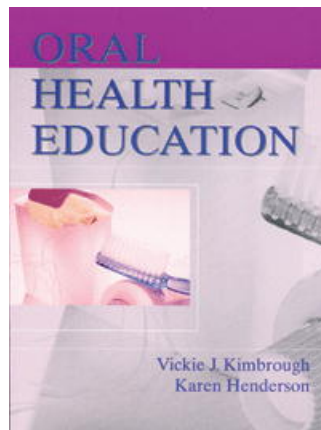


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## **Review of: Oral Health Education**

Christine Nathe

*Reviewed by Christine Nathe, RDH, MS, associate professor and graduate program director in the Division of Dental Hygiene at the University of New Mexico in Albuquerque.*



### **Oral Health Education**

**Kimbrough V, Henderson K**

**Prentice Hall, 2005**

**Upper Saddle River, New Jersey**

**176 pages, indexed, paperback**

**ISBN: 0-1310-9051-8**

**\$36.00**

*Oral Health Education* provides a brief description of trends in health perceptions from infancy to older adulthood and lifestyle influences on health. It also discusses how to bridge the gaps in communication styles to better work with patients and suggests ways to collaborate with community organizations and other health providers. The book discusses the systemic and oral health in various population groups. Current trends in oral health and general health are discussed, with chapters presented on learning styles and providing chairside oral health education. Information on certain target populations and a chapter on oral health products from a consumer's perspective are also presented.

All chapters include references, objectives, critical thinking exercises, and activities that can be done as a class or individual assignment. These additions help the student or provider understand the material presented. Helpful appendices cover dentition eruption tables, examples of drugs associated with xerostomia, the food guide pyramid, topics for basic oral

health lessons, lesson plan forms, and Internet resources. Additionally, the textbook is indexed and contains a few photographs and diagrams to help support concept understanding.

Many times after graduating, dental hygienists are asked to present oral health information to groups. This book would be a welcome resource for dental hygienists planning lessons geared toward oral health and its relation to overall health.

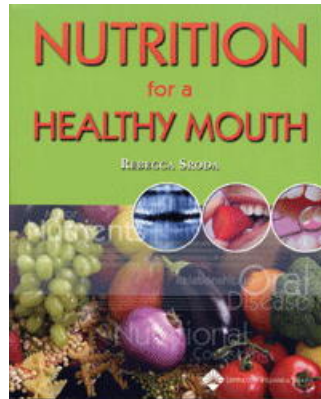
This is a concise book written to help providers communicate well with patients and groups. The text is an excellent resource for the practicing dental hygienist or dentist interested in improving communication with patients or presenting to groups. It would also be a helpful supplementary text to courses focusing on oral health education or dental public health in the dental hygiene curriculum.

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## **Review of: Nutrition for a Healthy Mouth**

Mary Cooper

*Reviewed by Mary Danusis Cooper, LDH, MSED, professor in the dental hygiene program at Indiana University-Purdue University in Fort Wayne, Indiana.*



### **Nutrition for a Healthy Mouth**

**Sroda R**

**Lippincott Williams & Wilkins, 2006**

**Philadelphia, Pennsylvania**

**260 pages, illustrated, indexed, soft cover**

**ISBN 0-7817-5155-1**

**\$49.95**

This new nutrition textbook is specifically designed to be used by dental assisting and dental hygiene students, as well as practicing clinicians. The text is divided into seven sections that cover the major components of nutrition and their relationship to dental health. The author covers the material in an easy-to-read style that may at times seem inadequate; however, most of the information necessary for the dental hygiene or dental assisting student or practicing clinician is provided.

