



Commission scolaire de la
BEAUCE-ÉTCHEMIN

Ensemble *vers l'avenir*

EXPERIENTIAL TOOL

Dentistry



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Personal Orientation Project (POP)

Document version 5.0

DENTISTRY

Activity Guide






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List of materials


The following is a list of all the materials and resources required to complete this tool kit on dentistry:

- *Dentistry Activity Guide*
- *Dentistry Student Workbook*
- Multimedia computer


- Dental floss, toothbrush and toothpaste (student's own)

- Mixing bowl
- Two (2) 250 mL beakers
- Powdered plaster
- Mixing spatula
- Two (2) dental moulds
- Wax sticks (1 per student, as needed)
- Candle with base
- Matches
- Three (3) carving instruments
- Ivorine Dentoform® model
- Piece of nylon stocking
- Box of disposable mouth mirrors (2 per student)
- Wall mirror
- Pad of odontograms (dental records) (3 per student)
- Disclosing tablets (2 per student)
- Paper cups
- Blue and red coloured pencils
- Laminated colour print of a cross-section of a tooth (Appendix A)
- Letter size paper
- Box of disposable gloves (2 pairs per student)

Websites, files and other online resources

	<p>All web links required for this activity guide are listed by activity on the POP Links website at http://liensppo.qc.ca under “Dentistry.” Any time this icon appears in the activity guide, please visit the POP Links website to find the corresponding links (or click on the logo if you are working with an electronic copy of the guide).</p>
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Other icons in this guide

	<p>This icon indicates when to use the Student Workbook. If you choose to work on a computer, make sure you save your texts on your USB key or in accordance with the procedures used in your POP classroom.</p>
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Pedagogical Validation Committee for POP Activity Guides

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Are you interested in the field of dentistry? This broad field in the health care sector offers you many career options. Completing the activities in this tool kit will give you the opportunity to try out some of the tasks you would accomplish as a dentist, dental hygienist, dental technician, denturist or dental assistant.

Dentists

Dentists are tooth specialists. General dentists perform regular checkups, diagnose and treat teeth and gum problems, and maintain and improve the appearance of their patients' teeth.¹ Dentists can also specialize: there are several recognized dental specialities in Canada, including dental public health, oral medicine and pathology, orthodontics and dentofacial orthopedics, pediatric dentistry, and periodontics.

Dental Hygienists

Dental hygienists are specialized health care professionals who check and clean patients' teeth, take x-rays and discuss proper oral hygiene with patients. They also report any problems to the dentist and maintain dental records.²

Dental Technicians

Also called dental lab techs or dental technologists, dental technicians build and repair dental restorations and prosthetic devices such as crowns, inlays and bridges. They make plaster or resin models of patients' mouths and build wax models of teeth that need to be replaced. Using these models, they can then create exact replicas of lost teeth in porcelain.³

Denturists

Denturists are "specialized dental care professionals who design, construct, fit and repair removable dentures."⁴ Unlike other dental professionals, they usually work both directly with patients and in a laboratory setting. They will examine patients to determine what type of dentures is needed and then construct the appropriate dentures using wax, metal and plastic. They may also make and fit other oral devices such as mouth guards and teeth-whitening trays.⁵

1. "Dentist: Job Description," Career Cruising, accessed April 22, 2016, <https://www2.careercruising.com/careers/job-description/137>.

2. "Dental Hygienist: Job Description," Career Cruising, accessed April 22, 2016, <https://www2.careercruising.com/careers/job-description/135>.

3. "Dental Lab Tech: Job Description," Career Cruising, accessed April 22, 2016, <https://www2.careercruising.com/careers/job-description/136>.

4. "Denturist: Job Description," Career Cruising, accessed April 22, 2016, <https://www2.careercruising.com/careers/job-description/612>.

5. Ibid.

Dental Assistants

Dental assistants work closely with dentists. They clean and sterilize equipment, set up trays for procedures and help patients feel as comfortable as possible. They also assist dentists during procedures, passing instruments and equipment as required. Dental assistants may also take x-rays, provide patients with information about oral hygiene, book appointments and do filing.⁶

Do any of these career options appeal to you? Enjoy your exploration of the world of dentistry!

