DENTAL HYGIENE

STUDENT ENROLMENT PACKAGE

Updated: Feb. 1, 2012
CANADIAN NATIONAL INSTITUTE OF HEALTH (CNIH) - 18 MONTH DENTAL HYGIENE PROGRAM

The CNIH provides an excellent training opportunity to pursue a career as a Registered Dental Hygienist. CNIH is an established post-secondary institution offering a Dental Hygiene program recognized by the Ministry of Training Colleges and Universities (MCTU), and accredited by Commission on Dental Accreditation of Canada (CDAC).

For the relatively short time spent in school, dental hygienist jobs are among the most rewarding and financially attractive among a vast array of careers.

This program covers courses in behavioural sciences, biomedical sciences, oral health sciences, dental hygiene theory and practice as well as clinical experience.

Our programs are structured to support and develop essential qualities of caring, accountability, a credible work ethic, critical thinking, problem solving and effective interpersonal relationships.

**Student learning will be enhanced by:**

- Clinical experience in the CNIH Dental Hygiene Clinic.
- Dental health education related to community groups outside the Institute.

CNIH boasts a campus comprised of up to 120 students from every part of the world; Asia, Europe and the Emirates to name a few. The CNIH has had seven convocation ceremonies launching the career of over 210 new graduates.

“Our mission is to provide quality education to dental hygiene students through dental hygiene theory and practice, comprehensive oral health care to the community and to promote individual growth and development through life-long learning”
WHAT IS THE DENTAL HYGIENIST FUNCTION?

Dental hygienists are registered and certified health professionals who specialize in preventing oral health problems and diseases. They work with individual clients or communities to prevent tooth, gum and mouth diseases and injuries that can affect overall health.

Dental Hygienists will often work in a dental office and are mainly responsible for teeth cleaning, oral hygiene education, detection of periodontal diseases and the prevention of all gum diseases. Dental Hygienists will professionally clean the teeth by removing the hard deposits and the stains while using the dental utensils. They will examine the gum and detect any present gum diseases and accordingly, establish a periodontal treatment plan as well as a prevention plan. They can also do a neck and mouth examination to detect any other oral diseases such as oral cancer.

The dental hygiene profession focuses on preventive health care. As a result, many dental hygienists deliver health promotion programs in their community to parent and special needs groups, schools, day cares and long-term seniors’ care facilities. They teach their patients how to properly brush and floss. They can also take and interpret X-rays, apply sealants and fluorides in pits as a preventive measure for cavities. Dental Hygienists will also educate their patients on proper dieting habits and the relationship of food with healthy gums and teeth.

Dental Hygienists will have the proper medical and dental knowledge as well as training to examine the health of the mouth and detect any gum diseases in addition to examining the lymph nodes underneath the jaw line and checking for any oral cancer indications. Hygienists can also develop dental X-rays and stop dental decay by applying the cavity preventing agents.

Dental hygiene services are provided to individuals across the age spectrum. Dental hygienists work with patients ranging from parents in prenatal classes to the elderly in long-term care centres. A work day could involve assessment, planning, implementing and evaluating oral health data and include:

- teaching an elementary class about oral health care
- counseling a family about oral health
- providing fluoride treatments to patients during a dental visit
- teaching long-term care staff about mouthcare for their clients
- working with nurses to prevent sports and playground injuries
- screening seniors for signs of oral cancer
- performing head, neck and oral examinations
- scaling, root planning, applying pit and fissure sealants to teeth
- reviewing literature and conducting research
WHAT IS THE DEMAND FOR DENTAL HYGIENISTS?

Dental hygienist jobs have great potential. As our society is becoming more conscious of health and hygiene issues and maintenance, there is a much greater demand for these dental care and oral disease prevention jobs and dental hygienists fill these tasks that used to be carried out by Dentists in the past.

Consequently, with more and more people keeping their natural teeth and taking care of their oral hygiene, the need for Dental Hygienists is on the rise. In fact, economical studies have predicted that the Job market for Dental Hygienists will grow at a much faster rate than most other professions all the way through till at least the year 2016.

Regulations vary by province, some dental hygiene career opportunities include: general dental office and/or clinic, specialty dental office and/or clinic (i.e. Periodontics, Orthodontics, Paedodontics and Prosthodontics), community health settings, public health departments, research, educational institutions, sales and marketing, administration and private consulting.

ADVANTAGES OF WORKING AS A DENTAL HYGIENIST

Dental Hygienists are licensed dental professionals who work in a dental office for a dentist on a full time or part-time basis or even as a freelancer. Dental hygienists are highly respected in the community, work in a well-lit, clean environment, live a comfortable lifestyle, and it is an ideal choice for those who would like to balance their time between their career and their family.

