



Prophylaxis in dentistry

1. IMPRINT

Academic Year	2026/2027
Department	Faculty of Medicine and Stomatology
Field of study	Medicine and Dentistry
Main scientific discipline	Medical science
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time program
Type of module / course	Obligatory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Dental Propaedeutics and Prophylaxis, 59 Nowogrodzka str., 02-006, Warsaw, phone: 22 625 66 02, e-mail: zpips@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Leopold Wagner PhD DMD, lwagner@wum.edu.pl
Course coordinator	Leopold Wagner PhD DMD, lwagner@wum.edu.pl
Person responsible for syllabus	Małgorzata Ponto-Wolska PhD DMD, malgorzata.ponto-wolska@wum.edu.pl
Teachers	Małgorzata Ponto-Wolska PhD DMD, malgorzata.ponto-wolska@wum.edu.pl Juliusz Rafałowicz, DMD, jrafalowicz@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	I year, II semester	Number of ECTS credits	3,00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)	10	0,4
Seminar (S)	15	0,6
Classes (C)	20	0,8
e-learning (e-L)	-	-
Practical classes (PC)	-	-
Work placement (WP)	-	-
Unassisted student's work		
Preparation for classes and completions	30	1,2

3. COURSE OBJECTIVES	
O1	Acquiring knowledge regarding the effects of physical, chemical, and biological factors, nutrition, and stress on the masticatory system.
O2	Acquiring knowledge of oral hygiene, preventive care, health promotion, and the principles of planning preventive measures in dentistry.
O3	Acquiring knowledge of the general principles of patient examination, including conducting a medical history and physical examination.
O4	Acquiring skills in conducting a medical interview.
O5	Acquiring skills in performing a physical examination.
O6	Acquiring skills in performing basic preventive procedures.
O7	Acquiring skills in developing programs in the field of prevention and health promotion.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING	
Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
Knowledge – Graduate* knows and understands:	

B.W21.	principles of metabolism and nutrition
C.W6.	external and internal risks of diseases, both modifiable and non-modifiable
C.W32.	composition, structure, properties, intended use and application of dental
C.W38.	basic clinical procedures in caries prevention
E.W3.	the effects on the human body of physical, chemical and biological factors, as well as avitaminosis and stress
F.W2.	principles of prophylaxis for diseases of the masticatory organ, including oncological prophylaxis
G.W3.	basic concepts regarding prevention, health promotion, and environmental hygiene as well as concepts related to individual health, health of the population, and lifestyles
G.W12	principles of planning and evaluation of preventive actions

Skills– Graduate* is able to:

C.U19.	plan and carry out health promotion and caries prevention activities
F.U1.	take a medical and dental history with a patient or their family by following principles of professional communication
F.U6.	perform a dental physical examination of the patient
G.U4.	develop simple oral health prevention and promotion programmes

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
S2	

Social Competencies – Graduate is ready for:

SC1	
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SC2	
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6. CLASSES		
Form of class	Class contents	Effects of Learning
L1-Lecture 1-3	Selected materials used in oral hygiene and prevention – mechanical hygiene agents, composition of toothpastes, methods of toothbrushing and cleaning interdental spaces; antibacterial mouth rinses – classification, composition, requirements, mechanism of action, side effects; fluoride compounds present in dental materials; sealing of pits and fissures on occlusal surfaces – materials and procedure.	C.W38
L2-Lecture 4-6	Principles of preventive management in various fields of dentistry – disciplines of dentistry and their basic tasks, aims and objectives of dental prophylaxis, prosthetic stomatopathies.	F.W2, G.W3, G.W12, C.U19, G.U4
L3-Lecture 7	Didactic forms and methods used in health education, oral health promotion, planning of preventive programs	F.W2, G.W3, G.W12, C.U19, G.U4
L4-Lecture 8	Introduction to oncological prophylaxis. Lesions in the oral cavity of local and systemic origin, symptoms, prevention.	F.W2
L5-Lecture 9-10	Nutrition and oral health. The effect of carbohydrates, proteins and fats for oral health, nutritional deficiencies, stimulants, dietary recommendations.	B.W21
S1-Seminar 1-3	Physical examination of the patient. Extraoral examination - assessment of symmetry of the face, skin, lips, eyeballs, nasal patency, submandibular, chin, and cervical lymph nodes, temporomandibular joint function, the functioning of the facial nerve branch and trigeminal nerve end reaction, intraoral examination - oral - assessment: vestibule of the mouth, palate, throat, tongue, the floor of the mouth and dental arches, methods used for physical examination - visual (viewing, mirror, intraoral camera), touching, auscultation, tapping and receiving olfactory sensations.	F.U1, F.U5
S2-Seminar 4-7	The influence of internal and external factors on oral health – mechanical and physical factors: temperature, pH, humidity, optical and ionizing radiation, overload, injuries, general properties of consumed food and dental materials; chemical substances with beneficial and adverse effects; biological factors; cellular response of the organism; the role of vitamins and antioxidants – excessive intake and deficiencies; positive and negative stress; oral health problems resulting from the negative effects of stress – temporomandibular joint disorders, bruxism, obstructive sleep apnea. Written test.	C.W6, E.W3, B.W21
S3-Seminar 8-9	Health education, prophylaxis, and health promotion. Basic concepts in the field of education and health promotion, planning preventive activities in various fields of dentistry, principles of prophylaxis procedures.	G.W3, G.W12, G.U4
S4-Seminar 10-15	Realization and presentation of own programs in the field of health education, prevention and health promotion. Work in groups.	C.W25, F.W21, G.W3, G.W17, G.U4

