

# Dental Hygiene Bachelor degree



LISBOA

UNIVERSIDADE  
DE LISBOA





The Dental Hygiene degree program aims to train dental hygienists who are clinically competent to provide dental hygiene care and assess the dental hygiene needs of individuals of all ages, creating appropriate oral health education and promotion interventions.

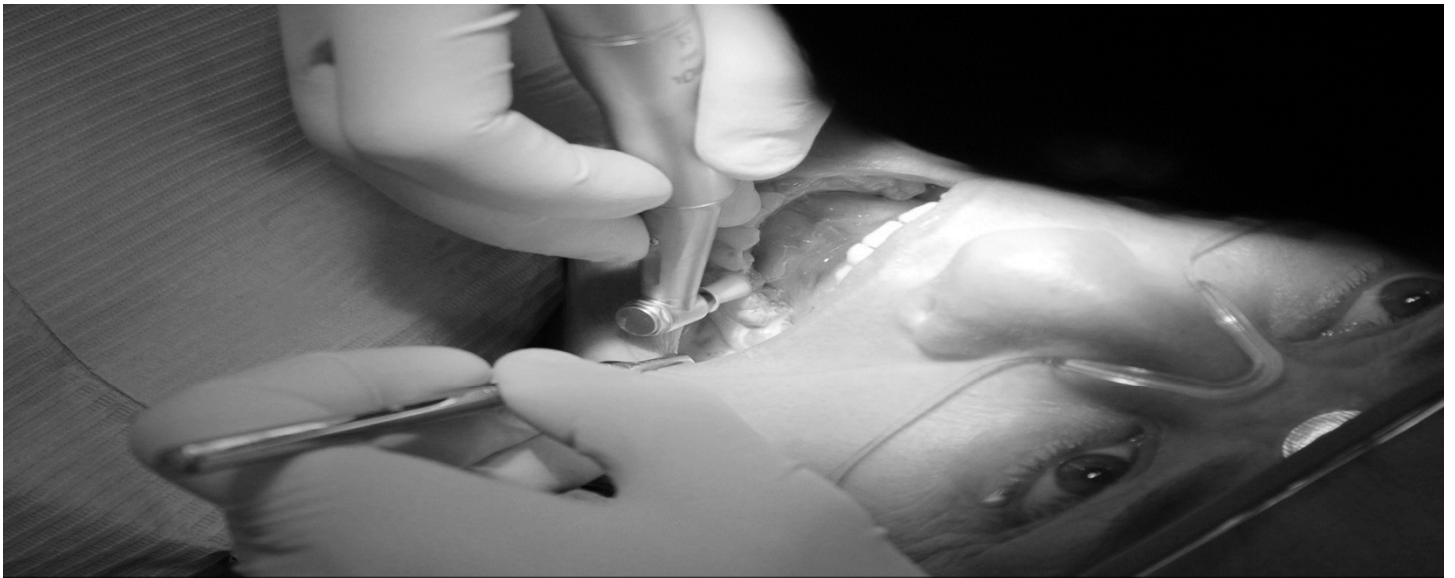
The skills acquired in the course should also enable the dental hygienist to have an active intervention in society, in the scientific and in the professional community, as well as with policy makers, thus contributing to the improvement of oral health of the population and the national health system.

## MAIN GOALS

At the end of the course students should have the knowledge and skills that will enable them to contribute to improving the oral health of the population and the oral health system.

The objectives of this cycle of studies are:

- To train professionals with a broad set of knowledge, skills and attitudes that give them the competences for the exercise of Dental Hygiene in Portugal and in Europe;
- To educate and train in Health Sciences, fundamental to the understanding of human development and the causes of diseases;
- To provide the development of skills in dental hygienist-patient communication, in its personal, family and social dimension;
- To enable Dental Hygienists to provide oral health care based on scientific evidence in various contexts and directed to different population groups
- Provide the acquisition of clinical skills in the field of dental hygienist;
- Train professionals with solid scientific training and technical competence that allows the construction of autonomy, which promotes a reflective professional practice and fosters lifelong learning.



Attendance of the Degree in Dental Hygiene provides the student with professional and scientific based education, developed in a dynamic learning environment that encourages collaboration between students and teachers

The training of the Degree in Dental Hygiene allows its students to:

- Participate in oral health education programs and raise awareness of oral disease prevention.
- Participate in the planning, implementation and evaluation of public health programs.
- Perform clinical treatments for the prevention and control of gingivitis, periodontitis and dental caries.



