited February 2011 & November 2018 (no recommendations or suggestions)

- Full accreditation without reporting requirements
- Next site visit 2025 (moved to 2026 due to COVID)

Fall 2021

20th class to be admitted to Wake Tech Dental Hygiene

Program Mission Statement

- The mission of the Dental Hygiene Department is to produce competent entry-level oral health care providers that promote total patient wellness and advance oral health in the state of North Carolina. Entry-level providers possess the knowledge and skills to assess, plan, implement and evaluate dental hygiene care for the individual and community. Graduates may be eligible to take national and state/regional examinations for licensure to practice in the state of North Carolina.

Program Philosophy

The Dental Hygiene Program is founded on humanistic teaching, service, scholarly endeavors, and patient care. The learning environment should stimulate the discovery of new knowledge via effective communication techniques in a respectful environment. The faculty's primary responsibilities are to provide comprehensive approaches to student development that include acquisition of skills necessary for the profession and encourage critical, independent, and professional thinking while also encouraging students to accept responsibility for the learning process. Ultimately, the Department is committed to providing collaborative educational programs for a culturally diverse student population to optimize each individual's growth, achievement, and maturation as a professional.

Program Competencies

Upon completion of the Dental Hygiene Program, graduates will be able to:

- Practice ethically and professionally dental hygiene services that are legally delegated in the state of North Carolina, to include possessing employability skills (interpersonal skills and teamwork, communications, integrity and professionalism, problem solving and decision making, initiative and dependability, information processing, adaptability and lifelong learning, entrepreneurship).
- Assess, plan, implement and evaluate comprehensive dental hygiene care for individuals at a variety of levels of periodontal health.
- Initiate and assume responsibility for health promotion and disease prevention activities for diverse community-based populations through assessment, planning, implementation and evaluation.

What is the day in the life of a dental hygiene student like?

- Students are in classes M-F, 8 am – 5 pm. While not all time is scheduled during the week, students are asked to hold these times in case of any make-up sessions, Individualized Learning Center Skills labs sessions, open labs, and clinic chart room time.
- Many students choose to study during the day between classes on campus.
- Students also have several labs and clinics in addition to lecture classes, so it is busier than the schedule looks. They spend most evenings and weekends studying as well – it is a full-time commitment to be in the program.

Sample Schedule

<table>
<tr><th>Time</th><th>Monday</th><th>Tuesday</th><th>Wednesday</th><th>Thursday</th><th>Friday</th></tr>
<tr><td>8:00-8:50</td><td></td><td rowspan="2">Chart Room/ILC
HB 215</td><td></td><td rowspan="4">DEN 221 CLC
2336
HB 215</td><td></td></tr>
<tr><td>9:00-9:50</td><td></td><td rowspan="2">DEN 222
2301
HB 517</td><td rowspan="4">Overflow
ILC/model
trimming
HB 215</td></tr>
<tr><td>10:00-10:50</td><td></td><td rowspan="2">DEN 125 LB
2301
HB 517</td></tr>
<tr><td>11:00-11:50</td><td></td><td></td></tr>
<tr><td>12:00-12:50</td><td></td><td></td><td></td><td></td><td></td></tr>
<tr><td>1:00-1:50</td><td rowspan="4">DEN 221 CLC
2336
HB 215</td><td rowspan="2">DEN 220 LC
2336
Room HB 517</td><td rowspan="4">DEN 221 CLC
2336
HS 215</td><td rowspan="2">DEN 123 LC
2336
HB 517</td><td></td></tr>
<tr><td>2:00-2:50</td><td></td></tr>
<tr><td>3:00-3:50</td><td></td><td></td><td></td></tr>
<tr><td>4:00-4:50</td><td></td><td></td><td></td></tr>
<tr><td>5:00-5:50</td><td></td><td></td><td></td><td></td><td></td></tr>
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Can I work while in the program?

- It is not recommended to work during the program, especially not full-time.
- Classes are scheduled M-F, 8 am – 5 pm.
- If there are weather delays or cancellations, etc. we need to make up all clinics/labs/classes missed and may need to schedule on an evening or weekend.

Rigorous Curriculum

- Needs good time management
- Organizational skills
- Flexible
- Team player
- No “life” while here
- Strong study skills
- Strong communication skills
  - Can be difficult for introverts – need to talk to people

Attendance

- Is expected that students will be in classes
- Low tolerance for absenteeism and tardiness

- Maximize Opportunity for Learning – be in class
  - Professionalism
  - Ethics
  - Patients are on the receiving end of your knowledge

Studying in the Program

- How Long: for each hour of class, you will spend approximately 2 hours of studying – a weekly quiz requires at least 4 hours of study time
- Retain information for full 2 years – can’t learn and forget – building blocks to next levels
- Tips:
  - Need to READ!
  - Study groups
  - Meet with each other via TEAMS groups
  - Develop mock final exam to use as study guide

What skills are necessary to be a successful dental hygienist?

