

13TH EDITION

# Wilkins' Clinical Practice of the Dental Hygienist

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## TRIBUTE TO DR. ESTHER M. WILKINS



The first edition of Dr. Esther Wilkin's *Clinical Practice of the Dental Hygienist* was published in 1959. Before that, the "book" was provided for Esther's students at the University of Washington as a series of individually copied, topic-related handouts, organized as the book is today, using an easy-to-read outline format. Over the next 60

or so years, Esther wrote and supervised the revision through 12 editions (an average of one new edition every 5 years!).

Anyone who worked with Esther on any of those editions understands the effort and energy she put into making the book as up-to-date and evidence-based as possible. Even in that very first edition, every chapter contained

a list of references to support the information in that chapter. A look through any of those previous editions reveals how current Esther's thinking was as she updated each edition. Anyone fortunate enough to be invited to visit Esther in her condo overlooking Boston Common will tell you that her home office was bursting with textbooks and copies of thousands of journal articles, stacked on every available surface and poking out of overfilled file cabinets. Such was her commitment to understanding the current science related to dental hygiene practice. Those of us who worked with her over the years can tell you about her attention to detail and insistence that everything be perfect as we submitted chapter manuscripts for publication.

The editorial and contributor teams who have revised this first new edition since Esther is no longer here to guide us are proud to say that we have done our best to carry forward the integrity, attention to detail, and dedication to the science and art of dental hygiene practice that was Esther's vision for this book.

## DEDICATION

The 13th edition of *Clinical Practice of the Dental Hygienist* is dedicated to all past and present students who have studied from the preceding editions. Gratitude is expressed to their teachers in the many different dental hygiene programs around the world, for their leadership in, and devotion to, dental hygiene education.

A very special recognition goes to the students of the first 10 classes in dental hygiene at the University of Washington in Seattle for whom the original “mimeographed” syllabus was created by Dr. Esther Wilkins. They are remembered with much appreciation because their need for text study material made this book possible in the first place.

—**Esther M. Wilkins**

Gratitude to my husband, who has supported me tirelessly on my academic journey, and to my grandmother, Fay Nelson, who instilled a love of learning. Special thanks to my professional mentors who recognized my potential even when I did not: Dr. John Chirgwin, Dr. Carole Palmer, and last, but never least, Dr. Esther Wilkins. Dr. Wilkins is the wind beneath our wings as educators and dental hygienists! Never forget all she has done for our profession!

—**Linda D. Boyd**

To my husband Scott and our children, Harper and Layney, who provide me with daily inspiration, love, and support in all that I do. To Dr. Esther Wilkins—it is an honor to play an integral role in moving your legacy for the profession of dental hygiene forward. A special thanks goes to all who have mentored me throughout my career, to my Caruth School of Dental Hygiene family that provide a constant source of encouragement, and to my students—past, present, and future—who motivate me to keep evolving as an educator.

—**Lisa F. Mallonee**

To Esther, of course.

—**Charlotte J. Wyche**

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# Preface

Dental hygienists are oral healthcare specialists with professional goals centered on the prevention and/or control of oral disease and the maintenance of oral and general health. As primary healthcare professionals, dental hygienists can apply their knowledge and skills in a wide variety of areas related to clinical practice, education, research, public health, and advocacy for health promotion and disease prevention. Dental hygienists collaborate with dentists and members of other health professions to provide oral healthcare that links with total body healthcare. New emphasis on the effect of oral health on systemic health challenges dental hygienists to widen their scope of practice.

## OBJECTIVES

Objectives of the 13th edition include:

- ◆ To help prepare the beginning dental hygiene student to recognize the requirements of evidence-based dental hygiene practice.
- ◆ To develop skills and knowledge for entry into the profession.
- ◆ To help when studying for licensure board examinations; the condensed outline form aids in making review easier.
- ◆ To update professional hygienists already in practice to recognize changes in practice and the responsibility to apply evidence-based scientific approaches to patient care.

