

# ORIENTATION MATERIAL

*Metropolia Oral Care Teaching Clinic  
HyMy-Village*



# Contents

1. Work in Finland
2. Oral care teaching clinic in  
Metropolia UAS
3. General instructions
4. Infection control
5. Periodontal diseases
6. Treating the patient
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polishers)
8. Evaluation

# 1. Work in Finland

# Work in Finland

## DENTAL HYGIENIST'S JOB

The job includes health promotion and support, prevention of oral diseases and rehabilitative care. The job also requires the skill to work independently as well as a in multi-professional team.

## WORK PLACE

Can be:

- a health care center
- a private practice
- hospitals
- entrepreneur

## DUTIES

- Health guidance
- Oral health examinations
- Assessment of the need for treatment, implementation and follow-up
- Prevention of oral and dental diseases
- Early evaluations and maintenance treatments
- Treatments for gum diseases and local anesthesia
- Teeth whitening in private clinics



## 2. Oral Care Teaching Clinic

# Oral care teaching clinic (MPB1017)

## COLLABORATION WITH THE CITY OF HELSINKI

- Metropolia oral care teaching clinic is located in the campus
- Treatments are available for children and adults
- Treatments are free of charge
- Adults need a referral from their dentist to receive care at the clinic and they must also live in Helsinki

## PRIVATE SERVICES

- Private service treatments cost money to the patient/client and they are available for all.
- Treatments can be for example:
  - Scaling
  - Teeth whitening
  - Check-up
  - Tooth jewelry attachment

## Responsibility for administration and equipment maintenance

## Different roles for dental hygiene students:

STUDENT WHO IS RESPONSIBLE  
FOR INSTRUMENT CARE

## Helping each other

STUDENT WHO IS RESPONSIBLE  
FOR ADMINISTRATION

Duties include:

- Answering the clinic phone
- Taking care of appointments such as cancellations
- Cleaning the common areas and also helping other students with cleaning after patient has left, if necessary
- Taking care of other given tasks

Duties include:

- Cleaning the common areas and also helping other students with cleaning after patient if necessary
- Bringing dirty and collecting clean instruments from instrument maintenance room
- Taking care of other given tasks

# Student who is responsible for selling self-care products



Duties include:

- Taking care of payments
- Organising and filling the product vitrine
- Assisting other students, such as those responsible for administration and instrument care



# Sharpening hand instruments

- At the clinic we use LM hand instruments that require sharpening
- All students are responsible for sharpening
  - Those responsible for administration and instrument care sharpen instruments every day
  - Other students help if they have free time (if a patient cancels, etc.)
- We also use LM Sharp Diamond and American Eagle hand instruments that don't require sharpening



# 3. General instructions

# Schedule of the day

We have 26 treatment 'boxes' at the clinic. Check the list in the storeroom (MPB1019) to see which box you have been assigned to each day.

## **Mondays:**

Clinic shift starts at 8 am and ends at 12 pm.