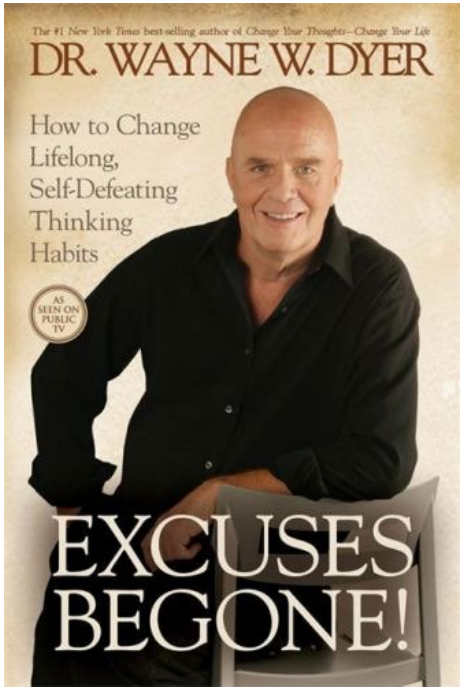
- Students need to excel in sciences, be organized, be dedicated to the program and diligent in their studies. They need to have strong **psychomotor skills** and **spatial relations**. Students need to be good problem solvers.
- In addition, when working with patients they need to be firm when needed and empathetic other times. Good listening and communication skills are necessary. Being flexible is needed as each patient is different – we can't be black and white in our profession as we will deal with a lot of gray. But, of utmost importance is being **ethical and of good moral character.**

Psychomotor skills

- Learning psychomotor skills is more difficult than learning didactic coursework.
  - Expect to get frustrated
  - Expect to find it difficult
    - Take ownership of the skills you are developing and those you are finding difficult
    - Don’t blame instructors, the situation, the equipment….

“Excuses Begone”

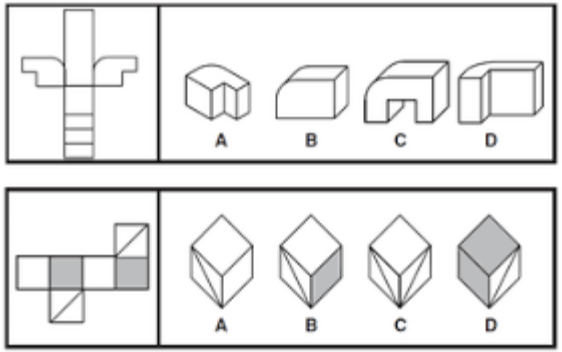
Book by Dr. Wayne Dyer



Stages of Psychomotor Skill Development

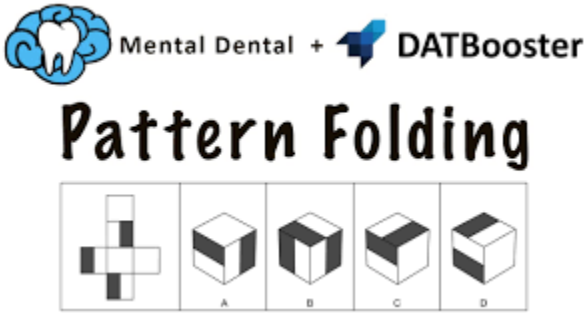
- Fundamental or Basic Movement
  - Basic skills learned
  - DEN 121 – Preclinic Lab
- Beginner Skill Level
  - Practice stage for skills – perform simple treatment procedures with faculty supervision & assistance
  - DEN 131 – Clinic I
- Intermediate Skill Level
  - Able to correctly perform a procedure and demonstrate sound clinical judgment; may have difficulty if a patient is nervous, uncooperative, or has an oral condition not seen on other patients
  - DEN 141, 221, 231 – Clinic II, III, IV
- Certification Skill Level – Entry-Level to Profession
  - Level students need to reach to be ready to graduate
  - Minimum level of skills attained to be safe for public
- Highest Skill Level
  - Not everyone attains this level for all procedures
  - Level achieved through motivation to improve skills combined with years of clinical practice

