



Carolina Santos

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Gender: Female **Date of birth**: 24/04/1994 **Nationality**: Portuguese

ABOUT ME

Dental Hygienist with expertise in preventive oral care, patient education and treatments for oral health.

Passionate about promoting oral health awareness, maintaining high standards of hygiene and infection control, and educating patients. University teacher enthusiastic about sharing knowledge with new dental hygienists.

Committed to delivering excellent patient care and working collaboratively within a dental team to enhance overall treatment outcomes.

WORK EXPERIENCE

[06/2021 – Current]

University Teaching

Haute École Libre de Bruxelles

City: Brussels | **Country**: Belgium

- Teaching dental hygiene students in practice-based courses as part of a Bachelor's degree in Dental Hygiene.

[08/2020 – Current]

Dental Hygienist

Dental Treatment Center

City: Brussels | **Country**: Belgium

- Clinical Use of the Dentadmin Program
- Dental appliances
- (whitening and bruxism) using 3D Scan
- Teeth whitening (Blancone, Opalescence and Phillips Zoom)
- Application of Guided Biofilm Therapy – EMS
- Patient education
- X-Rays
- Oral cancer screening
- Chartings
- Prophylaxy
- Root plannings

[10/2019 – 04/2020]

Dental Hygienist

Clinica Mint - Smile Design Clinic

City: Lisbon | **Country**: Portugal

- Intra-oral and extra-oral photos
- Teeth whitening (Phillips Zoom)
- Patient education
- X-Rays
- Prophylaxy

[01/03/2019 – 31/08/2019]

Dental Hygienist

DentalPower

City: Lisbon | **Country:** Portugal

- Patient education
- X-Rays
- Prophylaxy

EDUCATION AND TRAINING

[2024] **Practical Local Anaesthesia & Pain Management Course for Dental Hygienists and Dental Therapists**

UK Dental | <https://uk.dental/>

Country: United Kingdom |

[2024] **Itop Introductory**

Curaden Academy | <https://curadenacademy.com/en/>

Country: Belgium |

[2021] **Pedagogical Training of Trainers**

CRIAP Institute | <https://www.institutocriap.com/>

Country: Portugal | | **Level in EQF:** EQF level 5

[10/2020 – 01/2021] **Clinical Periodontology course for Dental Hygienists**

Oral Wellness Institute The Academy

Country: Portugal |

[2019] **Guided Biofilm Therapy – GBT PROTOCOL**

Swiss Dental Academy | <https://www.swissdentalacademy.com/courses-en/>

Country: Portugal |

[2018] **Bachelor's Degree in Dental Hygiene**

University of Lisbon - Dental Medicine | <https://www.fmd.ulisboa.pt/>

City: Lisbon | **Country:** Portugal | | **Level in EQF:** EQF level 6

[2017] **Internship**

Oulu University of Applied Sciences | <https://oamk.fi/en/>

Country: Finland |

VOLUNTEERING

[2008 – 2020] **Girl Guide** | Lisbon

Girl Guides is a global movement that empowers girls and young women through leadership, community service, and outdoor activities. It focuses on building confidence, teamwork, and life skills while promoting values such as responsibility, respect, and self-reliance. Members participate in camps, volunteering projects, and skill-building programs to develop their potential and contribute positively to society. The movement is part of the World Association of Girl Guides and Girl Scouts (WAGGGS), which operates in over 150 countries.

Link: <https://www.guiasdeportugal.org/#/>

Banco Alimentar (Food Bank) is a non-profit organization that collects and distributes food to people in need. Operating in various regions, it gathers surplus food from supermarkets, producers, and donors, preventing waste and ensuring it reaches families, charities, and social institutions. Relying on volunteers and community support, Banco Alimentar plays a crucial role in fighting hunger and promoting social solidarity.

Link: <https://www.bancoalimentar.pt/>

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

French

LISTENING B2 READING C1 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user