This textbook presents the reader with several appealing and practical features. Each chapter provides box tips, which offer insightful information about the material being presented. For example, in the water chapter, one box tip states that bone is made up of one-third water, and that fat is one-fourth water, muscle is two-thirds water, and whole blood is four-fifths water. Also included in each chapter are activities for the reader, such as fill-in-the-blank questions and review quizzes, both of which provide an opportunity for reviewing and, in turn, make it easier to retain the material. Of special

interest in each chapter is the section entitled, "Putting This into Practice." This material enhances critical thinking skills about the subject just covered and provides daily food choices for the patient as well as the reader. In addition, at the conclusion of each chapter, there are suggested patient counseling tips and chapter review questions, followed by Web resources, references, and suggested readings, in case further information is desired or needed.

Provided with this text is a laminated dental nutrition quick reference card that can be used during chairside education. On one side, dental caries is addressed. In addition to the equation for the progression of dental caries, recommended healthy snacks are listed. On the flip side, nutrition and periodontal disease are addressed. Listed are the nutrients that promote healthy tissues. Although the patient is informed of nutrients that may promote healing, form and maintain epithelium, and maintain supportive alveolar bone, it would have been beneficial to list examples of food sources that contain these nutrients.

In addition, the text discusses several topics of interest that are not always presented in dental nutrition textbooks. One such area is dietary and herbal supplements. Since there is an increase in herbal use among patients, it is important to be aware not only of possible adverse reactions to them, but also their effects on dental treatment. Recognizing this, dental hygienists should always include herbal use on the dental and medical history form.

The chapter on reading labels is exceptionally practical. Many consumers lack the knowledge of how to read a food label in order to decipher its significance to their diets, which, in turn, can help them make wise food choices.

Another strong area is the nutritional counseling section. Providing nutritional assessment is especially important when a patient has a high caries rate. In addition to identifying the amount and types of cariogenic foods being consumed, the evaluation can help identify nutritional deficiencies and excesses. Once the diet survey is analyzed, suggestions can be made to help patients make changes in their diets.

However, there are some shortfalls in this textbook that could easily be rectified in the second edition. First and foremost is the introduction of the new food guide pyramid. Since the publication of this textbook, the new pyramid has been introduced. Another topic that could warrant attention is the growing concern about childhood and adult obesity. In addition, although the answers to the review questions are given for each chapter in the appendices, providing the rationales for the correct and incorrect answers could be helpful and would provide an additional learning tool for the student.

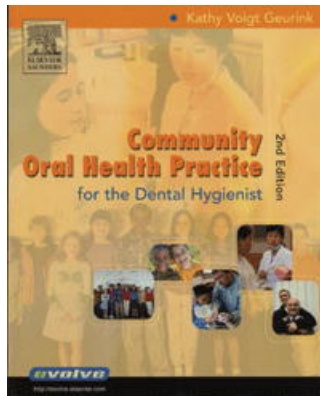
Overall, this textbook provides an excellent review of nutrition and its relationship to dental health. It is highly recommended for use in the classroom, as well as a reference for the practicing dental hygiene clinician. Not only is it easy to read, but it also provides many valuable features that will benefit the reader and the patient.

Source: Journal of Dental Hygiene, Vol. 79, No. 4, October 2005  
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## **Review of: Community Oral Health Practice for the Dental Hygienist**

Ruth Fearing Tornwall

*Reviewed by Ruth Fearing Tornwall, RDH, MS, instructor IV at the Lamar Institute of Technology in Beaumont, Texas.*



### **Community Oral Health Practice for the Dental Hygienist**

**2<sup>nd</sup> edition**

**Geurink KV**

**Elsevier Saunders, 2005**

**St. Louis, Missouri**

**379 pages, illustrated, indexed, soft cover**

**ISBN: 1-4160-0096-8**

**\$44.95**

The second edition of *Community Oral Health Practice for the Dental Hygienist* includes 12 chapters that offer a comprehensive overview of community oral health. The purpose of the text is to provide students with information about community oral health that is relevant to dental hygiene. By reading the chapters and participating in the suggested activities, dental hygiene students will develop an understanding of the importance of community oral health to themselves and to the future of their profession. This text is also a valuable resource for all dental hygienists who are practicing their responsibility of improving the oral health of people in their communities.

