



Year-1

CFR-C

LOGBOOK

Bachelors of Dental Surgery

Academic Year 2026-2027

<p>Place a "TICK" in case box if step/task is performed satisfactorily, an "X" if it is not performed satisfactorily, or N/O if not observed.</p> <p>Satisfactory. Performs the step or task according to the standard procedure or guidelines</p> <p>Unsatisfactory: Unable to perform the step or task according to the standard procedure or guidelines</p>			
<p>CHECKLIST FOR HANDWASHING</p> <p>(Some of the following steps/tasks should be performed simultaneously)</p>			<p>Cases</p> <p>(minimum 2 entries)</p>
<p>Steps/Tasks</p>			
<p>Getting Ready</p>			
<p>Has read the handwashing procedure and understands the 4 moments of hand hygiene:</p> <ul style="list-style-type: none"> • Before contact with patient and/or their environment • Before performing a clean and /or aseptic procedure • After exposure to blood and/or body fluid • After contact with patient and/or their environment 			
<p>Skill/Activity Performed Satisfactorily</p>			
<p>The Procedure</p>			
<p>Wet hands with warm water</p>			
<p>Apply soap and lather thoroughly</p>			
<p>Rub palm, spaces between fingers, backs of hands, and wrists rubbing vigorously (follow diagram)</p>			
<p>Able to identify how long handwashing procedure should last</p>			
<p>Rinse under running towel</p>			
<p>Pat hands dry with paper towel</p>			
<p>Turn off tap with paper towel</p>			

Skill/Activity Performed Satisfactorily	
Signature of Supervisor	
Date Observed	

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(Some of the following steps/tasks should be performed simultaneously)		(minimum 2 entries)
Steps/Tasks		
Getting Ready		
Has read the handwashing procedure and understands the 4 moments of hand hygiene: <ul style="list-style-type: none"> • Before contact with patient and/or their environment • Before performing a clean and /or aseptic procedure • After exposure to blood and/or body fluid • After contact with patient and/or their environment 		
Skill/Activity Performed Satisfactorily		
The Procedure		
Wet hands with warm water		
Apply soap and lather thoroughly		
Rub palm, spaces between fingers, backs of hands, and wrists rubbing vigorously (follow diagram)		
Able to identify how long handwashing procedure should last		
Rinse under running towel		
Pat hands dry with paper towel		
Turn off tap with paper towel		
Skill/Activity Performed Satisfactorily		

Signature of Supervisor	
Date Observed	

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CHECKLIST FOR DONNING & DOFFING		Cases	
(Some of the following steps/tasks should be performed simultaneously)		(minimum 2 entries)	
Steps/Tasks			
Getting Ready			
1. Washed hands.			
2. Preparation: gloves, in place			
Skill/Activity Performed Satisfactorily			
The Procedure (Gloving)			
3. Pick up one glove and place the palm away from you. Slide the fingers under the glove cuff and spread them so that a wide opening is created. Keep thumbs under the cuff.			
4. The doctor will thrust his or her hand into the glove. Do not release the glove yet.			
5. Gently release the cuff (do not allow the cuff to snap sharply) while unrolling it over the wrist. Proceed the other glove using the same technique.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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Skill/Activity Performed Satisfactorily		
Signature of Supervisor		

Date Observed	
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CHECKLIST FOR BODY TEMPERATURE		Cases	
(Some of the following steps/tasks should be performed simultaneously.)		(minimum 2 entries)	
Steps/Tasks			
Getting Ready			
Before proceeding further, check if the patient has recently taken cold or hot food/drink or smoked			
Dip the thermometer in antiseptic (spirit) and wipe dry. If analogue thermometer, shake it until the normal temperature is pushed below 37C. If digital thermometer, switch it on and it will show the room temperature on the display.			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Explain the procedure to the patient and get a verbal consent to proceed.			
2. Keep the thermometer bulb/probe under the patient tongue. Ask the patient to close the lips firmly around the thermometer but without biting it.			
3. Keep it in place for at least 2 minutes.			
4. Read the temperature as soon as you pull out the			

instrument.			
5. After use, clean the instrument with antiseptic and wipe it off.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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<p>Steps/Tasks</p>			
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Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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CHECKLIST FOR TOOTH BRUSHING TECHNIQUE (Some of the following steps/tasks should be performed simultaneously.)		Cases (minimum 2 entries)	
Steps/Tasks			
Getting Ready			
Soft toothbrush and fluoridated toothpaste available.			
Patient positioned properly.			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Place brush at 45° angle to gingival margin			
2. Use gentle vibratory or circular motion (Bass technique).			
3. Clean outer tooth surfaces systematically.			
4. Clean inner surfaces using vertical strokes.			
5. Brush occlusal surfaces with back-and-forth motion.			
6. Brush tongue gently to remove debris.			
7. Rinse mouth after brushing			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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Signature of Supervisor			
Date Observed			

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CHECKLIST FOR FLOSSING TECHNIQUE		Cases	
(Some of the following steps/tasks should be performed simultaneously.)		(minimum 2 entries)	
Steps/Tasks			
Getting Ready			
Washed hands.			
Dental floss prepared (18–24 inches).			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Wind floss around middle fingers			
2. Hold floss between thumb and index finger.			
3. Insert floss between teeth with gentle sawing motion.			
4. Curve floss into C-shape around tooth.			
5. Move floss up and down along tooth surface			
6. Clean adjacent tooth surface.			
7. Use clean floss section for each tooth.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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Signature of Supervisor			
Date Observed			

