

Online learning Good Practice

Bachelor of Oral Health Course at CQUniversity

Associate Professor Leonie Short

The oral health team worked together to adapt and redefine andragogy at CQUniversity during the COVID-19 Pandemic. One example, led by Associate Professor Leonie short and MrsRonak Shah, was the adaption of face-to-face oral health education (OHE) placements to the electronic formats of social media and email lists. As students could not develop lesson plans and deliver these to children in childcare centres, kindergartens, schools, activity centres for persons with special needs and community groups, we needed to be innovative in what other skills they could develop and utilise.

Consequently, Year 3 Bachelor of Oral Health students were asked to develop oral health messages that were posted in the CQUniversity's Health Clinics facebook page and/or emailed to thousands of CQUniversity staff, students and clinic patients. <https://www.facebook.com/cquhealthclinics/>

These posts needed to:

- include evidence-informed content and information,
- comply with relevant clinical guidelines, i.e., fluoride guidelines,
- be approved as appropriate by an oral health academic,
- appeal to a target audience,
- be visually appealing, topical, and creative,
- include correct APA or Harvard referencing,
- comply with trademark and copyright branding,
- source preferred images from Creative Commons or be created by the student herself,
- comply with CQUniversity marketing policies,
- comply with the Guidelines for Advertising Regulated Health Services of AHPRA,
- ensure students were acknowledged as the authors,
- ensure students agreed for their oral health message to be posted / published, and
- be assessed according to the new assessment rubric developed for OHE via social media (professionalism, communication, and content). These marks contributed to their final mark and grade for the unit, ORAL13001 Oral Health Clinical Placement.

The students excelled in developing OHE material in this new format and will hopefully be able to use these skills as graduate oral health therapists.

NO MOUTH GUARD

NO PLAY !

why mouth guards are essential when training and playing sports



cushions teeth against impact



protects soft tissues from injury



protects jaw joint from injury



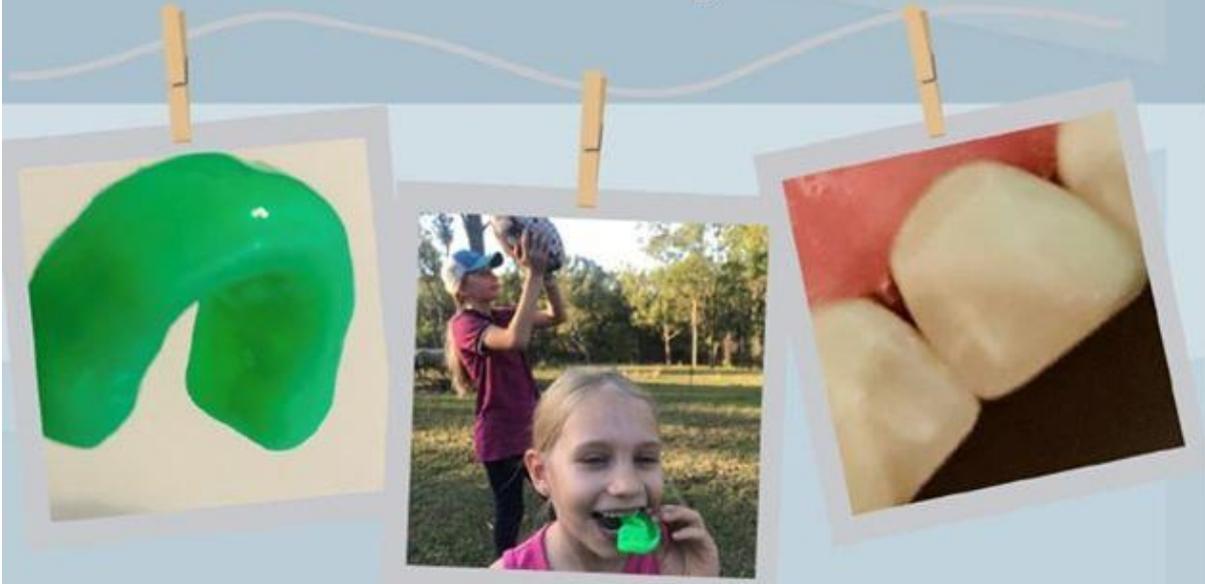
helps reduce the chance of concussion



helps protect injuries to the jaw and neck



We recommend visiting your local dental clinic to have a custom fit mouth guard made



Amanda Standen, Natasha Rayner, Nikki White

HOW TO TAKE CARE OF YOUR TEETH WITH BRACES!



ORAL HYGIENE INSTRUCTIONS:

Brush your teeth morning and night for 2 minutes. Floss at least once every day. After lunch and snacks, if you don't have a toothbrush with you, rinse thoroughly with water to remove food which may have become stuck in the braces.

Brush your teeth and gums in a circular motion.

