# DISCIPLINE FILE

## 1. Data about the programme

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| 1.1. | "CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY |
| 1.2. | FACULTY OF DENTISTRY |
| 1.3. | DEPARTMENT 3 |
| 1.4. | DISCIPLINE Oral health and Community Dentistry |
| 1.5. | DOMAIN OF STUDY: HEALTH – Sectorally regulated within the European Union |
| 1.6. | STUDY CYCLE: LICENCE |
| 1.7. | STUDY PROGRAME: DENTAL MEDICINE (ENGLISH) |

## 2. Data about discipline

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| 2.1. | Name of the discipline in the educational plan: Oral Health Education | | | | |
| 2.2. | Discipline code: MD03OP2EN | | | | |
| 2.3. | Discipline type (FD/SD/CD): SD | | | | |
| 2.4. | Discipline regimen (MD/OPD/): OPD | | | | |
| 2.5. | The holder of the course activities<br>Prof. Dr. Mihaela Adina Dumitrache | | | | |
| 2.6. | The holder of the seminar activities:<br>Assist. Prof. Dr. Loredana Cristina Dumitrașcu | | | | |
| 2.7. Year of study | III | 2.8. Semester | VI | 2.9. Type of evaluation (E/C) | C |

## 3. Total estimated time (hours/semester of didactic activity a self preparation/study

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|---|---|---|---|---|---|---|
| I. Academic training (teaching, practical application, assessment) | | | | | | |
| 3.1. Nr hours/week | 2 | From which: | 3.2. lecture | 1 | 3.3. seminary/ laboratory | 1 |
| 3.4. Total hours of educational plan | 28 | From which: | 3.5. lecture | 14 | 3.6. seminary/ laboratory | 14 |
| Evaluation (nr. of hours ): 2 | | | | | | |
| II. Self preparation/study | | | | | | |

| Time allocation | hours |
|---|---|
| Study of course materials, textbooks, books, study of the recommended minimal bibliography | 14 |
| Additional research in the library, research through the internet | 2 |
| Performing specific activities for preparing projects, laboratories, elaborating reviews or other tasks | 12 |
| Specific preparation activities for projects, laboratory work, assignments, and reports | 2 |
| Tutoring | 2 |
| Other activities | - |
| 3.7. Total individual study hours | 32 |

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| **3.8. Total hours per semester (3.4.+ 3.7.)** | **60** |
| **3.9. Number of credits** | **2** |

**4. Preconditions (where applicable)**

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| **4.1. of curriculum** | Not neccesary |
| **4.2. of competences** | Not neccesary |

**5. Conditions (where applicable)**

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| **5.1. to conduct the lecture** | PowerPoint presentations, use of multimedia systems, and projector |
| **5.2. to conduct the seminar / laboratory** | PowerPoint presentations, use of multimedia systems, and projector |

**6. Learning outcomes**

| Knowledge | Skills | Responsibility and autonomy |
|---|---|---|
| . Students must demonstrate that they understand:<br>1. Stages and techniques of effective communication in the dental office<br>2. Methods of interpersonal oral health education through verbal channels addressed to the patient in the dental office<br>3. Motivational interviewing techniques in oral health education in the dental office | Students should be able to:<br>1. Communicate effectively with patients<br>2. Identify patient motivation and choose the appropriate technique for changing health-risk behavior<br>3. Developing a motivational interview for a patient with a specific unhealthful behavior | 1. Taking on the role of the dentist as an educator of the patient to change unhealthy habits and behaviors (diet, hygiene techniques, alcohol and tobacco consumption)<br>2. Practicing motivational interviewing techniques to change knowledge, attitudes and motivation to strengthen healthy behavior<br>3. Expressing empathy and respect for the patient |

**7. Course objectives (aligned with the learning outcomes)**

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| **7.1. General objective** | Acquisition of general concepts regarding oral health education methods |
| **7.2. Specific objective** | Acquisition of specific concepts regarding oral health education methods applicable in the dental office and in communities |

**8. Contents**

| **8.1. Lecture** | **Teaching methods** | **Observations** |
|---|---|---|
| 1. Definitions, classifications and functions of health education. Health determinants and the influence of health behavior on the occurrence and evolution of oral diseases. | Interactive presentation of the material according to the analytical curriculum, using multimedia means, power point presentations | 2h |

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|---|---|---|
| 2. The communication process in oral health education. | Interactive presentation of the material according to the analytical curriculum, using multimedia means, power point presentations | 2h |
| 3. Stages and techniques of effective communication in the dental office | Interactive presentation of the material according to the analytical curriculum, using multimedia means, power point presentations | 2h |
| 4. Methods of interpersonal oral health education through verbal channels addressed to the patient in the dental office | Interactive presentation of the material according to the analytical curriculum, using multimedia means, power point presentations | 2h |
| 5. Nonverbal and paraverbal interpersonal oral health education in the dental office | Interactive presentation of the material according to the analytical curriculum, using multimedia means, power point presentations | 2h |
| 6. Motivational interviewing in oral health education in the dental office. Definition, major principles of the method and tools for patient motivation. | Interactive presentation of the material according to the analytical curriculum, using multimedia means, power point presentations | 2h |
| 7. Oral health education methods, face-to-face, addressed to groups and communities | Interactive presentation of the material according to the analytical curriculum, using multimedia means, power point presentations | 2h |

