

The Role of Dental Hygienists in Enhancing Oral Health Essay

Introduction

A dental hygienist provides primary dental care to patients in the dental office. Unlike dentists and orthodontists, he treats minor oral problems that do not require surgery. A dental hygienist's main daily task is to advise and help people maintain dental health through hygiene procedures. The performance of all functions requires a specialist with a wide range of clinical knowledge and developed soft skills.

The Role of a Dental Hygienist

The role of a dental hygienist is to provide preventive dental care, which is crucial to maintaining the health of teeth and gums. Dental hygienists work in many healthcare organizations to improve patients' health and well-being. This rewarding and complex job contributes positively to society. Dental hygienists' role in dental practice is to prevent advanced oral diseases and relieve the burden on dentists and orthodontists.

I have always dreamed of helping people by providing them with quality care. This dream motivated me to become a registered dental hygienist. I am sure that visiting the dentist's office should not be associated with fear. A dental hygienist can reduce stress by answering detailed questions and showing care and attention. It inspires me that this profession allows me to diversify, as it requires clinical, decision-making, and communication skills.

Dental Hygienist's Procedures

The dental hygienist performs a range of tasks and procedures throughout the day. A dental hygienist performs examinations of teeth and gums, deep cleaning and polishing of teeth, and non-surgical treatment. In addition, this specialist communicates a lot with patients when studying and filling out an oral history. One of the most critical functions of a dental hygienist is to provide the most accurate and in-depth information about the treatment and prevention of oral diseases.

A dental hygienist must have the clinical knowledge and personal qualities that will allow them to become a successful specialist. For instance, good interpersonal skills, empathy, and a strong work ethic help to communicate with patients and colleagues. Time management, reliability, and responsibility are necessary for an organization's working time. In addition, problem-solving and decision-making skills are crucial for every care provider, as they face unique patient challenges and demands that require informed and fast resolution.

Potential Challenges

My challenge in the line of dental hygienist education is the wide range of required knowledge and skills for this profession. A good specialist should have an education in sociology, psychology, biology, and nutrition. Successful professionals work all their lives to improve their skills. Learning and successfully applying all this knowledge can be a challenge for me.

Conclusion

The dental hygienist is the first to meet the patient in the dentist's office. They examine, and identify problems, take notes on the medical history, perform minor treatment, and, if necessary, refer to other specialists. The dental hygienist profession is challenging, requiring deep formal knowledge and developed soft skills such as empathy, organization, and ethics. Successful dental hygienists constantly improve their skills to fulfill their main goal – to provide people with quality care.