

Dental Hygiene

As a dental hygienist, you will be an important asset to the dental office. You will help patients maintain healthy teeth and gums by cleaning and polishing teeth and removing stains, tartar and plaque. You will take X-rays of teeth, teach patients to have good oral hygiene and perform various other preventative dental care functions, such as applying cavity-preventative agents like fluoride and sealants.

In some states dental hygienists can administer anesthetics, place and carve filling materials and periodontal dressings, and remove sutures.



Trusted. Respected. Preferred.

Dental Hygiene Course Outline

Semester I (15 Weeks)

Course #	Course	Theory	Lab	Clinical	Credits
PSY 125	Psychology	30			2.0
CCM 145	Communications & Composition	30			2.0
BIO 115	Anatomy & Physiology	45	30		4.0
BIO 145	Microbiology & Immunology	45			3.0
RDH 101	Introduction to Dental Hygiene	30			2.0
RDH 186	Dental Anatomy	45			3.0
Semester I Total		225	30		16.0

Semester II (15 Weeks)

Course #	Course	Theory	Lab	Clinical	Credits
SOC 110	Sociology	30			2.0
CHM 125	Chemistry/Biochemistry	45			3.0
BIO 136	Head & Neck Anatomy	30			2.0
RDH 118	Medical Emergencies	15			1.0
RDH 116	Preclinical Dental Hygiene	45			3.0
RDH 120	Preclinical Clinical Dental Hygiene			90	2.0
RDH 211	Radiology	30	45		3.5
Semester II Total		195	45	90	16.5

Semester III (15 Weeks)

Course #	Course	Theory	Lab	Clinical	Credits
RDH 150	Dental Hygiene I	30	15		2.5
RDH 155	Clinical Dental Hygiene I			120	2.5
RDH 215	Biomaterials	15	45		2.5
RDH 218	Periodontics	45			3.0
RDH 260	Pharmacology for Dental Hygiene	45			3.0
Semester III Total		135	60	120	13.5

Semester IV (15 Weeks)

Course #	Course	Theory	Lab	Clinical	Credits
RDH 175	Dental Hygiene II	30	15		2.5
RDH 180	Clinical Dental Hygiene II			150	3.0
RDH 209	Nutrition & Cariology	30			2.0
RDH 214	Patient/Pain Management	30	45		3.5
RDH 220	General/Oral Pathology	45			3.0
RDH 223	Restorative Lab I*		30		1.0
Semester IV Total		135	90	150	15.0

Semester V (15 Weeks)

Course #	Course	Theory	Lab	Clinical	Credits
RDH 200	Dental Hygiene III	30	15		2.5
RDH 205	Clinical Dental Hygiene III			180	4.0
RDH 251	Treatment of Special Needs Patient Seminar	45			3.0
RDH 259	Community & Public Dental Health	45			3.0
RDH 233	Restorative Lab II*	15	75		3.5
Semester V Total		135	90	180	16.0

Semester VI (15 Weeks)

Course #	Course	Theory	Lab	Clinical	Credits
RDH 226	Review of Dental Hygiene	45			3.0
RDH 230	Dental Health Promotions	30			2.0
RDH 240	Dental Hygiene IV	15			1.0
RDH 245	Clinical Dental Hygiene IV			180	4.0
RDH 285	Restorative Clinic*			60	1.0
RDH 291	Principles of Dental Hygiene Practice	30			2.0
Semester VI Total		120	0	240	13.0
PROGRAM TOTALS		945	315	780	90.0

*Represents the Seattle program

What You Will Learn

As a student in Pima Medical Institute's Dental Hygiene program, you'll learn skills necessary to become a successful entry-level dental hygienist, including radiography, oral pathology, periodontics, and patient management of diverse populations. You will also build solid communications skills and develop a strong foundation in dental materials and anatomy and physiology.

Job Outlook

According to the U.S. Bureau of Labor Statistics, employment of dental hygienists is projected to grow 9 percent from 2023 to 2033, much faster than average for all occupations. The demand for dental services will increase as the population ages and as research continues to link oral health to overall health.**

Employment

The majority of dental hygienists work part time and nearly all are employed in dentist offices. A small number may work for employment services, in physicians' offices or in other industries.

Certification

Dental hygienists are required to be licensed in the state where they practice. Nearly all states require that dental hygienists graduate from an accredited dental hygiene school and pass national and regional written and clinical examinations administered by the American Dental Association's Joint Commission on National Dental Examinations and by state or regional testing agencies.

**Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Dental Hygienists, on the Internet at <https://www.bls.gov/ooh/healthcare/dental-hygienists.htm> (visited January 11, 2025).



- Hands-on training
- Financial aid if qualified
- Career planning services