The author has updated the text and has made the concepts easier to understand. Each chapter has an opening statement to set the stage for that chapter and a statement of guiding principles for the concepts being discussed. Complementing each chapter are objectives, key terms, activities, relevant dental hygiene competencies, and community cases with multiple choice questions. A glossary is located at the end of the text. Also helpful in this text are the appendices, which contain the addresses of Web sites for oral health resources, dental hygiene competencies list, and information for forming community partnerships and performing community health assessments.

Chapter 1 defines community oral health through examples of public health problems and solutions. Basic public health functions and crucial public health services are also defined. Chapter 2 describes careers in public health, featuring dental hygienists who practice in the field of community oral health. By profiling these careers, the author seeks to help students understand the importance of the content in the future chapters. The next three chapters, Chapters 3, 4, and 5, focus on assessment and measuring oral health. The author has added an additional chapter here, building on the first edition. The information has been refined and clarified. Common terms used in epidemiology have been expanded, the table of data collection methods has been eliminated, and more assessment resources have been added at the end of Chapter 3. The author emphasizes the importance of the fundamental steps in planning community oral health programs and uses *Healthy People 2010* oral health objectives as a framework for assessing community oral health programs.

Chapter 6, which is about community oral health programs, discusses the planning, implementation, and evaluation phases of program development. Local, state, and national programs are presented. All state oral health Web sites are included. Chapter 7 provides an overview of research and statistics, describing the steps in the scientific method, the steps in analyzing the literature, and the components of a primary research manuscript. Theories of health promotion and strategies for delivering health information to the public are covered in Chapter 8. Chapter 9, "Social Responsibility," discusses the dental hygienist's professional responsibility with respect to cultural competency and improving access to care for underserved populations. Chapter 10, "Cultural Competency," a new chapter, defines the term for students and provides models of how to incorporate cultural competency into interactions with patients and in community health promotion activities. "Service-Learning," Chapter 11, is also a new chapter. In this chapter, the importance of the collaboration between the needs of the community and student learning is defined. The author discusses the benefits of service-learning for students, the community, the dental hygiene program, the academic institution, and the nation's oral health. Chapter 12, the final chapter, provides students with practice in answering community oral health test questions similar to those on the National Board Dental Hygiene Examination.

*Community Oral Health Practice for the Dental Hygienist* provides students and practicing dental hygienists with the information they need to practice their profession with a positive attitude toward community dental health and a willingness to contribute to the oral health of all persons in their communities.

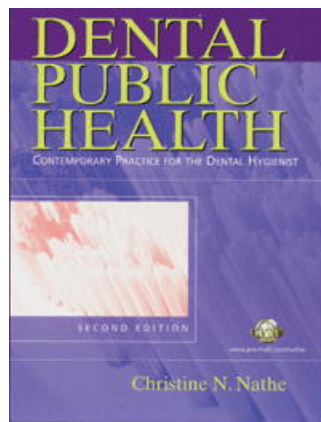
Source: Journal of Dental Hygiene, Vol. 79, No. 4, October 2005

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## **Review of: Dental Public Health: Contemporary Practice for the Dental Hygienist**

Lisa Shaw

*Reviewed by Lisa Shaw, RDH, MS, residential health care coordinator at St. Luke's Memorial Hospital Dental Service in Utica, New York.*



### **Dental Public Health: Contemporary Practice for the Dental Hygienist**

**2<sup>nd</sup> edition**

**Nathe C**

**Pearson Prentice Hall, 2004**

**Upper Saddle River, New Jersey**

**391 pages, illustrated, indexed, soft cover**

**ISBN: 0-13-113-4442**

**\$45.00**

With the advent of the Healthy People Initiatives and the Advanced Dental Hygiene Practitioner movement, it is imperative that all dental hygienists are up-to-date on national health care goals and alternative practice settings that help meet those goals. Christine N. Nathe, RDH MS, has, in her book *Dental Public Health: Contemporary Practice for the Dental Hygienist*, set out to familiarize dental hygiene students and those dental hygienists already practicing with the components of dental public health practice.