## **Tuesdays to Fridays:**

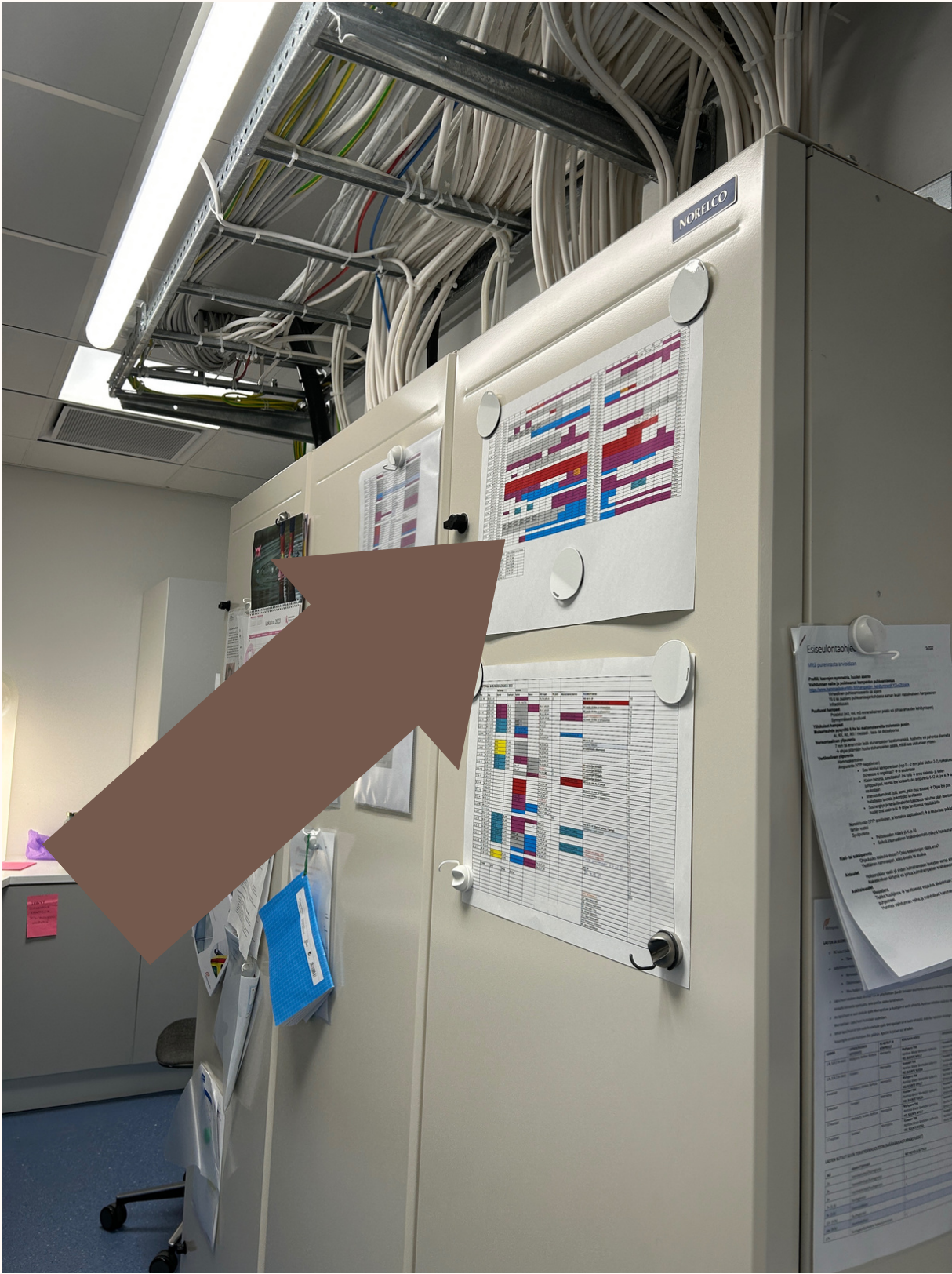
Clinic shift starts at 8 am and ends at 4 pm.

At the clinic we treat 4 patients per day.

- First patient arrives at 8.30, second at 10.00, third at 12.20 and last one at 13.30.
- Lunch break is from 11.15 to 12.00.



Check the list in the storeroom (MPB1019) to see which box you have been assigned to



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EXP21K2	17 KÄÄNT.	5 opn 135h	88h
EXP21K2	21 STH III	5 opn 135h	104h
EXP22K2	25 STH I + II	5+5opn=270h	188h
EXP22K2	17 LA + NU	5+5opn=270h	200h
EXP22K2	21 VERT.	2 opn 54h	48h
EXP22K2	12 VERT.	2 opn 54h	48h
EXP23K2B	26 TERVE SUU		



# General instructions

Working in the oral care teaching clinic:

- Professional and clean clothing and shoes
- Hair tied up
- Short nails without nail polish
- No jewelry such as earrings
- No perfume
- No food or drinks at the clinic

# Getting in contact with the patients

Before a course starts at the clinic we need to get in contact with the patients

- Students call to patients themselves or ask help from a tutor student

When contacting a patient using the clinic phone:

- State your name clearly and tell them where you are calling from
  - "Hello, I'm a dental hygienist student Steve Tooth calling from the Metropolia oral care teaching clinic."

# Getting in contact with the patients

- In case the patient doesn't answer, send a text message from the clinic phone
  - Write your name, where you tried to call from, what the call was about and when you will try to reach them again
  - " Hello, I'm a dental hygienist student Steve Tooth from Metropolia oral care teaching clinic. I tried to reach you regarding your appointment / cancellation. I will try to reach you again this afternoon / tomorrow / some other day. Kind regards, dental hygienist student Steve tooth."
- In addition to calling we also send a letter to children who are treated at the clinic