## THE TEXTBOOK PLAN

### Highlights

Highlights of *Wilkins' Clinical Practice of the Dental Hygienist*, 13th edition include the following:

- ◆ All chapters have been extensively updated with the best available evidence, edited, and reorganized to minimize redundancy.
- ◆ Key words are highlighted in each chapter and available in a comprehensive glossary at the end of the textbook.
- ◆ Chapter 4 Dental Hygiene Care in Alternative Settings has been updated from the 12th edition Homebound Patient and moved to Section I Orientation to Clinical Dental Hygiene Practice to better prepare students for patient care in alternative settings.
- ◆ Chapter 14 Family Violence was extensively updated based on consultation with a PANDA (Prevent Abuse and Neglect Through Dental Awareness) expert.
- ◆ Chapter 16 Hard Tissue Examination of the Dentition is a combination of the 12th edition Teeth, Occlusion, and Study Model chapters to be more concise and inclusive of information students require for the hard tissue examination.
- ◆ Chapter 17 Dental Soft Deposits, Biofilm, Calculus, and Stains is a combination of the 12th edition chapters on biofilm, calculus, and stains to offer information on deposits in one comprehensive chapter for students.
- ◆ Chapter 19 Periodontal Disease Development has been updated to include the new 2017 World Workshop on the Classification of Periodontal and Peri-Implant Diseases and Conditions. It also includes content from the 12th edition chapter on acute periodontal conditions.
- ◆ Chapter 25 Protocols for Prevention and Control of Caries has been updated to include the International Caries Classification and Management System as part of caries classification systems.
- ◆ Chapter 30 Care of Dental Prosthesis is a combination of the 12th edition chapters for the edentulous patient and care of the dental prosthesis.
- ◆ Chapter 31 The Patient with Dental Implants has been updated to include the 2017 World Workshop on the Classification of Periodontal and Peri-Implant Diseases and Conditions.
- ◆ Chapter 37 Instruments and Principles for Instrumentation and Chapter 39 Nonsurgical Periodontal Therapy and Adjunctive Therapy were reorganized to streamline content.
- ◆ Chapters in Section IX were reorganized by life cycle and then by conditions associated with body systems.
- ◆ Chapter 51 The Patient with a Disability now contains important content from the 12th edition chapter on the patient with sensory impairment, which has been eliminated.
- ◆ Chapter 63 The Patient with an Autoimmune Disease is new and addresses a rapidly emerging area in the medically complex patient. Some content from the 12th edition chapter on neurological disorders and stroke were relocated to Chapter 63.
- ◆ Additional color images have been added throughout.



## Organization of the Textbook

As in past editions, sections of *Clinical Practice of the Dental Hygienist* are sequenced to conform to the Dental Hygiene Process of Care. There are nine sections in the 13th edition, six of which are specifically identified by name with the recognized components of the Process of Care. They are *assessment, dental hygiene diagnosis, care planning, implementation, evaluation, and documentation*.

The textbook opens with chapters devoted to an introduction to the profession of dental hygiene and chapters related to preparation for practice. They include infection control and ergonomic health for the clinical practitioner and patient. The final large section, Section IX, applies the process of care to patients with special needs.

The nine major sections are:

- I. Orientation to Clinical Dental Hygiene Practice
  - II. Preparation for Dental Hygiene Practice
  - III. Documentation
  - IV. Assessment
  - V. Dental Hygiene Diagnosis and Care Planning
  - VI. Implementation: Prevention
  - VII. Implementation: Treatment
  - VIII. Evaluation
  - IX. Patients with Special Needs
- Supplementary information is available online:
- I. American Dental Hygienists' Association Code of Ethics for Dental Hygienists
  - II. National Dental Hygienists' Association Code of Ethics
  - III. Canadian Dental Hygienists Association Dental Hygienists' Code of Ethics
  - IV. International Federation of Dental Hygienists' Code of Ethics
  - V. Guidelines for Infection Control in Dental Health Care Settings
  - VI. Average Measurements of Human Teeth
  - VII. Prefixes, Suffixes, and Combining Forms
  - VIII. Charting Symbols and Standardized Abbreviations Useful for Documenting Dental Hygiene Care

## FEATURES OF THIS EDITION

All chapters have been updated and many have been extensively revised. Each chapter includes the following features:

- ◆ Detailed **outline format** for the text makes it easier to study and locate information quickly. In this era of

information, the condensation of printed material into outline form can provide busy, overloaded students with a new efficiency for learning.