Example of Perceptual Ability/ Spatial Relations



http://www.andtoothbetold.com/advice-pat-of-the-dat.html

Example – Perceptual Ability



https://www.youtube.com/watch?v=WA7hwhC818I

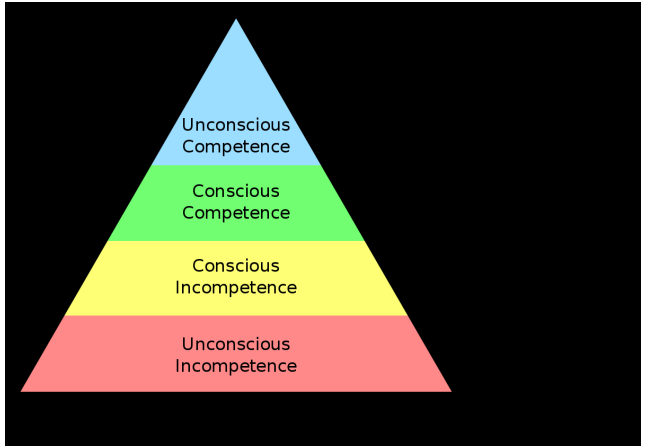
What is the clinical schedule like?

- The clinic schedules vary by semester. In a normal week,
- Preclinic is two, 3-hour sessions per week.
- Clinic I is two, 4.5-hour sessions per week.
- Clinics II, III and IV are three, 4-hour sessions per week. All sessions are scheduled M-F between 8 am and 5 pm.

- Clinics are long and can be draining
- Be ready to be tired

Stages of Learning and Competence

- Unconsciously Incompetent
  - Students have no idea what they don't know at the start of the program
  - Preclinic
- Consciously Incompetent
  - Students now recognize how little they know
  - Mid-way through Preclinic and into Clinic I
- Consciously Competent
  - Students can now self-assess what they know
  - Hallmark Characteristic of a competent individual
  - Clinics II, III, IV
- Unconsciously Competent
  - Automatic pilot sets in – you just do it
  - Seasoned hygienist



Wake Tech Levels of Clinic Competence

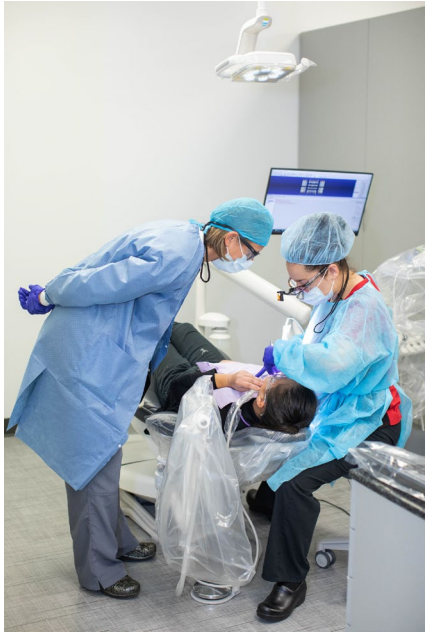
- Clinic I – Calc 0 & 1; AAP I & II
  - Healthy recall type patients with isolated amounts of calculus and lower levels of periodontal status
- Clinic II – Calc 1 & 2; AAP II
  - Healthy to low levels, progressing toward moderate
- Clinic III - Calc. 2 & 3; AAP III
  - Moderate calculus levels and periodontal status
- Clinic IV – Calc. 3 & 4; AAP IV
  - Moderate to advanced calculus levels and periodontal status

Wake Tech Clinical Evaluation

- Competency Based system that measures student performance against pre-established written standards or criteria based on minimum levels of performance to be clinically competent

Clinical faculty watching

- Need to be comfortable with faculty watching over your shoulder in close space



- Need to get used to performing under pressure

What are the patient requirements?

- Patient requirements vary by semester and year and may change. They are developed keeping our accreditation standards in mind. Requirements are reviewed at the start of each semester during syllabus review for our clinical courses.
- Students will treat patients in all age range categories – pedo, adolescent, adult and geriatric. Pedodontic begin at age 4.
- Students will also be required to treat patients with special needs.
- A variety of levels of gum health and tartar (calculus) will also be treated.

How are patients located for the clinic?

Students are required to help locate patients for the clinic and are supplemented by a clinic pool of patients.

Only Wake Tech approved ads can be used to recruit patients, that are supplied to the students once accepted into the program.

Clinic Patients

- We have no control over patients and what they may do
  - Arrive late
  - Cancel
  - No show
  - Etc.
- Student need back-up plans for patients who don’t arrive
- Need a back-up to the back-up plan!

Personal Protective Equipment

- Hard to wear gloves, overgowns, masks, glasses, face shields, hair bonnets
- You will be hot
- It can be claustrophobic
- It is not fashionable attire
- Nails trimmed short with no nail polish
- Hair will be messy
- Will sweat in the PPE

School/Life Balance

- While here, you need to be devoted to the program and studying
- Students still need an outlet to maintain health
- The program will be difficult, but is well worth it in the long run

Perry Health Sciences Campus