6. "Dental Assistant: Job Description," Career Cruising, accessed April 22, 2016, <https://www2.careercruising.com/careers/job-description/134>.



"Toothmold" by d&e, CC BY 2.0,
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Activity

1

Plaster Dental Models

During this activity, you will discover what adult dentition looks like and will have the opportunity to test your motor skills by working on a task that is typically performed in dental medicine. This work requires rigour and precision.

Your task is to make two dental models out of plaster using rubber moulds. (Note that the brown mould in the box of materials represents the upper teeth; the blue mould represents the lower teeth.) You will notice that certain teeth are missing (see Figure 1.1); you will carve these out of wax in Activity 2.



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Figure 1.1: Dental models

What you will need to complete this exercise:

- Mixing bowl
- Two 250 mL beakers
- Water
- Powdered plaster
- Mixing spatula
- Two dental moulds

Exercise 1.1

Step 1



Visit the POP Links website (<http://liensppo.qc.ca>) and watch the first 3:50 minutes of the “Making a Plaster Dental Model” video (listed under “Activities 1 and 2” in the “Dentistry” section).

Step 2

Follow the steps described in the video. Use the following recipe to obtain the proper consistency of plaster:

Ingredient	Quantity
Lab plaster (powder)	200 mL ⁷
Water (at room temperature)	80 mL

Note that the quantity of plaster is approximate; your plaster mix should have a similar consistency to the mix shown in the video.

Remember that you need to let your plaster models dry for at least 45 minutes before you attempt to remove them from the moulds. Your dental models should look something like the plaster model shown in Figure 1.2.



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Figure 1.2: Close-up of a dental model

7. To simplify the measurements, we have used millilitres (mL) as the unit of measurement for the lab plaster. Normally, plaster is measured in grams (g).

Step 3

Set the models aside, as you will need them in Activity 2.

Clean up and put away your materials, making sure they are in good condition. Tidy your work area.

Now that you have made your dental models, you are ready to practise carving missing teeth and filling cavities.



"Posterior scaler on teeth" by DRosenbach, public domain,
https://commons.wikimedia.org/wiki/File:Posterior_scaler_on_teeth.jpg

Activity

2

Wax Teeth and Restorations

Using the two plaster dental models you made in the previous activity, you will now test your manual dexterity by carving missing teeth and filling in cavities on several teeth using a wax stick.

This exercise will help you to better understand the type of work that dentists and dental hygienists do when they repair decayed teeth. It will also give you the opportunity to discover the exact *morphology* (shape) of adult teeth like yours.

In order for this exercise to be effective, we recommend that you carve at least one tooth and perform one *restoration* (fill a cavity).⁸

The Ivorine Dentoform® model available in class is a good reference tool. You can also consult Appendix A.

What you will need to complete this exercise:

- Two plaster dental models (created in Activity 1)
- Wax stick
- Candle with base
- Matches
- Three carving instruments
- Ivorine Dentoform® model
- Piece of nylon stocking

8. The repair of a cavity is called a restoration. It is made from a filling material, which could be silver amalgam or a white composite. Other more sophisticated techniques also exist.

Exercise 2.1

Wax Incisor

You will start by carving an incisor (see Figure 2.1).

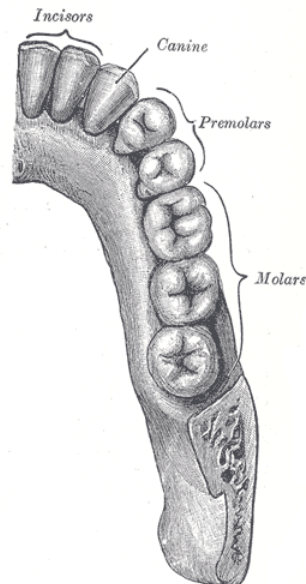


Figure 2.1: Permanent teeth of right half of lower dental arch

Step 1



Visit the POP Links website (<http://liensppo.qc.ca>) and watch the “Making a Plaster Dental Model” video (listed under “Activities 1 and 2” in the “Dentistry” section).

Start the video at 3:52 minutes; if you have not yet removed the plaster dental models from the moulds, start watching the video at 3:00 minutes and do that first.