Załącznik nr 4C do Procedury opracowywania i okresowego przeglądu programów studiów
(stanowiącej załącznik do zarządzenia nr 68/2024 Rektora WUM z dnia 18 kwietnia 2024 r.)

PC1-Practical Class 1-9	Patient examination. Perform the interview and extraoral examination, filling out the examination chart.	F.U1, F.U2
PC2-Practical Class 10-14	Oral hygiene. Promotion of oral health, methods of teeth brushing, cleaning interdental spaces, staining of dental plaque, antibacterial rinses. Conducted by Oral-B trainers.	C.U19
PC3-Practical Class 15-16	Oral hygiene. Training of oral hygiene conducted by ITOP –Curaprox trainers.	C.W38, G.W3
PC4-Practical Class 17-18	Oral hygiene. Guided Biofilm Therapy (GBT)-the newest protocol of oral hygiene presented by EMS company.	C.W38, G.W3
PC5-Practical Class 19-20	Dental sealants and fluoride. The use of fluoride varnishes and sealing materials - treatments performed on phantoms.	C.U19

7. LITERATURE

Obligatory

1. Principles and Practice of Operative Dentistry. E.S. Akpata, Q. D. Alomari, A. R. AlShammery. Quintessence Publishing 2013
2. Essentials of Dental Caries, Fourth Edition Edwina Kidd and Ole Fejerskov, Oxford University Press, Oxford 2016

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
A.W1, B.W1, B.W21, C.W6, C.W32, C.W38, E.W3, F.W2, G.W2, G.W3, G.W12	MCQ - 10 questions.	Achieving the expected learning outcomes of at least 60%
B.W1, B.W21, C.W38, C.W5, E.W3, G.W2, G.W3, G.W12, G.U4, G.U5, G.U9	Multimedia presentations - work in groups	Compliance of the presentation with the given topic, substantive content, manner of delivering and the ability to discuss. Each of the above criteria is assessed on a scale of 1 to 3 points. To pass, student must achieve at least 8 points.
C.U19, F.U1, F.U6, G.U4, G.U5, G.U9	Observation and assessment of practical skills	Grading of each completed task.

9. ADDITIONAL INFORMATION

Completion of the course: no grade

The teaching supervisor of the subject is: Małgorzata Ponto-Wolska Phd, DDS, malgorzata.ponto-wolska@wum.edu.pl

A student may be absent once during the classes if he/she completes all the planned tasks in the next week or may also take it on the teacher's duty.

Completion of the course: weighted average of grades from individual modules with equal importance (50%) of knowledge and skills, provided that a positive grade is obtained for all partial passes and practical tasks.

Załącznik nr 4C do Procedury opracowywania i okresowego przeglądu programów studiów
(stanowiącej załącznik do zarządzenia nr 68/2024 Rektora WUM z dnia 18 kwietnia 2024 r.)

The condition for passing the course is participation in all lectures, seminars and exercises. Absence from 1 lecture, 1 seminar and 1 exercise is allowed. In case of absence due to health reasons, the student is obliged to provide a medical certificate within 7 days. A student who receives a negative grade for a partial pass is entitled to 2 retakes. Passing the exercises requires obtaining a positive assessment of each completed task. Absence or failure to pass the S4 seminar results in failure to complete the course. In a justified situation, a student may be late for classes up to 15 minutes. It is forbidden to use cell phones or other electronic devices during the classes if not needed for educational projects, the student may bring to the classroom only things permitted by the teacher. A student in the training room must wear an apron, disposable gloves, a surgical mask, pinned hair or a cap, and indoor footwear. Student Scientific Club at the Department of Propaedeutics and Dental Prophylaxis, supervisor: Łukasz Zadrożny, MD, PhD, e-mail: lukasz.zadrozny@wum.edu.pl
Department's website: <https://propedeutyka-stomatologiczna.wum.edu.pl>

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers