

## DENTAL HYGIENE

### Health, Athletics, Wellness, and Kinesiology Division

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### Dental Hygiene A.S. Degree

The Dental Hygiene Program at Cabrillo College, is affiliated with the University of the Pacific, Arthur A. Dugoni School of Dentistry, San Francisco. Upon completion of the 2-year program, students are eligible to take the state and national licensing examinations. Program retention is based on a minimum grade of "C" in all courses in the published dental hygiene curriculum. Courses must be taken sequentially. A dental hygienist is a person who is trained and licensed to provide dental hygiene therapy, expose dental x-rays, and provide services, usually under the supervision of a dentist. The dental hygiene profession demands a high level of ethics, professionalism, critical thinking, and manual dexterity. It is strongly suggested that students meet with an academic counselor to review coursework before applying to the Dental Hygiene Program.

#### Learning Outcomes:

- Promote dental health and disease prevention both at chairside and at the community level.
- Apply ethical, professional, and legal concepts to the provision and/or the support of oral health care services to all persons.

#### How to Apply

Admission to the Dental Hygiene Program requires a separate and additional process to the general college admission. The dental hygiene information and application forms will be available online at <http://www.cabrillo.edu/academics/dentalhygiene/>. General college admission information is available on the Admissions & Records website found at <http://cabrillo.edu/services/ar/>

Read all material in the application packet and the appropriate sections of the Cabrillo College *Catalog* about the associate degree in Dental Hygiene, academic regulations, attendance and graduation requirements. Return the completed dental hygiene application forms by U. S. Postal Service Certified Mail and Return Receipt to the Dental Hygiene Program. See DH Program How to Apply Page at <http://www.cabrillo.edu/academics/dentalhygiene/>

Applications will not be considered complete if prerequisites are in progress and/or the student's files are incomplete. Students are responsible for submitting a complete application to the Dental Hygiene Program, which must be sent by certified mail. It is the responsibility of the applicant to inform the Dental Hygiene Department of any change in address or telephone number.

#### A completed application includes:

- Dental Hygiene application form,
  - Minimum Physical and Non Physical Standards form,
  - Transcripts documenting ALL completed college coursework
- Cabrillo College courses only: Print one (1) WebAdvisor unofficial transcripts.
  - ALL other colleges/universities attended: One (1) sealed official

transcripts.

#### Acceptance is based on:

- Completed application as outlined above,
- Receipt of complete application U. S. Postal Service Certified Mail and Return Receipt requested,
- Completion of all science prerequisites with a GPA of 2.7 or better,
- Completion of English prerequisite with a GPA of 2.0 or better.

Admissions criteria are currently under review and subject to change.

#### Health Screening and Clinical Compliance Requirements

To comply with state and local regulations for health care providers, students enrolled in the Cabrillo College Dental Hygiene Program are required to meet health screening and clinical compliance according to program guidelines, including vaccination and drug testing requirements and to provide documentation thereof. Students are also required to complete criminal background checks and drug screening, and may be denied access to clinical facilities based on the results.

Prerequisites	Units
BIO 4 Human Anatomy.....	4
BIO 5 Human Physiology .....	4
BIO 6 Microbiology .....	4
CHEM 30B Introductory Organic Chemistry and Biochemistry for Health Occupations .....	4
ENGL 1A/1AH/1AMC/1AMCH .....	3

Due to the rigorous academic nature of the Dental Hygiene Program it is advisable to complete the general education requirements for the Associate Degree, before entering the program. The DH program follows the academic policies and procedures listed in the Cabrillo College *Catalog* and DH Student Policy Handbook.

MATH 152, or MATH 152A and MATH 152B or MATH 142 or MATH 142A and MATH 142B or equivalent is a prerequisite for CHEM 30A and CHEM 32. CHEM 30A is a prerequisite for CHEM 30B, BIO 5, and BIO 6.

These prerequisites may also be used to satisfy appropriate general education areas.

Successful completion of these prerequisites or equivalent is required before applying to the Dental Hygiene Program. It is required that all science prerequisites be completed within the last six (6) years. Applicants are permitted to repeat prerequisites for a better grade provided the course was completed more than six (6) years ago.

Core Courses	Units
DH 7 Head and Neck Anatomy and Embryology .....	2
DH 160 Oral Health Education.....	2
DH 161 Preparation for Dental Hygiene Clinic.....	0.5
DH 162A Patient Assessment I.....	2.5
DH 162B Patient Assessment II.....	3
DH 163A Dental Radiology .....	3
DH 163B Dental Radiographic Interpretation and Case Studies .....	1
DH 164 Dental Materials .....	2
DH 170 Tooth Morphology, Oral Histology, and Oral Embryology .....	2
DH 171 Introduction to Clinical Dental Hygiene.....	6
DH 173 Clinical Dental Hygiene I.....	6.5
DH 174 Periodontics .....	2
DH 180 Oral Pathology .....	2
DH 181 Clinical Dental Hygiene II.....	8.5
DH 182A Advanced Case Studies .....	1