# 4. Infection control procedures in the oral care teaching clinic



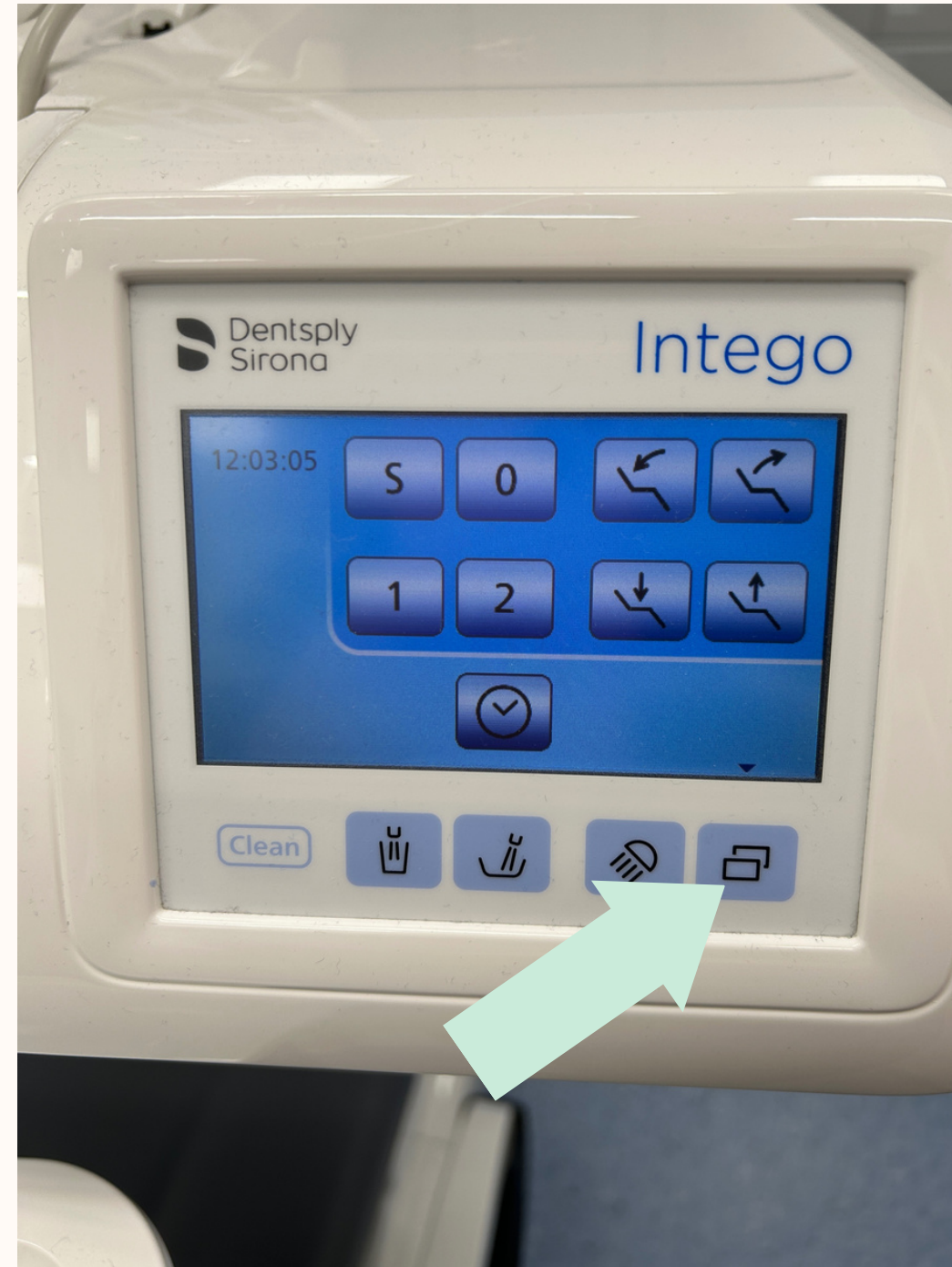
## BEGINNING OF THE DAY

- Wash hands with soap and use hand disinfectant
- Turn on the unit's power
- Run 1 L of water through the suction lines using the OroCup
- Purge the hoses





# Purging hoses









## BEGINNING OF THE DAY

- Wipe surfaces using the Plusclean cleaning liquid first and then disinfectant wipes
- Start the cleaning from least contaminated surface to the most contaminated
- Wipe: bench tops, patient chair, operating light, frame of the unit, instrument tray, handpieces and triplex, suction