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CHECKLIST FOR COMMUNICATION SKILL (ORAL HYGIENE COUNSELING)		Cases	
(Some of the following steps/tasks should be performed simultaneously.)		(minimum 2 entries)	
Steps/Tasks			
Getting Ready			
Introduce yourself to patient.			
Ensure comfortable environment.			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Ask about oral hygiene habits.			
2. Explain importance of brushing and flossing.			
3. Demonstrate correct brushing technique.			
4. Advise diet control for caries prevention.			
5. Encourage regular dental visits.			
6. Confirm patient understanding.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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Steps/Tasks			
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Skill/Activity Performed Satisfactorily			
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1. Ask about oral hygiene habits.			
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CHECKLIST FOR INFECTION CONTROL AND WASTE MANAGEMENT (Some of the following steps/tasks should be performed simultaneously.)		Cases (minimum 2 entries)	
Steps/Tasks			
Getting Ready			
Wear PPE (gloves, mask).			
Identify waste disposal containers.			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Dispose sharps in puncture-proof container.			
2. Segregate waste according to color coding.			
3. Handle contaminated instruments carefully.			
4. Disinfect working area.			
5. Remove PPE safely and wash hands.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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<p align="center">CHECKLIST FOR COMMUNICATION SKILLS (CARIES PREVENTION)</p> <p>(Some of the following steps/tasks should be performed simultaneously.)</p>			<p align="center">Cases</p> <p align="center">(minimum 2 entries)</p>
Steps/Tasks			
Getting Ready			
Introduce yourself to patient.			
Ensure comfortable environment.			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Assess patient knowledge about caries.			
2. Explain causes of dental caries.			
3. Advise proper brushing and flossing.			
4. Educate about fluoride use.			
5. Discuss dietary control of sugars.			
6. Encourage regular dental check-ups.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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Steps/Tasks			
Getting Ready			
Introduce yourself to patient.			
Ensure comfortable environment.			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Assess patient knowledge about caries.			
2. Explain causes of dental caries.			
3. Advise proper brushing and flossing.			
4. Educate about fluoride use.			
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6. Encourage regular dental check-ups.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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CHECKLIST FOR BLEEDING TIME INTERPRETATION		Cases
(Some of the following steps/tasks should be performed simultaneously.)		(minimum 2 entries)
Steps/Tasks		
Getting Ready		
Wash hands		
Skill/Activity Performed Satisfactorily		
The Procedure		
1. Perform sterile finger prick.		
2. Start stopwatch immediately.		
3. Blot blood every 30 seconds with filter paper.		
4. Stop timing when bleeding stops.		
5. Record bleeding time.		
6. Compare with normal values.		
Skill/Activity Performed Satisfactorily		
Signature of Supervisor		
Date Observed		

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(Some of the following steps/tasks should be performed simultaneously.)		(minimum 2 entries)
Steps/Tasks		
Getting Ready		
Wash hands		
Skill/Activity Performed Satisfactorily		
The Procedure		
1. Perform sterile finger prick.		
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Signature of Supervisor		
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CHECKLIST FOR CLOTTING TIME INTERPRETATION		Cases	
(Some of the following steps/tasks should be performed simultaneously.)		(minimum 2 entries)	
Steps/Tasks			
Getting Ready			
Wash hands			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Collect capillary blood sample.			
2. Start timing after collection.			
3. Observe clot formation in capillary tube.			
4. Break tube every 30 seconds.			
5. Record time when fibrin thread appears.			
6. Interpret result with normal range.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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Getting Ready		
Wash hands		
Skill/Activity Performed Satisfactorily		
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CHECKLIST FOR BLOOD PRESSURE MEASUREMENT TECHNIQUES (Some of the following steps/tasks should be performed simultaneously.)		Cases (minimum 2 entries)	
Steps/Tasks			
Getting Ready			
Seat patient comfortably.			
Place cuff on upper arm.			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Palpate radial pulse.			
2. Inflate cuff until pulse disappears			
3. Place stethoscope over brachial artery.			
4. Deflate cuff slowly.			
5. Note systolic and diastolic pressure.			
6. Record BP in patient chart.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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CHECKLIST FOR JAW JERK REFLEX		Cases	
(Some of the following steps/tasks should be performed simultaneously.)		(minimum 2 entries)	
Steps/Tasks			
Getting Ready			
Seat patient comfortably			
Skill/Activity Performed Satisfactorily			
The Procedure			
1. Ask patient to relax and slightly open mouth.			
2. Place finger on chin.			
3. Tap finger with reflex hammer.			
4. Observe mandibular movement.			
5. Record presence or absence of reflex.			
6. Interpret as indicator of trigeminal nerve motor function.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			

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Steps/Tasks			
Getting Ready			
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Skill/Activity Performed Satisfactorily			
The Procedure			
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4. Observe mandibular movement.			
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6. Interpret as indicator of trigeminal nerve motor function.			
Skill/Activity Performed Satisfactorily			
Signature of Supervisor			
Date Observed			