DH 183	Clinical Dental Hygiene III.....	6
DH 184A	Pain Management I.....	2
DH 184B	Pain Management II.....	2
DH 186A	Community Oral Health.....	1
DH 186B	Community Oral Health and Case Studies.....	1
DH 187	Dental Hygiene Law and Ethics .....	2

<b>Additional Graduation Requirements</b>		<b>Units</b>
COMM 1	Public Speaking.....	3
or		
COMM 1H	Honors Public Speaking.....	3
or		
COMM 2	Group Discussion.....	3
PSYCH 1	General Psychology .....	3
or		
PSYCH 1H	Honors General Psychology .....	3
CAHM 20	Nutrition .....	3
SOC 1	Introduction to Sociology: Understanding Society.....	3
or SOC 1H	Honors Introduction to Sociology: Understanding Society.....	3
or SOC 2	*Contemporary Social Problems.....	3
or SOC 2H	*Honors Contemporary Social Problems.....	3

\*SOC 2/2H meets the Multicultural Studies Requirement for graduation. Please note that the above courses may also be used to satisfy appropriate general education areas.

NOTE: It is highly recommended to complete the required General Education courses needed to graduate, DH 455 Dental Terminology (if offered), MATH 12 Elementary Statistics, ENGL 2 Composition and Critical Thinking, and have dental office experience prior to entering the DH Program.

### General Education

This A.S. Degree requires completion of a 21-unit general education pattern (see Cabrillo College *Catalog* under Associate in Science Degree or the A.S. Degree worksheets available in Counseling or on the Transfer and Articulation website).

A Bachelor of Science/Bachelor of Arts Degree from a regionally accredited college or university will satisfy all general education and competency requirements for Cabrillo's non-transfer A.A. and A.S. degrees, with the exception of the multicultural requirement and program specific graduation requirements.

### Mathematics Competency Requirement

The A.S. Mathematics Requirement may be met by successful completion of intermediate algebra or equivalent or a higher-level mathematics course with a grade of "C" or better. Successful completion must be verified by an official college transcript or by an appropriate score on the Cabrillo mathematics assessment.

### Multicultural Requirement

An approved multicultural course is required for graduation. This course may be double counted with general education or other program graduation requirements. Courses taken at other regionally accredited colleges can be used when approved by a Cabrillo Counselor.

## Associate in Science Degree in Dental Hygiene

General Education Courses .....	21
Core Courses .....	58

**Total Units** **79**

Plus approved prerequisite units. See above for information on prerequisites.

## Dental Administrative Assistant Certificate of Completion

The Dental Administrative Assistant certificate of completion is designed to prepare students for employment in positions within dental healthcare and industry that involve performing as dental office personnel. The Dental Administrative Assistant works in a dental health-care facility doing front office and administrative tasks. Positions require excellent communication and detail skills. Dental Administrative Assistants find employment opportunities with dentists and clinics.

### Learning Outcomes:

Demonstrate and apply legal and ethical concepts, dental terminology, and dental insurance procedures to the practice of dentistry.

### Required Courses

DH 455	Dental Terminology
DH 457	Dental Law and Ethics
DH 459	Dental Insurance

## Dental Hygiene Courses

### DH 7 Head and Neck Anatomy and Embryology

2 units; 1.5 hours Lecture, 1.5 hours Laboratory  
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Covers the anatomy of the head and neck, emphasizing aspects useful for dental hygiene students. Includes embryonic development of the head, neck, and oral cavity. Portions may be taught in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU.

### DH 149AZ Special Topics in Dental Hygiene Education

0.5 – 3 units; 0.5 – 3 hours Lecture, 1.5 – 9 hours Laboratory  
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Teaches selected topics in Dental Hygiene education not covered by regular catalog offerings. Each special topic course will be announced, described, and given its own title and letter designation in the Schedule of Classes. The structure and format of the classes will vary depending on the subject matter.

*Transfer Credit:* Non-transferable.

### DH 160 Oral Health Education

2 units; 2 hours Lecture, 1 hour Laboratory  
Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program; CAHM 20 ; PSYCH 1 or PSYCH 1H.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Presents concepts of oral disease, prevention, and promotion of positive attitudes and behaviors toward oral health. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 161 Preparation for Dental Hygiene Clinic**

0.5 unit; 0.5 hour Lecture, 0.5 hour Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces dental terminology, blood borne pathogen guidelines, basic instrumentation skills, proper positioning and ergonomics, and time management for the dental hygiene student. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 162A Patient Assessment I**

2.5 units; 2.5 hours Lecture, 1 hour Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces medical-dental history, oral inspection, oral manifestation of diseases and emergencies. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 162B Patient Assessment II**

3 units; 3 hours Lecture

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program; DH 162A.

