

Hopwood Hall College

# Dental Nursing Level 3

Pre-Enrolment



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Hopwood Hall College | Rochdale Road | Middleton | M24 6XH

t. 0161 643 7560 e. [enquiries@hopwood.ac.uk](mailto:enquiries@hopwood.ac.uk)



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**Our Vision:**  
Bringing out  
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## Preparing for College: A message from the Principal:

Thank you for applying to study at Hopwood Hall College. We look forward to welcoming you soon. We want to help make sure that you are as well prepared as possible so that you feel at home here from day one.

We understand that the transition from school to college can be daunting but there's no need to worry! We have plenty of pre-enrolment activities which will help to prepare you and make your transition as smooth as possible.

Before you join the College in September, we want you to begin to develop your skills. We have brought together some subject-specific information, signposting to helpful reading and relevant websites and some activities for you to complete.

Don't worry if you get stuck on anything, just try to complete as much as you can. In the meantime, if you have any questions, please contact our Student and College Services Team on 0161 643 7560 who will be happy to help.

**I look forward to welcoming you to your college very soon.**

**Julia Heap**  
Principal and Chief Executive





Health and Social Care



## Welcome

The Diploma in Dental Nursing Team here at Hopwood Hall College would like to welcome you. Throughout this booklet you will find lots of activities which will provide an insight into just some of the topics we cover within the Level 3 Dental programme. We hope you enjoy each task and learn about what is involved in becoming a dental nurse.



The Team



Health and Social Care



## Communication

### What is Makaton?

Makaton is a unique language programme that uses symbols, signs, and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression.

Being able to communicate is one of the most important skills we need in life. Almost everything we do involves communication; everyday tasks such as learning at school, asking for food and drink, sorting out problems, making friends and having fun. These all rely on our ability to communicate with each other.

