

## Dental Hygiene

Course guide 2025-2026

Semester	Spring (semester 2, term 3)
Inholland location(s)	Amsterdam (ACTA building)
Inholland faculty	Health, Sports & Social Work
Language of instruction	English
Cycle	Bachelor level
Number of ECTS	15

## Subjects

Subject title	ECTS	Course code
Introduction	3	3018EXCH1Z
Dental Hygiene	8	3018EXCH2Z
Coaching / Internships	2	3018EXCH3Z
Preclinical skills 1	2	3018EXCH4Z

## Content subjects

### 1. Introduction

Activity 1.1 Inholland & ACTA

Activity 1.2 Introduction clinic & Patient treatment

Activity 1.3 Presentation Erasmus exchange students

### 2. Dental Hygiene

Activity 2.2 Patient treatment

Activity 2.3 Ergonomics

### 3. Coaching + Internship

Activity 3.1 Coaching

Activity 3.2 Internship

### 4. Preclinical skills 1: Simodont

## Learning outcomes

### 1. Introduction

- Activity 1.1 Inholland & ACTA. The student:
  - Is familiar with the ACTA building;
  - Is familiar with the purpose of the Practical Record Book and the benefits of self-reflection.
- Activity 1.2 Introduction clinic & Patient treatment. The student:
  - Knows which instrument the faculty uses during patient treatment;
  - Can use the instruments during patient treatment.
- Activity 1.3 Presentation Erasmus exchange students. The student:
  - Meets the Dutch Dental Hygiene students;
  - Is capable to give information in English about his/her country and education to foreign students.

### 2. Dental Hygiene

- Activity 2.2 Patient treatment. The student:
  - Can treat a patient following the care plan under supervision of the teacher;
  - Can integrate his knowledge during patient treatment.
- Activity 2.3 Ergonomics. The student:
  - Learns how to sit correctly during patient treatment;
  - Can analyze his/her own functioning during patient treatment concerning ergonomics;
  - Can make adjustments to improve his/ her ergonomics.

### 3. Coaching + Internship

- Activity 3.1 Coaching. The student:
  - Can reflect on his/her own experiences and choices that have been made.
- Activity 3.2 Internship. The student:
  - Can reflect on his/her own experiences and choices that have been made.

### 4. Preclinical skills 1: Simodont

The student is capable of evaluating their own performance, seeking feedback and implementing appropriate strategies for improvement.

## Mode of delivery, planned activities and teaching methods

Introduction: face to face

Dental Hygiene: face to face

Coaching + Internship: face to face and self-study

Simodont: face to face and self-study

## Prerequisites and co-requisites

To treat patients, it is obligated by Dutch law to have a certificate of Hepatitis B including the analysis (anti HbsAg > 100 IU / liter).

The certificate of Hepatitis B including the analysis (anti HbsAg > 100 IU / liter) must be sent 3 months before the start of your exchange, to [susan.bos@inholland.nl](mailto:susan.bos@inholland.nl).

**Without the right certificate, you can't start the exchange.**

## Recommended or required reading and/or other learning recourses/tools

### Clothing for the clinic

- White clothing must be worn at the clinic. The white clothes are long white trousers combined with a white jacket. The jacket needs to have short sleeves, this ensures a proper hand hygiene. Long sleeves of own clothing must be rolled up under the sleeves of the jacket.
- Own clothing (shawl or cardigan) is not worn over the jacket. Also, it is not allowed to wear any long chains or other jewelry over the clinical clothing.
- If you are wearing a headscarf, it must be worn in the clinic in such a way that the material of the headscarf does not contact the patient or patient's material. The eyes and the face must be properly visible.
- The jacket, trousers (and headscarf) must be replaced daily. If during the activities the clothing and/or the headscarf are visibly polluted, they must be immediately replaced by clean clothing.
- The jacket, trousers (and headscarf), if any, must be washed at 60 °C.

### Shoes for the clinic

Shoes must be of a closed model and of white in color. The material must be immune to cleaning and disinfecting means (soap, chloride & alcohol). In case of visible contamination the shoes must be cleaned. Plastic slippers over the shoes do not yield any contribution to infection prevention.

NOTE: In case you do not have white clinic clothes and/or shoes, please buy them before your exchange is starting. At the Faculty we do not have the possibility to lend clothes.

## Assessment methods and criteria

### Dental Hygiene

- Patient treatment: summative evaluation, Practical Record Book
- Ergonomics: assignment, is part Coaching program

### Coaching/ Internship

The exam consists of a presentation about your learning experience during the Erasmus exchange program.

### Preclinical skills 1: Simodont

During the Preclinical skills, you need to have made the preparation of a 'cross' with direct view on 90%. To pass you have to make this cross three times in 60 minutes.

### Lecturer(s)

Coordinator: Susan Bos - [susan.bos@inholland.nl](mailto:susan.bos@inholland.nl)

Coaching: Demi Adriaanse - [demi.adriaanse@inholland.nl](mailto:demi.adriaanse@inholland.nl)