## AT CHANGEOVER

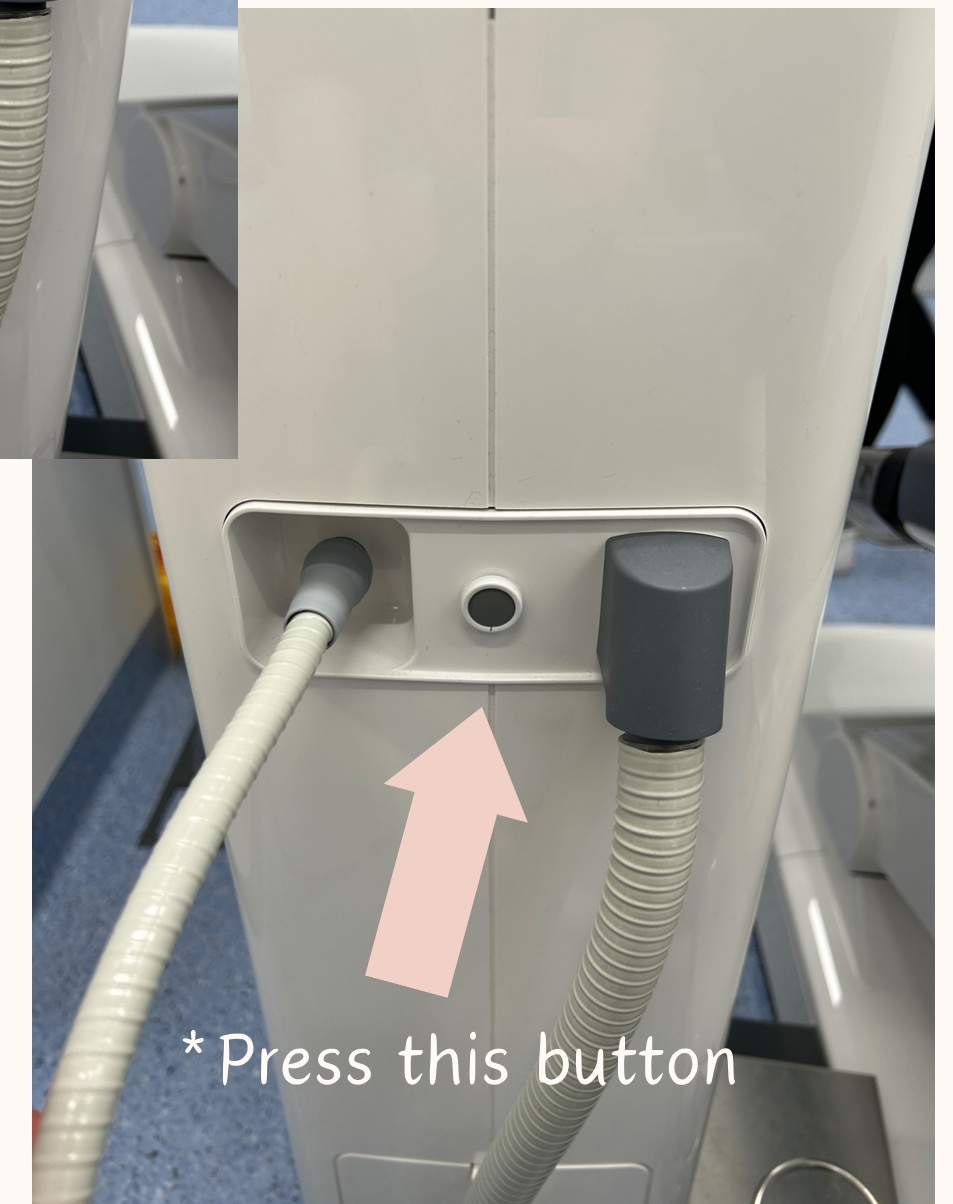
- Take the used instruments to their assigned place
- Run 2 dl of water through the suction lines
- Purge hoses
- Start the cleaning from least contaminated surface to the most contaminated
- Wash the patient's glasses with soap





## AT THE END OF THE DAY

- Take the used instruments to their assigned place
- Run disinfection liquid through the suction lines\*
- Purge hoses
- Start the cleaning from least contaminated surface to the most contaminated
- Wash the patient's glasses with soap
- Lift the patient chair and put the foot pedal up
- Lift the suction hoses to the suction bracket