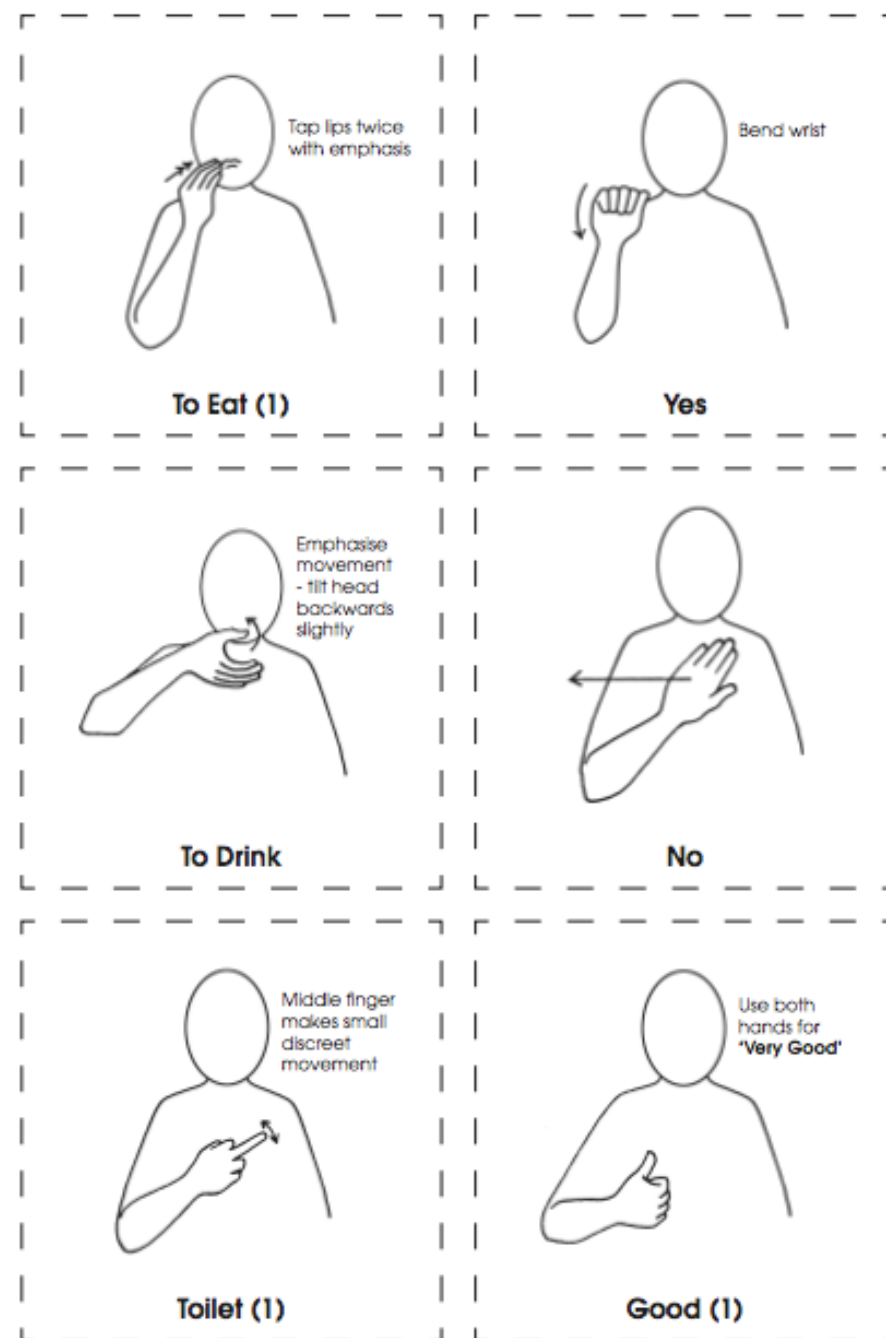
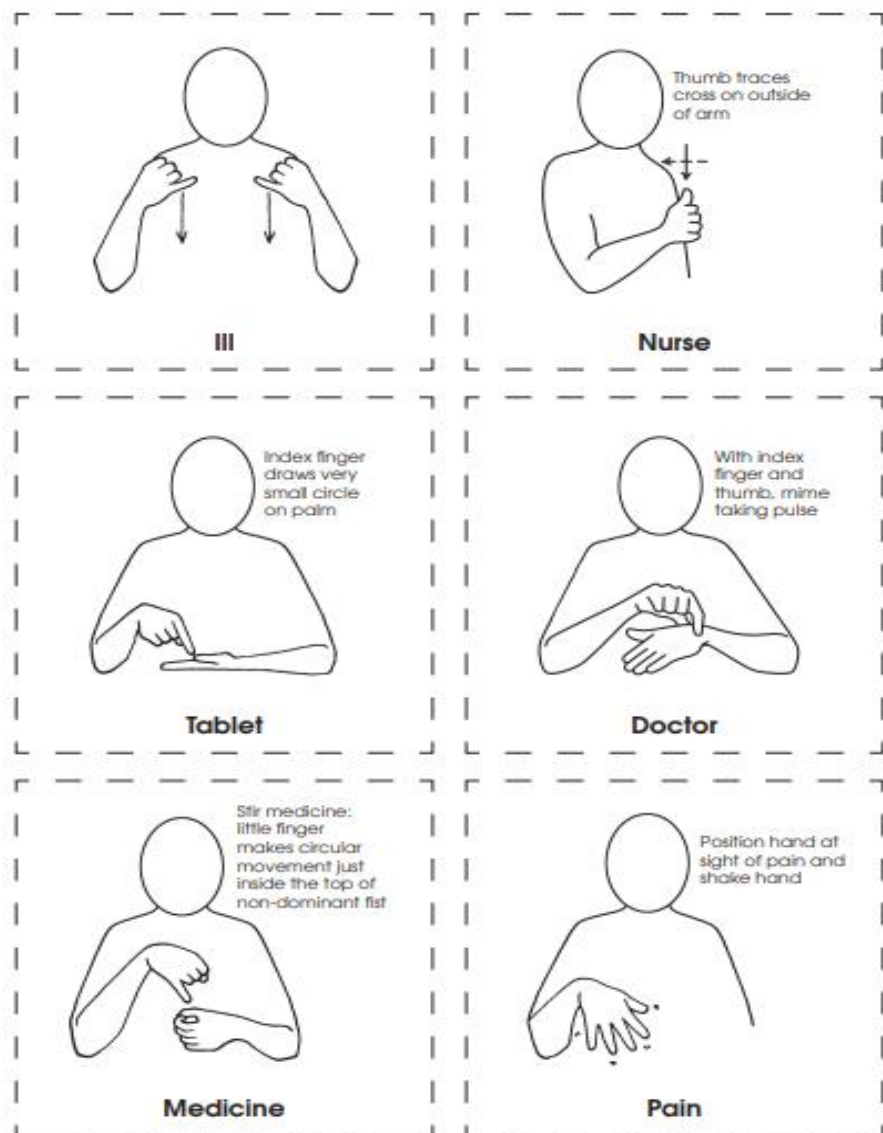
With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear. Using symbols can help people who have limited speech and those who cannot or prefer not to sign.