## RULES OF ACCESS AND OPERATION

### PREREQUISITES:

Type: Selection

Group B - Interpersonal Communication

### Minimum Scores

Application: 95 points

Admission tests: 95 points

### Entrance examinations

02 - Biology and Geology and one of the following

07 - Physics and Chemistry or

16 - Mathematics or

18 - Portuguese

### ADMITANCE FORMULA:

High School GPA: 50%.

Entrance examinations: 50%.

### CREDITS & DURATION:

180 ECTS. 3 years.

### MODALITY OF TEACHING:

Face-to-face, with theoretical, laboratory practice and clinical classes.

### DEGREE:

At the end of the Course, the student receives the title of Degree in Oral Hygiene, awarded by the Faculty of Dental Medicine of the University of Lisbon.

### PROFESSIONAL OPPORTUNITIES:

Dental Offices, Health Centers, Oral Health Services in Public and Private Hospitals, National and Regional Health Authorities, Dental Products and Materials Companies, Universities. and Polytechnics.

# Curricular plan

1 <sup>st</sup> year		
Curricular Units	Type	Credits
Human Anatomy	1 <sup>st</sup> semester	7
Molecular and Cellular Biology	1 <sup>st</sup> semester	6
Bioethics	1 <sup>st</sup> semester	3
Biochemistry	1 <sup>st</sup> semester	5
Dental Morphology	1 <sup>st</sup> semester	3
Public Health	1 <sup>st</sup> semester	3
Histology and Embryology	2 <sup>nd</sup> semester	6
Biostatistics	2 <sup>nd</sup> semester	3
Epidemiology	2 <sup>nd</sup> semester	3
Microbiology	2 <sup>nd</sup> semester	5
Psychology	2 <sup>nd</sup> semester	3
School and Community Oral Hygiene I	2 <sup>nd</sup> semester	4
Information and Communication Methodologies	2 <sup>nd</sup> semester	3
Oral Hygiene I	Annual	6
Total		60
2 <sup>nd</sup> year		
Curricular Units	Type	Credits
Head and Neck Anatomy	1 <sup>st</sup> semester	5
Oro-Maxillo-Facial Imaging	1 <sup>st</sup> semester	3
Pharmacology	1 <sup>st</sup> semester	3
Oral Biology I	1 <sup>st</sup> semester	3
Physiology	1 <sup>st</sup> semester	5
Immunology	1 <sup>st</sup> semester	5
Physiopathology	2 <sup>nd</sup> semester	5
Genetics	2 <sup>nd</sup> semester	5
Oral Biology II	2 <sup>nd</sup> semester	3
Nutrition and Oral Health	2 <sup>nd</sup> semester	4
Periodontology	2 <sup>nd</sup> semester	3
Oral Hygiene II	Annual	8
School and Community Oral Hygiene II	Annual	8
Total		60
3 <sup>rd</sup> year		
Curricular Units	Type	Credits
Deontology in Oral Hygiene	1 <sup>st</sup> semester	1
Dental Medicine Specialities	1 <sup>st</sup> semester	3
Oral Hygiene for People with Special Needs	1 <sup>st</sup> semester	5
Medicine and Oral Pathology	1 <sup>st</sup> semester	3
Dental Materials	1 <sup>st</sup> semester	4
Oral Hygiene III	1 <sup>st</sup> semester	6
School and Community Oral Hygiene III	1 <sup>st</sup> semester	5
Sociology	1 <sup>st</sup> semester	3
Clinical internship	2 <sup>nd</sup> semester	12
Community internship	2 <sup>nd</sup> semester	12
Applied Studies in Oral Hygiene	2 <sup>nd</sup> semester	6
Total		60

## Teaching Staff– Dental Hygienists



### **Professor Doutor Henrique Soares Luís**

Dental Hygienist (FMDUL, 1990). Graduated in Health Sciences from the University of Washington, USA, in 1992. Master in Statistics, from the Faculty of Sciences of the University of Lisbon, in 2004. PhD in Oral Health Sciences at the Faculty of Dental Medicine, University of Lisbon, in 2011. Assistant Professor with Aggregation at the Faculty of Dental Medicine, University of Lisbon. Guest Adjunct Professor at the School of Health of the Polytechnic of Portalegre. Chairman of the Coordinating Council of the Master's degree in Dental Hygiene. Private practice since 1990. Member of the research unit UICOB - Oral and Biomedical Sciences Research Unit. Integrated researcher of ciTechCare - Center for Innovation in Technologies and Health Care (FCT research unit UID 05704 - ciTechCare). Author of several publications in national and international journals with scientific arbitration, and communications in scientific events.