WARNING!

Although the video clip shows a gas burner being used to heat up the tips of the carving instruments and soften the wax, you will be using a candle for this purpose. Please be careful as you work with the hot instruments and never leave a burning candle unattended.

Step 2

Using the Ivorine Dentoform® model, study the shape of the tooth you need to reproduce so you can recreate it exactly. Use the three carving instruments provided to do so.

Step 3

Once the tooth you have carved resembles the shape of a real tooth, you can improve its lustre by polishing it with the piece of nylon stocking.

Step 4

If you do not have time to do more, clean up and put away your materials, making sure they are in good condition. Tidy your work area.

Exercise 2.2	Wax Molar (optional)
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If you enjoyed Exercise 2.1 and want to further challenge yourself, carve a second tooth, such as a molar (see figures 2.2 and 2.3). Repeat the steps in Exercise 2.1, as required.



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Figures 2.2 and 2.3: Dental models with carved teeth (molars are circled)

Exercise 2.3**Molar Restoration**

Next, fill a molar. Again, study the shape of the tooth you need to reproduce using the Ivorine Dentoform® model, so you can recreate it exactly. Use the three carving instruments provided to do so.

When a dentist or dental hygienist fills a cavity, the exact shape of the tooth must be reproduced as accurately as possible (see Figure 2.4).



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Figure 2.4: Dental model with fillings in a molar (circled) and premolar

Exercise 2.4**Incisor Restoration (optional)**

If you enjoyed Exercise 2.3, fill in an incisor next.

If you carved and restored all the teeth in your models, they should look something like the ones shown in Figure 2.5.



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Figure 2.5: Dental models with missing teeth replaced

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When you are finished, clean up and put away your materials, making sure they are in good condition. Tidy your work area.

How did you find this activity? Were you pleased with the final results of your carvings and restorations (fillings)? Do not worry if you found this task challenging! To do this type of work requires patience, meticulous attention to detail and good manual dexterity; however, in addition to strong technical ability, you must also have an artist's aesthetic sense to produce the best results.



Activity

3

Dental Records

This activity will give you the opportunity to examine the state of your dental health. You will do some of the work performed by dentists, dental hygienists and dental assistants. Rigour and precision are needed to complete this activity.

Using a dental record called an *odontogram* (a chart used by dentists to record your existing dental restorations⁹), you will make note of the distinctive features of your dentition.

What you will need to complete this exercise:

- Disposable mouth mirror
- Wall mirror
- Ivorine Dentoform® model
- Odontogram

Exercise 3.1
Step 1

Wash your hands properly. Proper hand washing is essential to ensure the safety and well-being of your patients.



To find out how to wash your hands properly, visit the POP Links website (<http://liensppo.qc.ca>) and download the Hand Washing Poster (listed under “Activity 3” in the “Dentistry” section). Follow the instructions on this poster.

9. “What is an odontogram?” Answers.com, accessed April 22, 2016, http://www.answers.com/Q/What_is_it_an_odontogram).

Step 2

Study your teeth using a disposable mouth mirror and the wall mirror.

PLEASE NOTE!

Make sure that the disposable mouth mirror you use has not been handled by anyone else. Ask your teacher for a new one if you are not sure.

To answer the following questions, use the Ivorine Dentoform® model as a reference tool, as well as the website mentioned below.



To find out more about identifying teeth by name or number, visit the POP Links website (<http://liensppo.qc.ca>) and click on the website listed under “Activity 3” in the “Dentistry” section.



Answer the questions below in your student workbook.

- 1) Can you distinguish between your incisors, canines, premolars and molars? How many of each do you have?
- 2) Look up, down, front and back in your mouth. Do you have any silver or white fillings? If yes, identify which teeth they are on using the FDI World Dental Federation notation (use the website listed on the POP Links website).
- 3) Do you have all of your adult teeth? If not, which ones are you missing? Again, use the FDI World Dental Federation notation.

Step 3

Using a pencil, do the following:

- Record your restorations on the odontogram.
- Cross out any teeth you are missing.
- Circle any adult teeth that have not yet come through (such as wisdom teeth).