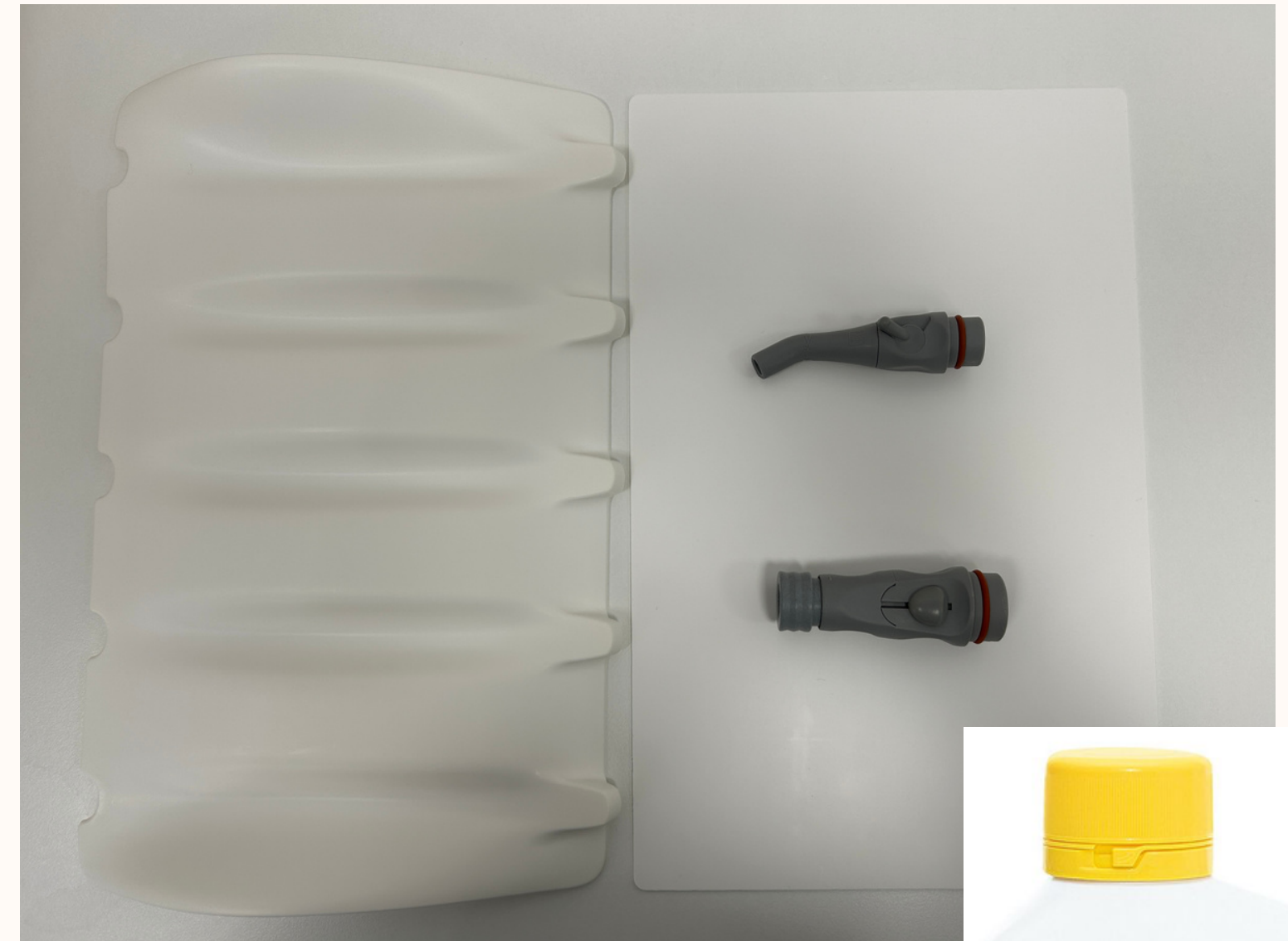


## ON MONDAYS AND WEDNESDAYS

- On Mondays take the silicone mats and suction pieces to the dirty instruments box
- On Wednesdays during lunch break use the MD555 cleaner

### Instructions:

- Use the Orocup and put 50 ml of cleaner and 1 L of water in it
- Run the liquid through the suction lines
- Leave the MD555 cleaner to sit for 30–60 minutes
- After 30 minutes run 2 L of water through the suction lines