When flossing, thread the floss underneath the braces wire and then gently slide between your teeth

PAIN AND DISCOMFORT:

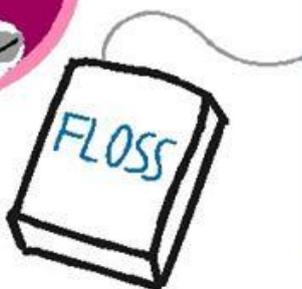
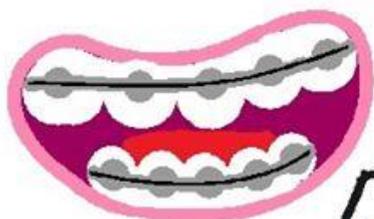
It is normal for some level of discomfort to be felt. This is all part of the process of moving teeth.

Taking a mild analgesic may help minimise your discomfort.

**Seek professional advice*

Like wearing a new pair of shoes it may take time for lips, cheeks, tongue and gums to become used to the braces and you may develop painful ulcers.

Apply orthodontic wax to braces in the area that is rubbing or use a topical gel on



ORAL CARE PRODUCTS

Use these to help look after your teeth and braces

Soft toothbrush
Orthodontic toothbrush
Fluoride toothpaste
Piksters
Tepe brushes
Superfloss



GO FOR IT:

Soft vegetables
Soup
Cheese
Eggs
Yoghurt
Porridge

AVOID HIGH SUGAR, HARD, CHEWY & STICKY FOODS:

Maintain a healthy diet low in sugar, as to avoid the development of decay.

Avoid hard, chewy and sticky foods as these types of foods can dislodge, break and become stuck in your braces.

If you do consume drinks high in sugar, try to use a straw or rinse thoroughly with water afterwards.

EAT WITH CAUTION: (CUT UP, CHEW WITH BACK TEETH)

Ribs
Raw vegetables &
hard fruit
Steak



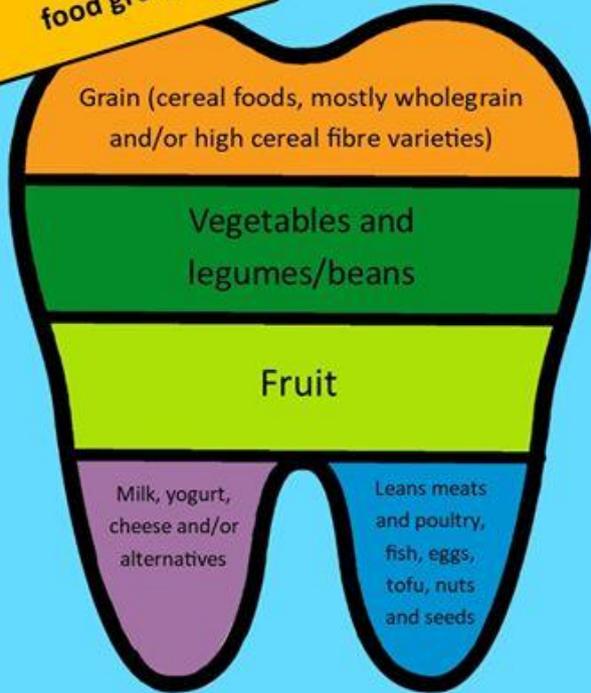
AVOID

Gum
Nuts
Popcorn
Toffees



Natashia Rayner, Amanda Standen, Nikki White

Five healthy food groups 



Eating crunchy foods can stimulate saliva which helps strengthen the teeth and clear food debris!



Citrus fruits are acidic, this can cause erosion on the tooth surface. Make sure to rinse with water after consuming citrus fruits!



Dairy contains calcium, an important mineral to help strengthen our teeth and decrease the chance of a hole forming!



Sugary food tends to be more sticky and lingers in the mouth for longer. Your teeth aren't given much of a chance to strengthen after the acid attack and are more prone to developing tooth decay. **Try chewing sugar-free gum after consuming sticky food to help remove the food debris!**



Drinking plenty of water helps clear away food from your teeth and neutralise the pH in your mouth!



We know it's a difficult time right now, but please remember to look after your general health and oral health! Try sticking to a structured daily routine and a healthy diet. **Remember to limit your snacking whilst watching your favourite TV-show on Netflix!**

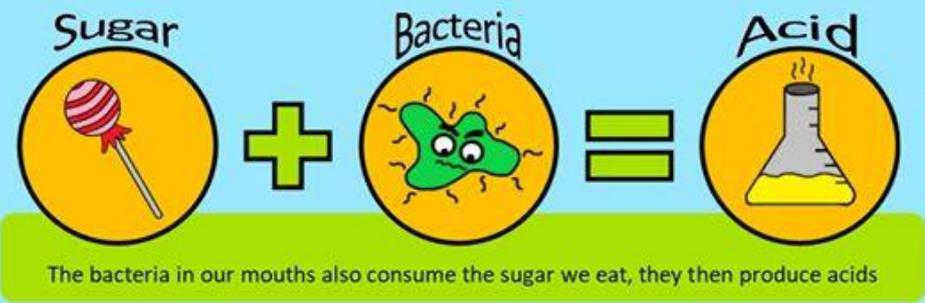


COVID-19 SNACK ATTACK!

With a pandemic of coronavirus currently at our doorstep, social distancing has become the new normal

But how does this affect our oral health?

EMOTIONAL EATING!



Let's take a look at what foods are good for both our general health and oral health!