Nathe divides her book into four units:

## **Introduction to Dental Public Health**

This unit is divided into five chapters that cover a wide range of topics. Chapter 1 is the most important chapter, in that Nathe defines dental public health, provides a historical overview of dental hygiene practice, and provides an overview of prevention modalities. An exciting chapter, it takes one back to the roots of dental hygiene practice and reminds us that while, ironically, the title defines dental public health as contemporary practice for the dental hygienist, it does, in fact, only mirror our original purpose. This mirroring is further demonstrated by Nathe's comparison of the 2000 surgeon general's *Oral Health in America* goals to those of the *Mouth Hygiene* textbook from 1916 to 1934.

Chapter 1 also clearly defines the practice of public health as "concerned with the aggregate health of a group, a community, a state, or a nation. Not limited to the health of the poor, or to rendering health services, or to the nature of the health problems." Nor is public health defined by the method of payment. Dental public health is further defined as the "science and art of preventing and controlling dental diseases and promoting dental health through organized community efforts. [it] serves the community as the patient rather than the individual." Nathe goes on to compare private practice and public health practice for dental hygienists, and to outline roles that dental hygienists may play in dental public health.

Chapters 2 through 5 outline oral health care delivery in the United States, the financing of oral health care, oral health care delivery around the world, and legislative initiatives affecting dental hygiene practice. Chapter 4, "Dental Care Delivery around the World," while interesting, is diminished because it suffers from poor sentence structure, editing errors, missing citations, and tables that have not been updated or expanded. Chapter 5, "Legislative Initiatives Affecting Dental Hygiene," is an extremely important chapter that highlights both the legislative process and the legislative barriers for dental hygienists. It might have served this chapter better to highlight a hygienist who is currently actively working within the legislative process, and to provide the ADHA practice act overview chart and illustration of permitted functions and supervision levels by state. In addition, the ADHA also provides an overview of dental hygiene legislative activity that helps to illustrate legislative efforts made within the last 12 years.

## **Dental Hygiene Public Health Programs**

This unit is divided into five chapters that focus on the premise that the goal of dental public health is group education aimed at changing values and behaviors. Chapter 6 gives an overview of several health models and theories. Changing behavior through effective use of models and theories is a cornerstone of the educational process, both in clinical and public health settings. This chapter is particularly disappointing and disserving in that it provides only cursory explanations of these models and theories, and what it does provide is not supported by primary references to the authors of these models and theories (i.e., Prochaska or Bandura).

Chapter 7 provides an overview of lesson plan development using the dental hygiene process of care that includes the assessment of target group needs, a dental hygiene diagnosis or lesson focus, planning, implementation, and evaluation processes. Chapter 8 focuses on identifying target groups, guidelines for cross-cultural dental hygiene competence, and barriers to dental care.

Chapter 9 moves the public health dental hygienist beyond education into program development. Because of differences in state practice act supervision requirements, this is probably the most exciting and difficult issue that dental hygienists who have decided to embrace public health will encounter. Nathe gives an overview of some public health efforts that include sealant programs, school-based dental health programs, inner-city health centers, faith-based non-Medicaid clinics, and an international effort to provide oral health care and education for the world's needy. Finally, she outlines and gives an example of an operational dental hygiene program planning paradigm. Chapter 10 highlights clinical and non-clinical program evaluation strategies and tools, with the focus on clinical indices and indicators.

## **Dental Hygiene Research**

This unit is divided into four chapters. Chapter 11, "Oral Epidemiology of Dental Diseases," attempts to give the reader a picture of the oral health conditions that affect a given population. Again, this chapter is diminished by editing errors and the use of old data. For example, the statement that "the prevalence of recurrent aphthous ulcers has indicated that the prevalence in the general population can vary from 5 to 25 percent" is referenced by data from 1967 through 1976.