**Recent Bibliography:**


1. Vickie J. Kimbrough and Karen E. Oral Health Education 1st Edition, Peaason PUBLISHER, 2019, ISBN-10: 0131090518.
2. Gagliardi L. Dental Health Education: Lesson Planning and Implementation, Third Edition 3rd Edition, Waveland Press Inc, 2020, ISBN 978-1478638544
3. Gillam DG, Yusuf H. Brief Motivational Interviewing in Dental Practice - Review. Dent. J. 2019, 7, 51; doi:10.3390/dj7020051.
4. Shiva C Y K, Mukta V S, Vinay K M. Patient Education and Motivation. Advances in Dentistry & Oral health. 2017; 7(1): 555708. DOI:10.19080/ADOH.2017.07.555708
5. Angelopoulou MV, Kavvadia K. Experiential learning in oral health education. J Educ Health Promot. 2018 Jun 12;7:70. doi: 10.4103/jehp.jehp_180_17. eCollection 2018.
6. Liu X, Wang Z, Tan N, Zhao J. Impact of Oral Health Education on the Hygiene Awareness of Preschool Children and Their Parents.Oral Health Prev Dent. 2025 Sep 15;23:543-549. doi: 10.3290/j.ohpd.c_2274.


| **8.2. Laboratory/ practical lesson** | **Teaching methods** | **Observations** |
|---|---|---|
| 1. Determinants of health. Case studies. Cultural differences | Team activities, discussions and debates, role play | 2h |
| 2. Creating scenarios/dialogues/role plays within the framework of patient-centered motivational interviewing. Modeling applied in dental practice | Watching filmed materials. Choosing the target person (the patient), choosing the topic (pathology) and designing the interview plan (in order to motivate the patient to change their lifestyle). | 2h |
| 3. Nonverbal communication in the doctor-patient relationship. Analysis of nonverbal behavior in dental practice | Creating scenarios, dialogues and role-playing games regarding nonverbal communication in the doctor-patient relationship in the dental office. Role-playing games with different types of patients in different clinical contexts. | 2h |

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| 4. Motivational interviewing in oral health education. Applying the tools to the chosen work topic. | Creating scenarios for patient-centered motivational interviewing and doctor-patient role-playing games. | 2h |
| 5. Motivational interviewing in oral health education in the dental office. Tools for motivating the patient. | Creating scenarios for patient-centered motivational interviewing and doctor-patient role-playing games. | 2h |
| 6. Health education addressed to groups and communities through motivational interviewing | Creating a scenario for Motivational Interviewing in a group. Choosing the target group, the issue to be discussed, creating a dialogue highlighting the principles of Motivational Interviewing. | 2h |
| 7. Structure of a health education session. Lesson plan. | Creating a model of an oral health education lesson project for a group of children. Educational presentation: principle, structure, form, teaching materials. | 2h |

**Recent bibligraphy:**


1. Kopp SL, Ramseier CA, Ratka-Krüger P, Woelber JP. Motivational Interviewing as an Adjunct to Periodontal Therapy—A Systematic Review. Front. Psychol. 2017;8:279. doi: 10.3389/fpsyg.2017.00279.
2. Pacheco KG, Enciso PA, Martinez Lizan I, Pareja G. Motivation: A Key Element to Adopt Healthy Habits and Improve Oral Health. Psychol Behav Sci Int J. 2019; 13(4): 555870. DOI: 10.19080/PBSIJ.2019.10.555870.
3. Saccomanno S, De Luca M, Saran S, Petricca MT, Caramaschi E and all. The importance of promoting oral health in schools: a pilot study Eur J Transl Myol 33 (1) 11158, 2023 doi: 10.4081/ejtm.2023.11158.
4. Zhan C, Qu W, Fok MR, Jin L, Lin Y. Motivational Interviewing on Periodontal Treatment Outcomes: A Meta-Analysis. Int Dent J. 2024 Feb 1:S0020-6539(24)00005-4. doi: 10.1016/j.identj.2024.
5. Liu X, Wang Z, Tan N, Zhao J. Impact of Oral Health Education on the Hygiene Awareness of Preschool Children and Their Parents. Oral Health Prev Dent. 2025 Sep 15;23:543-549. doi: 10.3290/j.ohpd.c_2274.
6. Kim S, Kim SY. Effectiveness of School-Based Oral Health Education for Children and Adolescents in Low- and Middle-Income Countries: A Systematic Review and Meta-Analysis. Asia Pac J Public Health. 2024 May;36(4):312-321. doi: 10.1177/10105395241240959.


## 9. Evaluation

| Activity type | 9.1. Evaluation criteria | 9.2. Evaluation methods | 9.3. Percentage in the final grade |
|---|---|---|---|
| **9.4. Lecture** | The verification is focused on the evaluation of the acquired knowledge: methods of interpersonal education for oral health addressed to the patient in the dental office and those addressed to groups and communities, motivational interviewing technique and | Written exam with 18 questions (simple complement) | 70 % |

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| | communication strategies for media education. | | |
| **9.5. Seminary/ practical activity** | Seminar/laboratory Practical knowledge and skills on creating scenarios for patient-centered motivational interviewing and health education for patients and communities through motivational interviewing | Oral exam - Presentation of a seminar topic | 30 % |
| **9.5.1.** Individual project (if applicable) | Not applicable | - | - |
| **9.6. Minimum performance standard** | | | |
| Knowledge of effective communication techniques in the dental office and motivational interviewing techniques for changing unhealthful behaviors. Knowledge of the structure of an education session addressed to a community. | | | |

**Date of completion:**
**27.05.2026**

**Signature of the course holder**

**Prof. Dumitrache Mihaela Adina**

**Signature of the laboratory holder**

**Asist. Prof. Loredana Cristina Dumitrașcu**

**Date of approval by the Department Council:**

**06.11.2026**

**Signature of the Department Director**
**Professor Ionescu Ecaterina, PhD**