# 5. Periodontal diseases

# Periodontal treatment

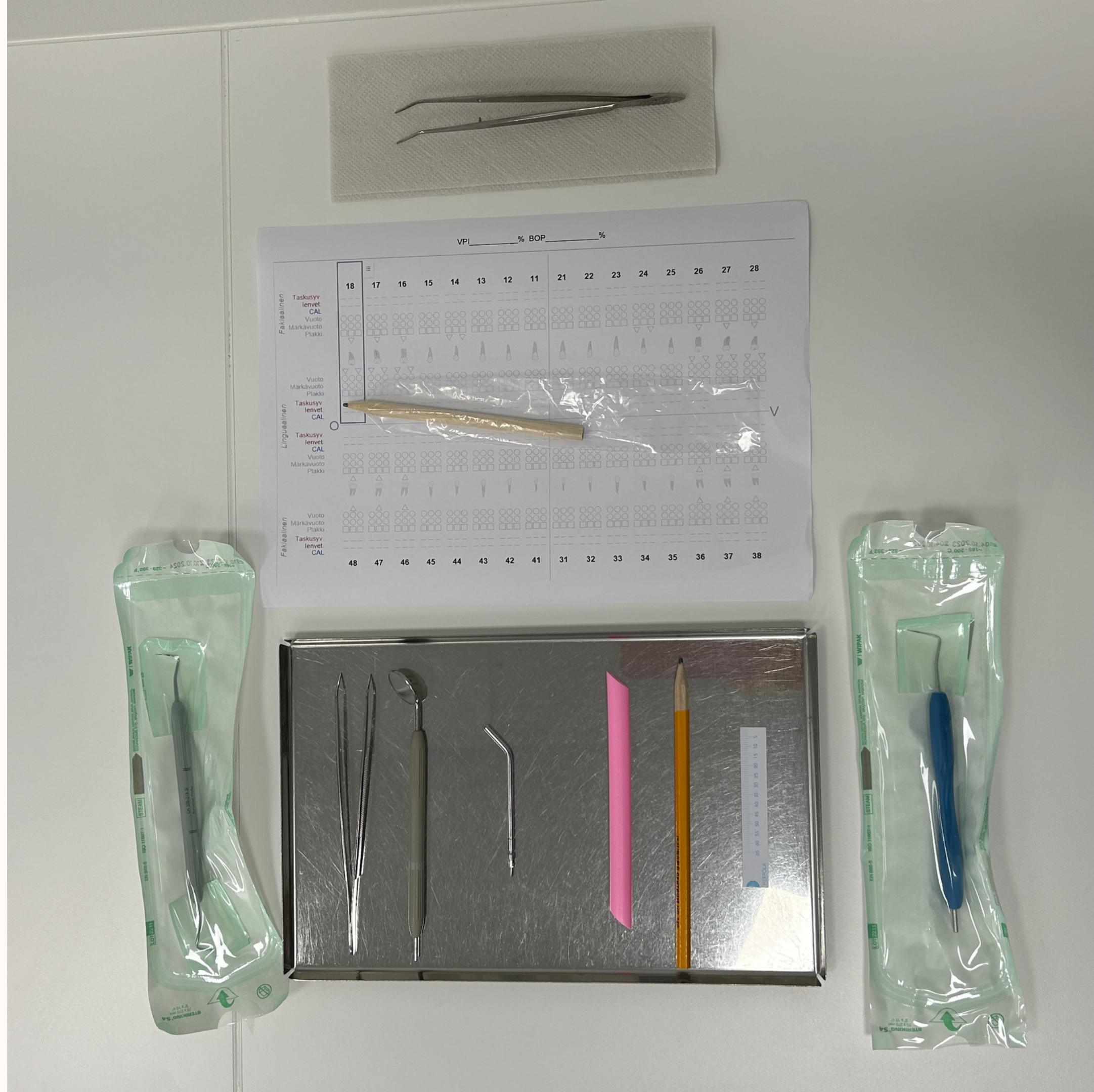
- Patient's first appointment is for assessment of the need for periodontal treatment
- Next appointment(s) is for the scaling (calculus, plaque)
- Last appointment, if necessary, is for last check-up to see if the patient's oral health has improved
- There will be approximately 2–4 appointments per patient
- Patient might also need assessment of the need for cariological

treatment



# Instruments for the check-up:

- Forceps for picking up instruments or other things from drawers
- Periodontal check-up form
- A pen and a pen cover
- Patient forceps
- Mirror
- Tip of triplex
- Suction tip
- Gingival probe
- Furcation probe





# Instruments for the scaling:

- Forceps for picking up instruments or other things from drawers
- Filled periodontal check-up form
- Patient forceps
- Mirror
- Tip of triplex
- Suction tip
- Gingival probe
- Furcation probe
- Hand instruments
- Ultrasonic scaler handpiece and instrument





## 6. *Treating the patient*



# Treating the patient

## BEFORE THE PATIENT'S APPOINTMENT

- Familiarize yourself with the patient's medical history and important documents from Apotti
- Provide the pre-information form to the patient to fill

## TREATING THE PATIENT

- Prepare your box for the patient
- Gather instruments and the ultrasonic device
- Work systematically

## BETWEEN THE PATIENTS

- Clean the box and take new instruments for the next patient
- Write patient record in Apotti with the assistance of a tutor student

## AFTER THE FINAL TREATMENT

- Bring dirty instruments to their assigned place
- Wash patient's glasses and clean everything with small disinfection tissues

# Treating the patient

- Provide the pre-information form to the patient to fill
  - Check that the patient has written down all illnesses and medications they have / use
    - Get teachers' signature on the pre-information form and approval to start the treatment
- After treatment, have a teacher review your work
  - All treatments need to be approved by a teacher
    - For example assessment of the need for periodontal treatment, instrumentation and last check-up

# Documentation at the clinic using Apotti

We use a patient information system called Apotti at the clinic

- Apotti is used for viewing patient's medical history, booking appointments and writing patient records.
- Ask help from a tutor student or other students at the clinic when using Apotti
  - All patient records are written in Finnish, which is why exchange students write patient records with a tutor student
- Common phrases are used when writing patient records and adjusted to fit the patient's information →

# Examples of common phrases when documenting a periodontal check-up

## Preliminary information:

Healthy  
No medications, no allergies  
Smoking yes / no  
Snuff yes / no

## Present condition:

Jaw joints:  
Masticatory muscles:  
Mucosa:  
Lymph nodes:

## Clinical view:

Plaque  
No visible plaque on free surfaces or gum line  
Calculus  
Gingival pockets  
Furcations  
Bleeding gums  
BOP:  
CPI:

## Preventive care:

1) Brushing teeth: 1 x a day / 2 x a day  
Electric toothbrush / manual toothbrush  
  