### **Professora Doutora Sandra Ribeiro Graça**

Dental Hygienist (FMDUL, 1987). Graduated in Health Sciences from the University of Washington, USA, in 1993. Master's in education sciences, Area of Pedagogy in Higher Education from the Faculty of Psychology and Education Sciences of the University of Lisbon, in 2006. PhD in Oral Health Sciences at the Faculty of Dental Medicine, University of Lisbon, in 2015. Assistant Professor at the Faculty of Dental Medicine, University of Lisbon. Guest Adjunct Professor at the School of Health of the Polytechnic of Portalegre. President of the Coordinating Council of the Degree in Dental Hygiene. Vice-president of Portuguese Dental Hygienist's Association (APHO) since 2009. Delegate for Portugal in the European Federation of Dental Hygienists and the International Federation of Dental Hygienists. Private practice since 1987. Member of UICOB - Oral and Biomedical Sciences Research Unit. Author of several publications in national and international journals with scientific arbitration, and communications in scientific events.



### **Professora Doutora Teresa Albuquerque**

Dental Hygienist (FMDUL, 1987). Degree in Health Sciences from the University of Washington, USA, in 1993. Master's in educational sciences, Area of Pedagogy in Higher Education from the Faculty of Psychology and Educational Sciences, University of Lisbon, in 2006. PhD in Oral Health Sciences at the Faculty of Dental Medicine, University of Lisbon, in 2013. Assistant Professor at the Faculty of Dental Medicine, University of Lisbon. Member of the Coordinating Council of the Degree in Dental Hygiene. Member of the Pedagogical Council of the Faculty of Dental Medicine, University of Lisbon. Member of the UICOB - Oral and Biomedical Sciences Research Unit. Co-opted Member of the Scientific-Technical Council of the School of Health of the Polytechnic Institute of Portalegre. Author of several publications in national and international journals with scientific arbitration, and communications in scientific events.



### **Professora Doutora Maria de Fátima Bizarra**

Dental Hygienist (FMDUL 1986). Degree in Dental Hygiene from Instituto Superior de Saúde do Alto Ave. Master's in health communication from the Open University, in 2008. PhD in Oral Health Sciences at the Faculty of Dental Medicine, University of Lisbon, in 2016. Assistant Professor at the Faculty of Dental Medicine, University of Lisbon. Member of the Coordinating Council of the Degree in Dental Hygiene. Private practice in private practice since 1987. Member of the research unit UICOB - Oral and Biomedical Sciences Research Unit. Exclusive clinical practice at the Implantology Institute in the area of Oral Hygiene. Author and co-author of several publications in national and international journals with scientific arbitration. National and international lecturer.





### **Professor Doutor Victor Assunção**

Dental Hygienist (FMDUL, 2003). Degree in Oral Hygiene (University of Washington, 2004). International master's in Nutrition and Dietetics (Universidad de Leon, 2011). Specialist in Dental Hygiene, according to Law 206/2009 (IPPortalegre, 2013). PhD in Health Sciences and Technologies - Dental Hygiene (FMDUL, 2015). Assistant Professor at the Faculty of Dental Medicine, University of Lisbon. Member of the Coordinating Council of the Master's degree in Dental Hygiene. Invited Adjunct Professor at the School of Health of the Polytechnic of Portalegre. Member of the research unit UICOB - Oral and Biomedical Sciences Research Unit. Integrated member of ciTechCare - Center for Innovation in Technologies and Health Care (FCT research unit UID 05704 - ciTechCare). Author of several publications in national and international journals with scientific arbitration.



### **Mestre Inês Oliveira Pinto**

Dental Hygienist (FMDUL 1986). Internship of 6 months at the University of Washington - Seattle, USA. Degree in Dental Hygiene from Instituto Superior de Saúde do Alto Ave. Master's degree in Health Communication, Universidade Aberta, 2008. Advanced scientific training course, FMDUL (2015). Guest Assistant at the Faculty of Dental Medicine, University of Lisbon. Private practice since 1986.



### **Mestre Carla Balseiro**

Dental Hygienist (1992). Degree in Dental Hygiene from Instituto Superior de Saúde do Alto Ave (2004). Master's in health communication at the Universidade Aberta (2008). Advanced scientific training course, FMDUL (2015). Specialist in Dental Hygiene, according to Law 206/2009 (2017). Invited Assistant Professor at the Faculty of Dental Medicine, University of Lisbon. Invited Adjunct Professor at the School of Health of the Polytechnic of Portalegre. Private practice in dental offices since 1992. Author of several publications in books and journals with scientific arbitration and communications in scientific events.