In Chapter 12, "Research in Dental Hygiene," Nathe outlines the importance of research in dental hygiene. Advocacy for research will, she believes, move dental hygienists beyond the use of treatments based on trial and error or anecdotal reports. She provides a table that outlines different research approaches, a short description of several of these approaches, and a short description of research design, research methods, sampling techniques, informed consent, and literature review. Again, the chapter is choppy, confusing, and does not provide enough detail.

Chapter 13, "Biostatistics," by Chris French-Beatty, RDH, PhD, provides an overview of data analysis and data interpretation. While her focus is primarily on quantitative data analysis, French-Beatty does an excellent job in helping the student to understand the basics of a difficult subject. Further, she provides numerous figures and tables that further explain or expand on the text.

Chapter 14, "Evaluation of Scientific Literature and Dental Products," outlines the role of the Food and Drug Administration in the regulation of oral health care products. Nathe also highlights the meaning of the American Dental Association (ADA) seal of acceptance and the possible political influences that may play in its application. She advocates that product promotion should be based not on whether or not it bears the ADA seal of approval, but rather on "FDA approval, scientific literature and reported product findings." While she provides a table that highlights where dental hygienists can find product information, she does not provide caveats to these sources or adequately outline the proper way to evaluate sources, particularly those from the Internet.

### **Practical Strategies for Dental Public Health**

Unit IV is divided into three chapters. Chapter 15, "Careers in Dental Public Health," outlines career opportunities in government agencies such as the U.S. Public Health Service, the National Health Service Corps, and the U.S. Civil Service, which includes the Department of Veterans Affairs, military installations, and the federal prison system. Many of the positions available are clinical positions, and some agencies and programs have age restrictions.

Chapter 16, "Strategies for Creating Dental Hygiene Positions in Dental Public Health Settings," recognizes that, while dental hygiene at its roots was aimed at serving the public health, its primary theater of operation is the private dental office. This chapter highlights "strategies for implementing dental hygiene positions within the health care delivery systems." Nathe restates the planning paradigm covered in Chapter 9 and introduces elements of business plan strategies. Further, she provides simplified employment agreements, policy statements, and affiliation and role statements as well; however, none of these examples may be thorough enough to adequately define dental Hygienists' roles and obligations in these settings.

Chapter 17, "Dental Public Health Review," completes the text chapters with a public health review. Nathe and Meg Zayan, RDH, MPH, guide students through the requirements and expectations of the National Board Dental Hygiene Examination. This chapter also provides key concepts for community activities and eight "testlets" with answers that help prepare student dental hygienists for the examination.

The remainder of the text provides appendices that highlight organizations that are involved with dental public health, resources for dental samples and pamphlets, government departments serving dental needs, state public health agencies, table clinic presentations, poster session preparation, international dental care opportunities, dental terms and phrases translated to Spanish and Vietnamese, standards for dental hygienists in dental public health education, guide to scientific writing, and a glossary of terms.

One of the best features of this text is the online study guide that can be found at [http://wps.prenhall.com/chet\\_nathe\\_dental\\_2](http://wps.prenhall.com/chet_nathe_dental_2). This guide takes the student through and beyond the text by providing laboratory, true or false, fill-in-the-blank, matching, extra research multiple-choice, and essay questions and board review hints. In addition, it provides Microsoft PowerPoint presentations, links to current issues and workshops, and the latest information related to dentistry. Instructors are provided a link (<http://vig.prenhall.com/catalog/academic/product/0,1144,0131134442,00.html>) that provides an overview of the text, an instructor resource center that includes text banks, and a link to other community dental health texts.

Another important feature of the text is the highlights of dental hygienists who practice in public health settings. Most of the dental hygienists featured, however, have advanced degrees, which might imply that public health service requires a degree beyond the associate level.