- ◆ **Chapter Outlines** at the opening of each chapter provide a preliminary review for readers before they start to concentrate on the meat of the chapter; the outline can help readers locate material within the chapter at any time.
- ◆ **Learning Objectives** at the beginning of each chapter guide the student in studying the chapter.
- ◆ **Key Words** are bolded throughout the chapter to indicate these words are included in an alphabetized listing in the glossary.
- ◆ **Everyday Ethics** boxes (“EEs”) provide students with the opportunity to become aware of and discuss clinical problems from real-life practice. Principles of ethical dental hygiene practice need to be brought into the curriculum at an early stage if students are to develop into ethical practitioners. This feature has been continued from previous editions because of the expressed appreciation of teachers and students.
- ◆ **Factors to Teach the Patient** boxes help students to select topics from the chapter that need special emphasis while teaching patients self-care and responsibility for oral health for their own lifetime, as well as that of their family and community.
- ◆ **Documentation** brings the clinical care of a patient full cycle. Example documentation for a variety of patients, written using the SOAP notes format outlined in Chapter 10, can increase students' awareness of the necessary components and significance of such notes in the permanent record of each patient.

## STUDENT WORKBOOK

A unique study guide, *Active Learning Workbook for Wilkins' Clinical Practice of the Dental Hygienist*, prepared by Jane F. Halaris and Charlotte J. Wyche for previous editions, has been recognized as a major contribution to student learning. The 13th edition workbook, revised to highlight new chapters and updated information from the textbook, also contains revised crossword and word search puzzles.

Everyday Ethics boxes in the workbook include individual learning, cooperative learning, or discovery activities designed to help the student reflect on or apply ethical theory-related “Questions for Consideration” found in the textbook. Activities and questions related to patient case scenarios, patient assessment summaries, and documentation of patient care provide an emphasis on case-based application of knowledge. Boxes in each chapter contain Medical Subject Heading (MeSH) terms to help students develop effective and efficient PubMed literature searches.



## ADDITIONAL RESOURCES

### Digital Connections

*Wilkins' Clinical Practice of the Dental Hygienist*, 13th edition includes additional resources for both instructors and students that are available online.

### Instructors

Approved adopting instructors will be given access to the following additional resources:

- ◆ Test bank
- ◆ Slides in PowerPoint format
- ◆ Lesson plans
- ◆ Image bank of images and tables from the book
- ◆ Answers to the exercises found in *Active Learning Workbook for Wilkins' Clinical Practice of the Dental Hygienist*, by Jane F. Halaris and Charlotte J. Wyche (book available for separate purchase)

### Students

The following additional student resources are available online:

- ◆ Audio pronunciation glossary for select clinical terms
- ◆ Appendices
- ◆ Videos
- ◆ Flashcards

See the inside front cover of this text for more details.

## INDIVIDUALIZED REVIEW

Customized practice quizzing with Navigate 2 TestPrep for *Wilkins' Clinical Practice of the Dental Hygienist* remediates to the book. This powerful tool offers students practice tests, detailed rationales, and powerful data dashboards.

## ACKNOWLEDGMENTS

A textbook of the size and scope of *Wilkins' Clinical Practice of the Dental Hygienist* shows the work of many contributors. Comments and suggestions come from teachers, students, and practitioners from around the world, as the book has been translated into a variety of languages. Any suggestion, whether for one word or whole chapters, is welcomed and considered. It is hoped that this new edition will bring comments and requests as in the past.

### Recognition for Our Contributors

We start with expressed recognition and appreciation to our listed contributors for their new or revised chapters. Each has spent much time for selective revision and to survey the literature for new material and references.

### Other Appreciation

Appreciation is expressed to the following:

**Marcia Williams of Santa Fe, New Mexico.** Many illustrations for this and previous editions have been the work of our talented artist. Her personal interest and patience in preparing new drawings, revising previous ones, and adding color to enhance the line drawings are acknowledged with sincere gratitude.

**Our Readers.** And, finally, an expression of appreciation goes to our readers over the years: students, teachers, and practicing dental hygienists. Send us your comments and suggestions. As stated in the first edition, it is hoped that through greater understanding of each patient's oral and general health needs, more complete and effective dental hygiene services can be rendered.

—Linda Boyd, Lisa Mallonee, and Charlotte Wyche

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