



Pomeranian Medical University in Szczecin

SYLLABUS of the MODULE (SUBJECT)

valid from the academic year 2017/2018

General Information

Module title	Ergonomics/Health and safety at work
Module type	Obligatory
Faculty	Faculty of Medicine and Dentistry
Field of study	Medicine and Dentistry
Major	Not applicable
Level of study	long-cycle (S2J)
Mode of study	intramural
Year of studies, semester	Year I, semester II
ECTS credits (incl. semester breakdown)	2
Type/s of training	seminars (5h)/ practical (25h)
Form of assessment	- graded assessment: * <input type="checkbox"/> descriptive <input type="checkbox"/> test <input type="checkbox"/> practical <input type="checkbox"/> oral X non-graded assessment * - final examination: * X descriptive X test X practical X oral
Head of the Department/ Clinic, Unit	Prof. dr hab. Mariusz Lipski
Tutor responsible for the module	Prof. dr hab. Mariusz Lipski: fantom@pum.edu.pl Dr n. med. Ewa Marek: fantom@pum.edu.pl Dr n. med. Katarzyna Kot: fantom@pum.edu.pl Lek. stom. Anna Gmerek: fantom@pum.edu.pl
Department's/ Clinic's/ Unit's website	Zakład Stomatologii Zachowawczej Przedklinicznej i Endodoncji Przedklinicznej fantom@pum.edu.pl
Language	English

*replace ☐ with X where applicable

Detailed information

Module objectives		The aim of module is to develop an understanding of ergonomics as it relates to proper positioning of the operator, patient and equipment in the dental office, identify ergonomic hazards or work related musculoskeletal disorders related to improper operator and patient positioning - methods of prevention. The student will know the sources of stress and fatigue in dental practice - how to deal with stress.	
Prerequisite /essential requirements	Knowledge	The student knows human anatomy and bases for biology, chemistry and physics; knows dental materials and instruments	
	Skills	The student can recognize the various types of dental instruments	
	Competences	Habit of self-education; co-operate with team members	
Description of the learning outcomes for the subject /module			
No. of learning outcome	Student, who has passed the (subject) knows /is able to /can:	SYMBOL (referring the standards) ZEK	Method of verification of learning outcomes *
W01	knows etiology of recognized occupational diseases, inclusive ones connected with dental work	K_G.W11	Assessed on classes, practical exam and test exam
W02	knows rules of prevention of diseases and health improvement	K_G.W13	
W03	knows ergonomic rules of performing dental procedures and organization of work in dental office	K_G.W16	
W04	knows rules of health and safety in dentistry	K_G.W17	
W05	knows sources of stress and methods for elimination thereof	K_G.W19	
U01	is able to arrange and run his/her own dental office	K_G.U15	
U02	can work in team and manage team in dental office	K_G.U16	
U03	identifies hazardous factors in place of work, residence and study	K_G.U17	
U04	works according to ergonomic rules of practicing	K_G.U25	
U05	follows sanitary-epidemiological regulations and health and safety regulations at work	K_G.U26	
K01	shows habit of self-education and lifelong education	K_K01	
K02	accepts need of standards of conduct and legislation regarding medical practice	K_K02	
K03	can co-operate with team members and care about occupational safety	K_K03	
K04	understands sense of responsibility for entrusted property	K_K07	

Table presenting learning outcomes of the subject/module in relation to the form of classes									
No.	SYMBOL (referring the standards) ZEK	Type/s of training							
		Lecture	Seminar	Practical classes	Clinical classes	Other...
1.	K_G.W11		X	X					
2.	K_G.W13		X	X					
3.	K_G.W16		X	X					
4.	K_G.W17		X	X					
5.	K_G.W19		X	X					
6.	K_G.U15		X	X					
7.	K_G.U16		X	X					
8.	K_G.U17		X	X					
9.	K_G.U25			X					
10.	K_G.U26			X					
11.	K_K01			X					
12.	K_K02			X					
13.	K_K03			X					
14.	K_K07			X					

Module (subject) contents no.	Description of teaching programme	No. of hours	References to learning outcomes
	Seminars:		
TK01	Acquainting with the principles of occupational health and safety, acquainting with physical and chemical factors resulting from work in the dental office and the characteristics of the workplace of a dentist in the aspect of ergonomics, rubber dam and instrumentarium in dentistry	2	W01,W02,W03,W04,W05 U01,U02,U03,U04 K01,K02,K03
TK02	Acquainting with health risk resulting from work in the profession of a dentist: stress, occupational diseases, epidemiological factors and sanitary procedures in a dental office	2	W01,W02,W05 U01, U02,U03 K01,K02,K03
TK03	Organization and carrying out of a dental practice, acquainting with various tooth notation systems,	1	W02,W03,W04,W05 U01, U02, U03,U04 K01, K03,K04
	Practical classes		
TK04	Application of sanitary and epidemiological regulations in practice, preparation of dental equipment and devices for work,	1	W01, W02, W04 U01, U02, U03,U04,U05 K01, K03,K04
TK05	Rubber dam	9	W01,W02,W03,W04 U01, U02, U03, U04, U05 K01, K02, K03, K04
TK06	A practical exam of donning rubber dam	3	W01,W02,W03,W04 U01, U02, U03, U04, U05 K01, K02, K03, K04
TK07	The rules and working conditions in 2- handed dentistry. Specificity of treatment with lying patient, ergonomic working principles	3	W01,W02,W03,W04,W05 U01, U02,U03,U04, U05 K01, K02, K03, K04
TK08	Ergonomic principles of work in the aspect of treatment of elderly patients	3	W01,W02,W03,W04,W05 U01, U02,U03,U04, U05 K01, K02, K03, K04
TK09	The rules and working conditions in 4- handed dentistry. Specificity of treatment with lying patient, dental team work zone, types of graps of instruments used by dentist and assistance, transfer of instruments	3	W01,W02,W03,W04,W05 U01, U02,U03,U04, U05 K01, K02, K03, K04
TK10	6- handed dentistry, marking the instrumentarium, pass the exercises	3	W01,W02,W03,W04,W05 U01, U02,U03,U04, U05 K01, K02, K03, K04

Booklist			
Obligatory literature:			
1. Valachi B.: Practice Dentistry Pain-Free: Evidence-based Ergonomic Strategies to Prevent Pain and Extend Your Career			
2. Ladley Finkbeiner B. : Four-Handed Dentistry: A Handbook of Clinical Application and Ergonomic Concepts			
3. Murphy D.C.: Ergonomics and Dental Care Worker			
Supplementary literature:			
1.			
Student’s workload (balance sheet of ECTS credits)			
Form of student’s activity (in-class participation; activeness, produce a report, etc.)	Student’s workload [h]		
	Tutor	Student	Average
Contact hours with the tutor	30		
Time spent on preparation to seminars/ practical classess	30		
Time spent on reading recommended literature	30		
Time spent on writing report/making project	60		
Time spent on preparing to colloquium/ entry test			
Time spent on preparing to exam	15		
Other			
Student’s workload in total	165		
ECTS credits for the subject (in total)	2		
Remarks			

* Selected examples of methods of assessment:

EP – written examination

EU – oral examination

ET – test examination

EPR – practical examination

K – colloquium

R – report

S – practical skills assessment

RZC – practical classes report, incl. discussion on results

O – student's active participation and attitude assessment

SL – lab report

SP – case study

PS - assessment of student's ability to work independently

W – entry test

PM – multimedial presentation

other...