For those who have experienced the frustration of being unable to communicate meaningfully or effectively, Makaton really can help. Makaton takes away that frustration and enables individuals to connect with other people and the world around them. This opens up all kinds of possibilities.

There are some picture cards which can be used but also some Makaton signs for you to try.









**My name is...** (finger spell initial first letter of your name)



**I am a Nurse**



**I am a Doctor**



**Are you in pain?**



**Where does it hurt?**



**Can I help you?**



**Please lie down**



**You can go home now, goodbye.**

## Nutrition

### What is sugar and why do our bodies need it?

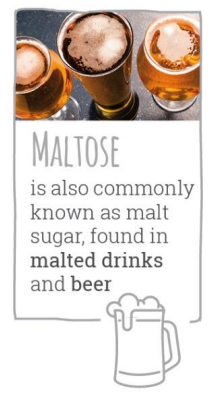
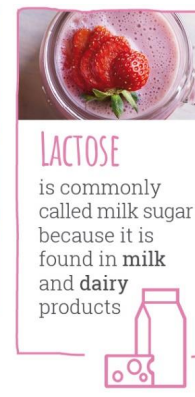
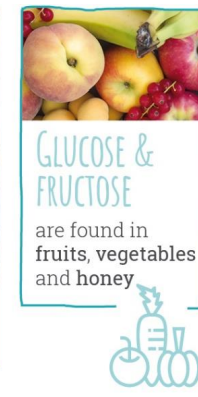
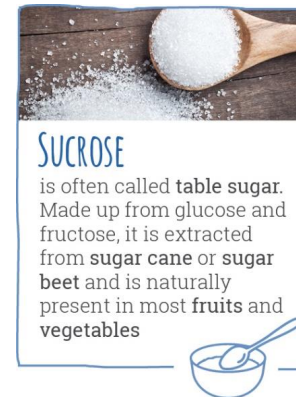
Sugars are the first energy that the body goes to. They are much faster to break down into energy than the protein and fat equivalents.

Sugars are an important source of energy with glucose being the most important for the body. Our brains need around 130 grams of **sugar (glucose)** per day to keep it functioning.

Glucose can be found in a range of foods including fruit, vegetables, and honey. These are known as natural occurring sugars.

The human body can survive without sugar. **SWEETNESS** is just a matter of taste and not a necessity in our diet. The human body can survive without any sugar intake. This is because the amount of sugar needed by our bodies is zero as the body produces and absorbs sugar from our daily food supplements

Here is where sugar can be found within our foods:



## What are natural & hidden sugars?

**Naturally** occurring **sugars** are found **naturally** in foods such as fruit and milk.

**Hidden sugars** are ingredients in food and drink and although they are not seen as '**sugar**' can still cause problems if taken in excess such as obesity and tooth decay.

Here are some of the sugars that occur naturally or that are hidden:

### Natural

Milk  
Honey  
Fruit  
Cheese

### Hidden

Chocolate  
Dried fruit  
Breakfast Cereals  
Sauces & Soups  
Tinned Baked Beans

Which of these do you prefer, now look at what you eat to see if they contain natural or hidden sugars?

Let us see if you can match the foods to the amount of sugar they contain from the table below.