Step 4

When you are finished, throw out the disposable mouth mirror you used. **Under no circumstances should it be reused by another person.**

How did you find this exercise? Did you find it difficult to see inside your mouth using the mouth mirror? This is something you will practise a lot if you study to become a dentist or dental hygienist!



"After-close" [cropped] by Janet Lackey, CC BY-NC 2.0,
<https://www.flickr.com/photos/janet/463275853/>

Activity

4

Self-Examination for Dental Plaque

You now have the opportunity to see how thoroughly you brush your teeth. This will test your powers of observation, a definite asset in dental professions.

What you will need to complete this exercise:

- Two (2) disclosing tablets
- Paper cups
- Disposable mouth mirror
- Wall mirror
- Blue and red coloured pencils
- Two (2) odontograms
- Dental floss, toothbrush and toothpaste (student's own)

Exercise 4.1

Dental Plaque

First, wash your hands as you did before and then follow these steps:

Step 1

Chew a disclosing tablet and allow it to mix with your saliva. This tablet will indicate the presence of **dental plaque** on your teeth. (Plaque is a sticky colorless film of bacteria that forms on teeth and can contribute to tooth decay and gum disease.)¹⁰ Swish the mixture around in your mouth for 30 seconds.

Step 2

Spit out any excess liquid in a paper cup or nearby sink. **Do not rinse your mouth!** The disclosing tablet will stain old dental plaque blue and more recent plaque red.

10. "Plaque and Your Teeth," WebMD, accessed April 22, 2016, <http://www.webmd.com/oral-health/guide/plaque-and-your-teeth>.

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Step 3

Use a disposable mouth mirror and the wall mirror in your classroom to examine the stains on your teeth. Again, make sure the disposable mouth mirror you use has not been handled by someone else. Ask your teacher for a new one if you are not sure.

Step 4

Using the blue and red coloured pencils, indicate where dental plaque appears on your teeth on an odontogram.

Step 5

Floss and brush your teeth, then redo the test. There should be less plaque this time!



Visit the POP Links website (<http://lienspoo.qc.ca>) for tips on how to floss and brush your teeth properly (listed under “Activity 4” in the “Dentistry” section). You should floss before you brush your teeth.

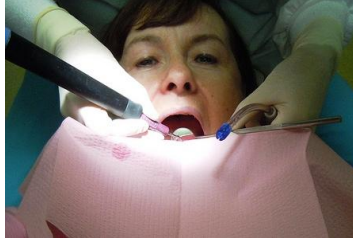
Step 6

Using the blue and red coloured pencils, indicate on another odontogram the places where dental plaque still appears. You will need to work on getting rid of this plaque!

Step 7

Brush your teeth again and rinse your mouth well. Clean up and put away your materials, making sure they are in good condition. Tidy your work area.

Dentists may recommend this type of test to their patients so they can see if they are brushing their teeth effectively. Since plaque can contribute to tooth decay and gum disease, it is crucial for dentists to stress to their patients the importance of proper tooth cleaning.



“Year 5–Day 207” [cropped] by Judy Baxter, CC BY-NC-SA 2.0, <https://www.flickr.com/photos/judybaxter/5878865177/>

Activity

5

Indirect Vision

To become a dental professional, you must learn how to use *indirect vision*, which allows you to work in a limited space like a patient’s mouth. In dentistry, indirect vision refers to “the capacity to see the treatment area [inside the mouth] by using an oral cavity mirror.”¹¹ To simulate this experience, you will test your skills at drawing using a wall mirror.

What you will need to complete this activity:

What you will need to complete this exercise:

- Wall mirror
- Laminated colour print of a cross-section of a tooth (or Appendix A)
- Letter size paper
- Red and blue coloured pencils

Exercise 5.1

The following activity will allow you to practise your indirect vision skills.

Step 1

Position yourself comfortably in front of the wall mirror, ensuring that you have an accessible flat surface to work on. With one hand, hold the laminated version of the cross-section of a tooth (or Appendix A) in front of you, facing the mirror. Using a piece of paper laid out on your work surface, outline the tooth cross-section by looking only at its reflection in the mirror. The resulting drawing should be a mirror image of the original image.

Step 2

Using the red coloured pencil and looking only into the mirror, trace the outline of your drawing in a clockwise direction.