2) Interdental cleaning: no / occasionally / everyday  
Interdental brush size:  
Silicone toothpick size:  
Dental floss  
Toothpick  
Other  
  
3) Xylitol products: yes / no  
  
4) Fluoride toothpaste: yes / no  
  
Other oral care products:  
  
Recommendations:  
  
Self-care guidance:

# 7. Ultrasonic scalers at the teaching clinic

# EMS Airflow Prophylaxis master



NSK Varios 970

# NSK Varios 750





# EMS

Piezon handpiece



Most used instruments at the clinic:

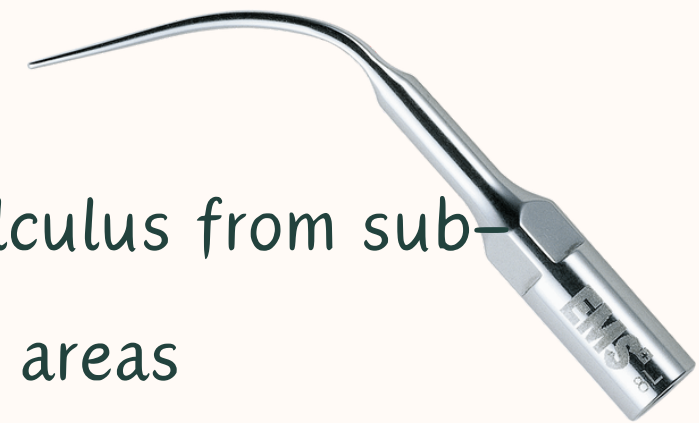
PS instrument:

- Fit for 95 % of all cases
- Removes hard calculus from sub- and supragingival areas
- Power 3–6, water 6–10



P instrument:

- Removes hard calculus from sub- and supragingival areas
- Power 3, water 6



# EMS maintenance

## IN THE MORNING

- Turn on the unit's power
  - Connect the power cord to the outlet and turn the power on
  - Connect the pressure- and water cords to the unit
- Turn the water to the maximum setting
- Attach the cords to the CLIP+CLEAN -holder and place it on the sink
- Press on the pedal once, release and wait for 1 minute
- EMS is now ready to use



# EMS maintenance

## AT CHANGE OVER

- Wipe handpieces with small disinfection tissues
  - Take the handpiece to the dirty instruments box
    - Take a new handpiece for each patient
- Wipe EMS with small disinfection tissues
- When using EMS Airflow air polisher
  - Rinse the inside of the handpiece using Easy Clean –syringe
  - Dry using the triplex of the unit

# EMS maintenance

## AT THE END OF THE DAY

- Wipe the handpieces with small disinfection tissues
  - Take the handpiece to the dirty instruments box
- Wipe the EMS unit with small disinfection tissues
- Turn the water to the maximum setting
- Attach the cords to the CLIP+CLEAN –holder and place it on the sink
- Press on the pedal once, release and wait for 1 minute
- Turn off the EMS unit and neatly arrange the cords

# Varios 970

Varios 970 handpiece





# Varios

## G1 instrument:

- For removing hard supragingival calculus
- Varios 970 power 0–7
  - Varios 750 power max G3

Most used instruments at the clinic:

## G6 instrument:

- For removing supra– and subgingival calculus
- Varios 970 power 0–8
  - Varios 750 max G1

## G9 instrument:

- For removing supra– and subgingival calculus
  - Deeper pockets
- Varios 970 power 0–5
  - Varios 750 max G1

## G16 instrument:

- Only for the Varios 970!
- For removing supra– and subgingival calculus
- Varios 970 power 0–8

# Varios maintenance

## IN THE MORNING

- Connect the power cord to the outlet and turn on the power
  - Fill water bottle(s) with lukewarm water and attach them to the machine
- Place the cord on the sink
- Press the auto-cleaning button (Varios 750 “W” button) for 2–3 seconds until you hear a beep
- Varios is now ready to use

# Varios maintenance

## AT CHANGEOVER

- Wipe the handpiece with a small disinfection tissue
  - Run water through the handpiece for a while
  - Take the handpiece to the dirty instruments box
    - Take a new handpiece for each patient

- Wipe the Varios with small disinfection tissues



# Varios maintenance

## AT THE END OF THE DAY

- Wipe the handpiece with a small disinfection tissue
  - Run water through the handpiece for a while
- Fill water bottle(s) with water
- Press the auto-cleaning button (Varios 750 "W" button) for 2-3 seconds until you hear a beep
- Wipe the Varios with small disinfection tissues
- Take the handpiece to the dirty instruments box

# SiroSonic

- Fit for the Dentsply Sirona unit



Most used instruments at the clinic:

3L instrument:

- For removing supragingival calculus
- Power 30–40

4L instrument:

- For removing supragingival calculus
- Power 30–40

PE1 instrument:

- For removing subgingival calculus
- For deep pockets
- Power 50–70

# Air polishers (powder)

## EMS

### Handy and Airflow

- Removes biofilm, stains and young calculus on natural teeth, restorations and implants
- Plus powder and Classic powder
  - No usage of Classic powder without permission from a teacher at the clinic!