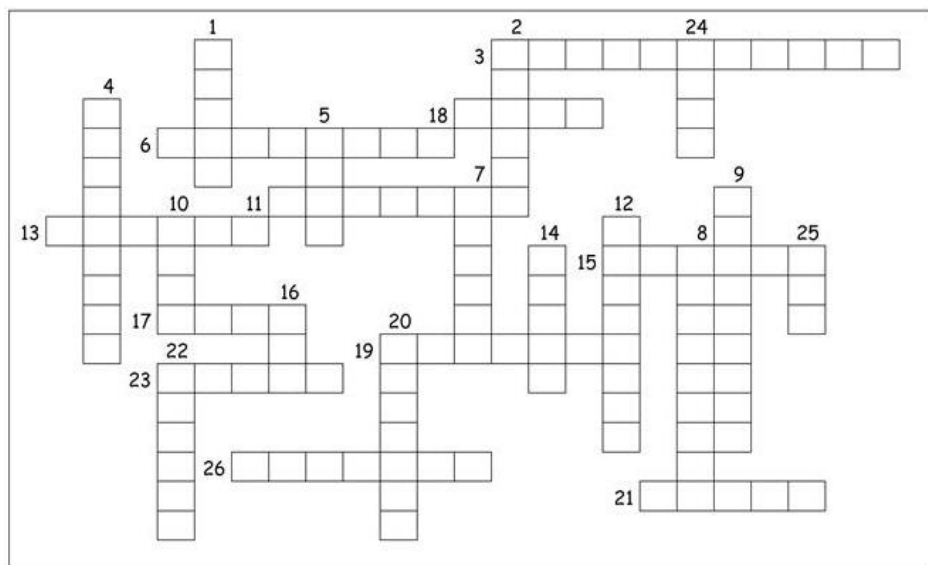
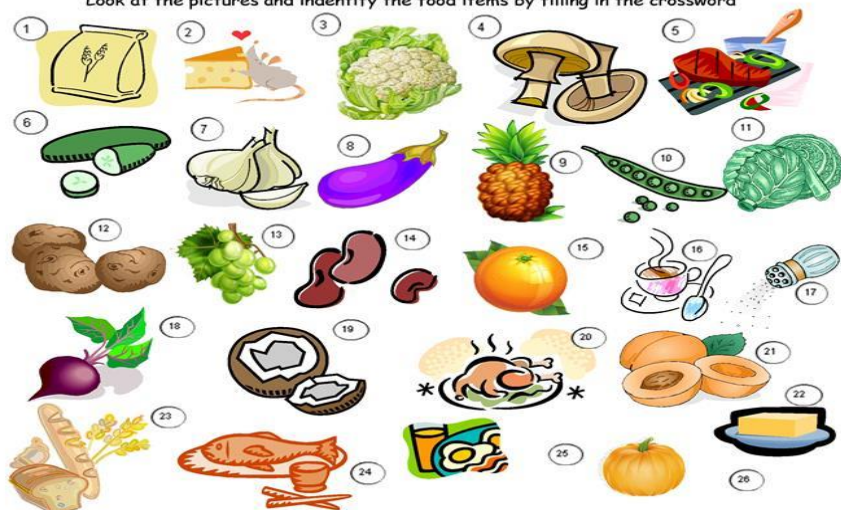


Kit-kat	
Bounty	
Apple	
Haribo	
Maltesers	
Nutri-grain	
Mars Bar	
Water	
Fruit shoot	
Redbull	
Iron brew	
Lucozade	

22 grams	17 grams	0 grams
32 grams	2.2 grams	27 grams
27.5 grams	20 grams	35 grams
12 grams	43.3 grams	35 grams

## FOOD

Look at the pictures and identify the food items by filling in the crossword



## Personal Protective Equipment (PPE)

Minimising the risk of cross-infection is a key aim of every dental surgery, in order to maximise the quality of patient care, protect patients and protect dental staff. Personal Protective Equipment (PPE) is part of Standard Precautions for infection prevention and control.

PPE is clothing or equipment such as aprons, masks, safety shoes, gloves, goggles, or other protective items to protect the worker from health or safety risks at work. PPE also protects the service user from any biological hazards which may be present on staff clothing or hands caused by earlier cross-contamination.



Now design your own face mask from the template on the next page:



A word cloud is a collection, or cluster, of words depicted in different sizes. The bigger and bolder the word appears, the more often it's mentioned within a given text and the more important it is.

On the next page complete a word cloud around Dental Nursing.



Remember to include a variety of colours and as many words as you can think of that link to that word, this may be feelings, emotions, behaviours, nouns, adjectives, verbs, etc.