

Dental Hygiene

Course guide 2026-2027

Semester	Spring (semester 2, term 3)
Inholland location(s)	Amsterdam (ACTA building)
Inholland faculty	Health, Sports & Social Work
Language of instruction	English
Cycle	Bachelor level
Number of ECTS	15

Subjects

Subject title	ECTS	Course code
Introduction	3	3018EXCH1Z
Dental Hygiene	8	3018EXCH2Z
Coaching / Internships	2	3018EXCH3Z
Preclinical skills 1	2	3018EXCH4Z

Content subjects

1. Introduction

Activity 1.1 Inholland & ACTA

Activity 1.2 Introduction clinic & Patient treatment

Activity 1.3 Presentation Erasmus exchange students

2. Dental Hygiene

Activity 2.2 Patient treatment

Activity 2.3 Ergonomics

3. Coaching + Internship

Activity 3.1 Coaching

Activity 3.2 Internship

4. Preclinical skills 1: Simodont

Learning outcomes

1. Introduction

- Activity 1.1 Inholland & ACTA. The student:
 - Is familiar with the ACTA building.
 - Is familiar with the purpose of the Practical Record Book and the benefits of self-reflection.
- Activity 1.2 Introduction clinic & Patient treatment. The student:
 - Knows which instrument the faculty uses during patient treatment.
 - Can use the instruments during patient treatment.
- Activity 1.3 Presentation Erasmus exchange students. The student:
 - Meets the Dutch Dental Hygiene students.
 - Is capable to give information in English about his/her country and education to foreign students.

2. Dental Hygiene

- Activity 2.2 Patient treatment. The student:
 - Can treat a patient following the care plan under supervision of the teacher.
 - Can integrate his knowledge during patient treatment.
- Activity 2.3 Ergonomics. The student:
 - Learns how to sit correctly during patient treatment.
 - Can analyze his/her own functioning during patient treatment concerning ergonomics.
 - Can make adjustments to improve his/ her ergonomics.

3. Coaching + Internship

- Activity 3.1 Coaching. The student:
 - Can reflect on his/her own experiences and choices that have been made.
- Activity 3.2 Internship. The student:
 - Can reflect on his/her own experiences and choices that have been made.

4. Preclinical skills 1: Simodont

The student can evaluate their own performance, seeking feedback and implementing appropriate strategies for improvement.

Mode of delivery, planned activities and teaching methods

Introduction: face to face

Dental Hygiene: face to face

Coaching + Internship: face to face and self-study

Simodont: face to face and self-study

Prerequisites and co-requisites

To treat patients, it is obligated by Dutch law to have a certificate of Hepatitis B including the analysis (anti HbsAg > 100 IU / liter).

The certificate of Hepatitis B including the analysis (anti HbsAg > 100 IU / liter) must be sent 3 months before the start of your exchange, to susan.bos@inholland.nl.

Without the right certificate, you can't start the exchange.

Recommended or required reading and/or other learning resources/tools

Clothing for the clinic

- White clothing must be worn at the clinic. The white clothes are long white trousers combined with a white jacket. The jacket needs to have short sleeves; this ensures proper hand hygiene. Long sleeves of own clothing must be rolled up under the sleeves of the jacket.
- Own clothing (shawl or cardigan) is not worn over the jacket. Also, it is not allowed to wear any long chains or other jewelry over the clinical clothing.
- If you are wearing a headscarf, it must be worn in the clinic in such a way that the material of the headscarf does not contact the patient or patient's material. The eyes and the face must be properly visible.
- The jacket, trousers (and headscarf) must be replaced daily. If during the activities the clothing and/or the headscarf are visibly polluted, they must be immediately replaced by clean clothing.
- The jacket, trousers (and headscarf), if any, must be washed at 60 °C.

Shoes for the clinic

Shoes must be of a closed model and white in color. The material must be immune to cleaning and disinfecting means (soap, chloride & alcohol). In case of visible contamination, the shoes must be cleaned. Plastic slippers over the shoes do not yield any contribution to infection prevention.

NOTE: In case you do not have white clinic clothes and/or shoes, please buy them before your exchange starts. At the Faculty we do not have the possibility to lend clothes.

Assessment methods and criteria

Dental Hygiene

- Patient treatment: summative evaluation, Practical Record Book
- Ergonomics: assignment, is part Coaching program

Coaching/ Internship

The exam consists of a presentation about your learning experience during the Erasmus exchange program.

Preclinical skills 1: Simodont

During the Preclinical skills, you need to have made the preparation of a 'cross' with direct view on 90%. To pass you must make this cross three times in 60 minutes.

Lecturer(s)

Coordinator: Susan Bos - susan.bos@inholland.nl