### **Mestre Maria Cristina Alves**

Dental Hygienist (FMDUL 1992). Degree in Dental Hygiene from Instituto Superior de Saúde do Alto Ave, in 2005. Master in Preventive and Community Oral Health from the Faculty of Dental Medicine, University of Lisbon, in 2010. Collaboration in teaching with Dental Hygiene students at the School of Health of the Polytechnic of Portalegre, in 2011. Completed the 2nd curricular year of the Integrated Master of Dental Medicine at the Faculty of Dental Medicine, University of Lisbon, in 2014. Advanced scientific training course, FMDUL (2016). Guest Assistant at the Faculty of Dental Medicine, University of Lisbon. Private practice since 1992.



## WHERE WE ARE

Faculdade de Medicina Dentária

Cidade Universitária

Rua Professora Teresa Ambrósio

1600-277 Lisboa

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**Porto**

2h 50m

**Coimbra**

2h

**Évora**

1h 58m

**Faro**

3h 40m



**Porto**

1h

**Faro**

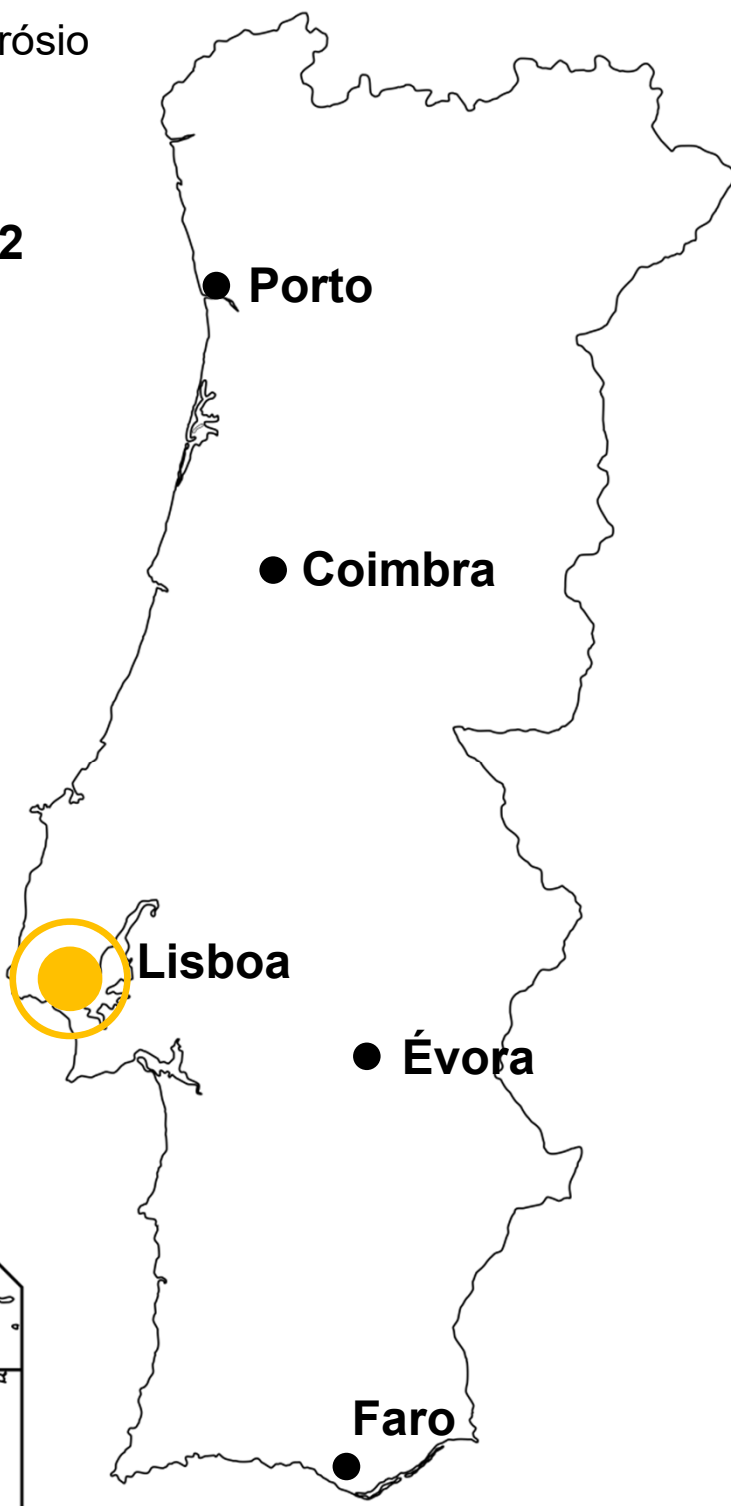
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**Funchal**

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**Ponta Delgada**

**Funchal**

**Faro**



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