Co-requisite: DH 173.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Covers pharmacologic principles and patients' special needs applied to the practice of dental hygiene. Emphasis on drugs prescribed in dental settings, taken for systemic disorders and used by special populations. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 163A Dental Radiology**

3 units; 2 hours Lecture, 3 hours Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Presents principles of dental radiation theory including: radiographic techniques, laboratory and clinical application, radiation safety principles, equipment operation, processing and mounting. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 163B Dental Radiographic Interpretation and Case Studies**

1 unit; 1 hour Lecture, 1 hour Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Teaches identification of dental radiographic anatomy and introduces specialized techniques with analysis of case studies. May be taught in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 164 Dental Materials**

2 units; 2 hours Lecture, 1 hour Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Teaches the composition and fabrication of dental restorations, the proper care of dental restorations, and introduces dental specialties. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 170 Tooth Morphology, Oral Histology, and Oral Embryology**

2 units; 2 hours Lecture, 1 hour Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Discriminates between normal and abnormal clinical appearance of the permanent and deciduous dentition as well as in-depth oral histology and oral embryology. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 171 Introduction to Clinical Dental Hygiene**

6 units; 3 hours Lecture, 9 hours Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces professional/ethical conduct, sterilization, infection control, and instrument basics of: exploring, probing, and beginning scaling techniques through laboratory and clinical experiences. First in a four-course series in clinical dental hygiene practice. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 173 Clinical Dental Hygiene I**

6.5 units; 2 hours Lecture, 14 hours Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program; DH 171.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces dental and periodontal charting, desensitizing, dental sealants, ultrasonic scalers, and Gracey curets through laboratory and clinical experiences. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 174 Periodontics**

2 units; 2 hours Lecture

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Presents fundamental principles of periodontology: normal and diseased periodontium, the disease classifications, etiology, and treatment with an emphasis on clinical application.

*Transfer Credit:* Non-transferable.

### **DH 177 Interim Therapeutic Restorations and Radiographic Decision Making**

.5 unit; .5 hour Lecture; .5 hour laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the history and principles of placement of Interim Therapeutic Restorations and Radiographic Decision Making by the dental hygienist in various dental settings. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

### **DH 180 Oral Pathology**

2 units; 2 hours Lecture

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation Eligibility for ENGL 100 or ESL 100 or READ 100.

Repeatability: May be taken a total of 1 time.

Introduces general pathology and clinical pathology of diseases affecting the oral, head and neck areas. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

### **DH 181 Clinical Dental Hygiene II**

8.5 units; 2 hours Lecture, 20 hours Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program; DH 173.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces advanced clinical techniques, advanced treatment planning, and evaluation of treatment through clinical experiences at Cabrillo and possibly outside clinics. Third in a four-course series. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

### **DH 182A Advanced Case Studies**

1 unit; 1 hour Lecture

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides opportunity to apply critical thinking skills in relating theoretical principles to clinical practice using a case study approach. May be offered in a Distance-Learning Format

*Transfer Credit:* Non-transferable.

### **DH 183 Clinical Dental Hygiene III**

6 units; 1 hour Lecture, 16 hours Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program; DH 181.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Studies new technology and computer based skills for the operator, refinement of local anesthesia, nitrous oxide analgesia, and advanced clinical techniques through clinical experiences at Cabrillo and possibly outside clinics. Fourth in a four-course series in clinical dental hygiene practice. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

### **DH 184A Pain Management I**

2 units; 1 hour Lecture, 3 hours Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation Eligibility for ENGL 100 or ESL 100 or READ 100.

Repeatability: May be taken a total of 1 time.

Teaches theory and techniques for administration of regional anesthetic agents, including nerve and field blocks limited to the oral cavity. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

### **DH 184B Pain Management II**

1 unit; 1 hour Lecture, 1 hour Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Teaches administration of nitrous oxide/oxygen conscious analgesia competently to clinical proficiency. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

### **DH 186A Community Oral Health**

2 units; 2 hours Lecture

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the principles and practices of dental public health, and the role of the dental hygienist as an innovator of and educator in community health programs.

*Transfer Credit:* Non-transferable.

### **DH 186B Community Oral Health and Case Studies**

1 unit; 3 hours Laboratory

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program; DH 186A.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 or READ 100.

Repeatability: May be taken a total of 1 time.

Covers planning, implementation, and evaluation of a dental health project of the student's own design with a dentally-underserved population. A continuation of DH 186A.

*Transfer Credit:* Non-transferable.

**DH 187          Dental Hygiene Law and Ethics**

2 units; 2 hours Lecture

Prerequisite: Acceptance to the Cabrillo Dental Hygiene Program.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Teaches current concepts in ethics and legalities involved in dental hygiene practice. May be offered in a Distance-Learning Format.

*Transfer Credit:* Non-transferable.

**DH 455          Dental Terminology**

0 units; 36 hours Lecture, 18 hours Laboratory

Teaches fundamentals of dental/medical word building with an emphasis on prefixes, word roots, suffixes, combining forms, abbreviations, and lay terms. Provides a background for any dental course.

**DH 457          Dental Law and Ethics**

0 units; 36 hours Lecture, 18 hours Laboratory

Teaches dental ethics and dental legal issues, including discussion of California state dental regulations and legal standards of practice for dental care workers.

**DH 459          Dental Insurance**

0 units; 36 hours Lecture, 18 hours Laboratory

Teaches theory and application of dental insurance billing and procedures as used in dental offices. Includes hands-on practice with insurance claim forms and dental practice management software.