## NSK

### Perio- and Prophy-mate

- Perio-Mate is used in the treatment of periodontal pockets and peri-implantitis
  - Perio mate -powder
- Prophy-Mate neo is used supragingivally and it removes plaque and stains
  - Flash pearl -powder
  - No usage of Flash pearl -powder without permission from a teacher at the clinic!



# EMS Airflow



# EMS Handy



# Air-Flow Plus powder and Classic powder





# NSK

Perio-Mate  
(Perio mate –powder)



Prophy-Mate neo  
(Flash pearl –powder)





# Evaluation

Exchange student will have clinical work and skill lab studies during their exchange. From the clinical work courses, exchange students will receive a grade: approved / failed. To get approved in clinical work courses, exchange students need to meet specific criteria which include:

- Student analyzes and implements oral health care for patients of different ages at the Metropolia's oral care teaching clinic
- Student recognizes the need for pain relief and is able to use topical (and local) anesthetics
- Student is able to take into account the psychological and social factors of the patient when creating a treatment plan, implementing treatment and planning maintenance treatment
- Student is able to document the course of patient care into the patient information system

**Have fun working at our  
clinic!**

# Photo sources:

- [https://www.ems-dental.com/sites/default/files/styles/scale\\_2560\\_w/public/2019-12/airflow%20powder%20chamber.png?itok=8ulUpvmQ](https://www.ems-dental.com/sites/default/files/styles/scale_2560_w/public/2019-12/airflow%20powder%20chamber.png?itok=8ulUpvmQ)
- [https://www.ems-dental.com/sites/default/files/styles/scale\\_2560\\_w/public/2023-10/afpm\\_front%20%282%29\\_0.png?itok=hQHJutFU](https://www.ems-dental.com/sites/default/files/styles/scale_2560_w/public/2023-10/afpm_front%20%282%29_0.png?itok=hQHJutFU)
- <https://unident.fi/storage/63DE53066E33BE438DE42AE68DAE092CBD4D86B4FADBBF97DF57CEAC8CBA/DFD3/52718d7160d9423c8d7aac5c8f60ae9d/jpg/media/212777d92c194f66b9feb7140baabdbe/Y1001168.jpg>
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- [https://mysnk.co.uk/wp-content/uploads/2020/12/Varios\\_970.pdf](https://mysnk.co.uk/wp-content/uploads/2020/12/Varios_970.pdf)
- [https://www.ems-dental.com/sites/default/files/styles/scale\\_2560\\_w/public/2019-11/EN-060\\_HAND\\_TRANSPARENT\\_v23.png?itok=vNF6K-vb](https://www.ems-dental.com/sites/default/files/styles/scale_2560_w/public/2019-11/EN-060_HAND_TRANSPARENT_v23.png?itok=vNF6K-vb)
- [https://www.ems-dental.com/sites/default/files/styles/scale\\_2560\\_w/public/2020-03/Instrument\\_PS\\_side\\_0.png?itok=-mnxsrig](https://www.ems-dental.com/sites/default/files/styles/scale_2560_w/public/2020-03/Instrument_PS_side_0.png?itok=-mnxsrig)
- [https://www.ems-dental.com/sites/default/files/styles/scale\\_2560\\_w/public/2019-11/Instrument\\_P\\_DS-011\\_left\\_high-res.png?itok=yQq-CFXd](https://www.ems-dental.com/sites/default/files/styles/scale_2560_w/public/2019-11/Instrument_P_DS-011_left_high-res.png?itok=yQq-CFXd)
- [https://www.ems-dental.com/sites/default/files/styles/scale\\_2560\\_w/public/2020-10/New\\_PERIOFLOW\\_Hand\\_16x9\\_0.png?itok=sG-JRpSu](https://www.ems-dental.com/sites/default/files/styles/scale_2560_w/public/2020-10/New_PERIOFLOW_Hand_16x9_0.png?itok=sG-JRpSu)
- [https://www.finland.nsk-dental.com/admin/wp-content/uploads/oral\\_variosseries.png](https://www.finland.nsk-dental.com/admin/wp-content/uploads/oral_variosseries.png)
- [https://www.finland.nsk-dental.com/admin/wp-content/uploads/oral\\_varios\\_ultrasonic\\_970\\_01.png](https://www.finland.nsk-dental.com/admin/wp-content/uploads/oral_varios_ultrasonic_970_01.png)
- <https://kauppa.hammasvaline.fi/static/media/images/47/1600x1600/47e2b244476d8615c6473415eb5fe19c.jpg>
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