Finally, Janet Carroll Memoli, RDH, MS, in her foreword to this book, restates the original plan that Alfred C. Fones had for dental hygienists: "to direct services, educational and clinical, to groups of people, to the masses" and to "play a valuable and critical role in the dental health of people everywhere." Nathe expands these ideas by acknowledging that dental hygiene is the "only health care profession that is truly focused on preventive health as its foundation." As she passionately restates the original goals of the profession-to work outside of the office clinical setting as outreach workers who help to both prevent oral disease and bring patients into dental practices for treatment-she brings us back to our roots.

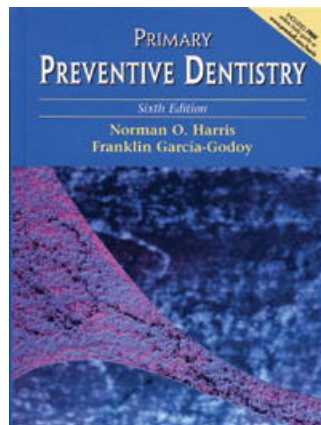
The task of encouraging dental hygiene students to pursue careers in public health practice can be arduous, especially when the focus of dental hygiene education is the application of clinical skills for the private practice setting. Beyond familiarizing students and practitioners about the components of dental public health, I looked for whether or not this book went beyond that and succeeded in encouraging dental hygienists to participate in public health efforts and practice. While I applaud Nathe for taking on this Herculean task, I find that the book falls short of accomplishing both the goal of educating and encouraging, primarily because it just skims the surface of many of the important elements related to the practice of public health.

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## **Review of: Primary Preventive Dentistry**

Margaret Six

*Reviewed by Margaret Six, RDH, MSDH, associate professor at West Liberty State College in West Liberty, West Virginia.*



**Primary Preventive Dentistry**

**Sixth edition**

**Harris NO, Garcia-Godoy F**

**Pearson Prentice Hall, 2004**

**Upper Saddle River, New Jersey**

**695 pages, illustrated, indexed**

**ISBN: 0-1309-1891-1**

**\$66.60**

The sixth edition of *Primary Preventive Dentistry* is a comprehensive text relative and beneficial for all readers interested in the prevention of oral disease. Representing the international community, the contributors who assisted in authoring the text are oral health and health professionals with expertise in the areas of research, education, and public health.

The text contains information that is factually correct and includes controversial topics such as water fluoridation and the misuse and misdiagnosis using the dental explorer. State-of-the-art technologies, including digital radiography, computerized charting, and intraoral photography, are discussed.

Composed of 23 chapters, this text addresses primary prevention concepts and techniques, as well as the development of public health programs designed to address early childhood through geriatric oral health. This text is an "easy read," making

it useful for new students, as well as a reference text for the experienced oral and allied health professionals. Each chapter includes objectives, an introduction, and a summary. A comprehensive list of references that adequately support the context of the text is included at the end of each chapter. Throughout each chapter, true or false and multiple-choice questions are introduced and highlighted in a colored box relative to the text previously presented. These questions provide an opportunity for readers to immediately test their knowledge and comprehension of theory and concepts. The answers, with associated explanations for each question, are printed after the summary in each chapter, providing immediate feedback for readers. Additionally, each chapter includes 10 fill-in-the-blank questions designed for self evaluation. A host of tables, appendices, and black-and-white photographs complement the text.

In an effort to incorporate technology into the learning process, Prentice Hall has included an interactive teaching and learning tool through a Web site to complement the text. This Web site includes an opportunity for self-evaluation through the completion of true or false, multiple-choice, and essay questions for each chapter. Students may submit their answers for evaluation. A comprehensive glossary and a link to the *New York Times* is provided, which posts the latest news related to dentistry. Faculty may wish to utilize the syllabus manager, a free service provided by Pearson through this Web site.

The content of this text is comprehensive, the organization is effective, and the inclusion of Web-based resources all contribute to the success of this text. *Primary Preventive Dentistry* is a useful addition to the library collection for all those interested in oral health.