11. “Vision, Indirect,” The Free Dictionary, accessed April 22, 2016, <http://medical-dictionary.thefreedictionary.com/vision>.

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Step 3

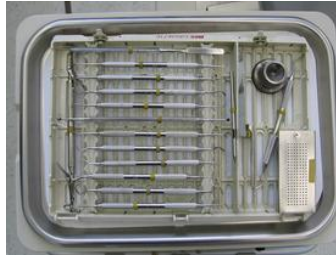
Using the blue coloured pencil and looking only into the mirror, trace the outline of your drawing again, this time in a counter-clockwise direction.

This exercise is not easy to do without cheating! Do not worry if you find it challenging. Your indirect vision skills will improve with practice.

Step 4 (optional)



To learn more about using indirect vision while working in a patient's mouth, visit the POP Links website (<http://liensppo.qc.ca>) to watch a video demonstrating this technique (listed under "Activity 5" in the "Dentistry" section).



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Activity

6

Instrument Transfer Techniques

This activity simulates the type of teamwork that occurs between a dentist and his or her assistant. It requires good manual dexterity. While a patient is being treated, the dental assistant transfers instruments to the dentist using specific techniques.

What you will need to complete this exercise:

- Two pairs of disposable gloves
- Three pens or pencils (optional)
- Three carving instruments

Exercise 6.1

Ask a classmate, friend or teacher to play the role of the dentist. (You will later switch roles.)

Step 1



Visit the POP Links website (<http://liensppo.qc.ca>) and watch the “One-Handed Instrument Transfer Techniques” video (listed under “Activity 6” in the “Dentistry” section), which explains how dental professionals exchange instruments while working on a patient.

Step 2

Sit on either side of a desk (representing the dental chair and patient). You each need to put on a pair of disposable gloves before you begin. (Set yourself up near a computer, as you will probably want to watch the video again while you transfer the instruments.)

Step 3

Place the three instruments to be exchanged on another desk (representing the dental assistant’s workstation) within reach of the dental assistant. (You may want to practise initially with pens or pencils.)

Step 4

Practise the transfer techniques demonstrated in the video clip.

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When working with a patient, it is important that you pass instruments within the *transfer zone*, which is over the patient's chest, just below his or her chin. Instruments are exchanged in this zone to avoid accidentally dropping them on the patient's face.¹²

Step 5

Reverse roles and repeat this exercise.

How did you find this activity? Again, this is a skill that will improve with practice!

12. Sarah Brooks, "Dental Assistant Passing Instrument Techniques," eHow, accessed April 22, 2016, http://www.ehow.com/list_7635786_dental-assistant-passing-instrument-techniques.html.

As mentioned before, dentistry is a vast field offering many career opportunities. To become a dental professional, you can either complete a two-year vocational program (in dental assisting), a three-year CEGEP technical program (in dental hygiene, denturism or dental technology) or a university degree (in dentistry).

Now that you have completed this activity guide, you may want to explore other careers in the health care field. Keep in mind that there are many other options available: doctor, pharmacist, paramedic, nurse, medical radiation technologist, respiratory therapist, medical laboratory technician, orderly, personal care attendant, etc.¹³



