

Methods of Dental Health Education

There are various dental health educational methods that can be applied.

1-DIRECT METHOD "Face to Face"

Educator and the learner are in same place. It is the most intensive form of oral health education. Two approaches are used:

- a. Individual instruction
- b. Group instruction. In an ideal program both should exist.

A. Individual Instruction: It can occur

- (1) School dental inspection.
- (2) Dental prophylaxis or fluoride treatment.
- (3) Visits to the dental office
- (4) During individual dietary instruction.

Individual instruction involves specialized knowledge. It is best handled by professionally trained personnel.

B. Group Instruction:

- Formal Group
- Informal Group

Educational techniques include the following;

1- Lecture:

It is a semiformal course in which instructor presents a series of events, facts, concepts or principles, explores a problem, or explains relationships while the learners participate mainly as listeners.

2- Demonstrations:

It shows how to perform an act or use a procedure and it is accompanied by oral and visual explanation, illustrations and questions.

3- Field trip

This is carefully planned educational visit or tour in which a group visits a place of interest for observation and study. This tour takes place under the guidance of a person who is well informed about the area under consideration. It stimulates the interest and participation of learners. It allows the illustration of the results of practice or a course of action in its normal environment.

II .INDIRECT METHODS

In this method the educators are not seen by the learner. It is done through the media.

These tools are best grouped in two categories:

- (1) The mass media used in reaching the public.
- (2) The written and audio-visual aids used in teaching individuals or small groups.

MASS MEDIA

When we hear the term **Mass media**, we tend to think of something.

(1) huge and (2) impersonal

1. **Pamphlets**

2. **Newspaper**

Radio and Television programs