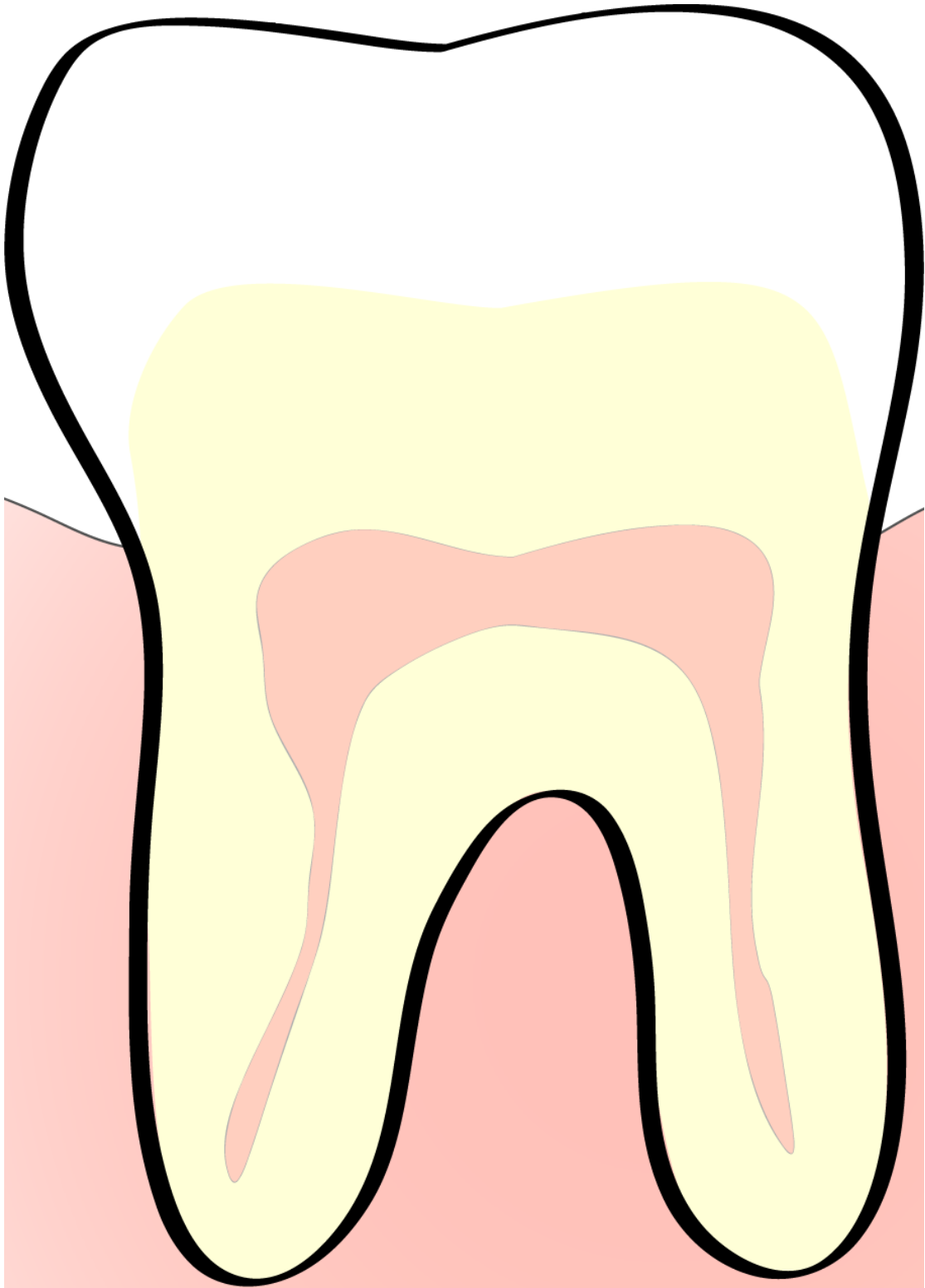
Visit the POP Links website (<http://liensppo.qc.ca>) for links to websites providing further information about dentistry and other health-related fields in Canada (listed under “Conclusion” in the “Dentistry” section).



Now that you have completed this activity guide, fill out the “Personal Reflections” page at the end of your student workbook.

13. If you are interested, you can also try out the Medicine and Nursing tool kits, which should be available in your classroom. (The activity guides for these tool kits are also available on the POP Links website at <http://liensppo.qc.ca>.)

Cross-Section of a Tooth



Nancy Kerec, CC BY-NC-SA 2.5 CA

- Mixing bowl
- Two (2) 250 mL beakers
- Powdered plaster
- Mixing spatula
- Two (2) dental moulds
- Wax sticks (1 per student, as needed)
- Candle with base
- Matches
- Three (3) carving instruments
- Ivorine Dentoform® model
- Piece of nylon stocking
- Box of disposable mouth mirrors (2 per student)
- Wall mirror
- Pad of odontograms (dental records) (3 per student)
- Disclosing tablets (2 per student)
- Paper cups
- Blue and red coloured pencils
- Laminated colour print of a cross-section of a tooth (Appendix A)
- Letter size paper
- Box of disposable gloves (2 pairs per student)