Dental Hygienist jobs offer many benefits. Dental Hygienists have flexible hours; they are mostly employed by dentists on a specific schedule, they can work a few hours per day, morning or night, weekdays or weekends, full time or part time and can even seek employment in as many dental practices as their schedule allows them. Dental Hygienist jobs are in a growing demand with a satisfying salary.

Dental hygienists work conditions are very agreeable, hygienic and come with many benefits; many dental hygienists will even have dental coverage. Dental hygienists have a prestigious title as health care professionals in society and moreover, they are in direct contact with patients and get the satisfaction of raising oral hygiene communal awareness, improving their patients lifestyle and taking care of their teeth cleaning problems and gum diseases.

Some dental hygienist jobs are full time, others are part time, and still others are independent contractors or have their own dental hygiene practice. Self employed dental hygienists are the newest trend for dental hygienist jobs. More and more dental hygienists are seeking to open an independent dental hygiene practice instead of working for a dentist or dentist group. This comes with its own advantages and disadvantages. Being a self employed dental hygienist can be rewarding financially but comes at the expense of no security, no benefits, high overhead and the challenges of running a business.
WHAT IS THE INCOME FOR DENTAL HYGIENISTS?

According to the Canadian Dental Hygiene Association (CDHA), 2009 National Dental Hygiene Job Market and Employment Survey, the average hourly wage reported across all positions held as employees was $36.47 per hour. The salary of a dental hygienist varies depending upon the responsibilities associated with the position, the geographic location of employment, and the type of practice setting in which the dental hygienist works.

According to PayScale, Inc., as of March 14, 2011 registered dental hygienists salaries range from $63,600 - $85,694 (681 reporting) assuming full time hours annually. Below represents current Hourly rates of pay by years of experience, by Province and by City of employment.

<table>
<thead>
<tr>
<th>Years of Experience</th>
<th>Ontario</th>
<th>British Columbia</th>
<th>Alberta</th>
<th>Nova Scotia</th>
<th>Québec</th>
<th>Manitoba</th>
<th>New Brunswick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 year</td>
<td>$30.67 - $38.92</td>
<td>$38.84 - $45.11</td>
<td>$42.62 - $53.50</td>
<td>$28.81 - $32.51</td>
<td>$27.92 - $32.78</td>
<td>$35.40 - $38.56</td>
<td>$24.09 - $30.25</td>
</tr>
<tr>
<td>1-4 years</td>
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<td>5-9 years</td>
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<tr>
<td>10-19 years</td>
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<td>20 years or more</td>
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<tr>
<td>Calgary, AB</td>
<td>$46.11 - $54.64</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Edmonton, AB</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$43.21 - $54.12</td>
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<td>Vancouver, BC</td>
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<td>$39.58 - $46.01</td>
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<td>Winnipeg, MB</td>
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<td>$35.21 - $38.65</td>
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<tr>
<td>Toronto, ON</td>
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<td>$33.32 - $41.74</td>
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<td>Ottawa, ON</td>
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<td>$30.16 - $36.08</td>
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<td>Halifax, NS</td>
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</tbody>
</table>

WHAT SKILLS ARE IMPORTANT AS A DENTAL HYGIENIST?

Dental hygienists have a broad list of duties. It is a useful skill for a Dental Hygienist to have good interpersonal skills to attentively listen to the patient complaints and goals and be able to clearly explain the required dental procedure as well as provide them with a clear and thorough education on maintaining oral health and preventing future gum diseases.

Dental hygienists must have a good vision in order to pick up details when cleaning stains of the teeth and removing the calcareous deposits. Being a dental hygienist requires a certain amount of manual dexterity and arm steadiness since you are expected to quickly move your hands and maneuver the dental lasers, scalers, and teeth cleaning tools in a confined space.
LEARNING FACILITIES

CNHI is a 11,847 sq/ft facility that has been designed for teaching, laboratory, preclinical and clinical activities. The number of students enrolled in the program is proportionate to the resources available. These resources include adequate physical facilities, faculty members and support staff and availability of clients.

Classroom and theory related activity takes place in a portion of the facility totaling approximately 5,500 square feet divided into: three (3) classrooms and library and a computer lab with 20 terminals, student lounge with refrigerators, microwaves and other kitchen facilities, staff offices and staff lounge, 2 reception areas, and a cafeteria available in the building.

Clinical activities take place in an adjacent area totaling approximately 6,000 square feet. This section includes:
- Dental clinic with 20 chairs,
- Multi-purpose lab,
- 4 x-ray rooms,
- Dark room,
- Sterilization area and clinical supplies dispensary.
- Male and female locker rooms & washrooms

LOCATION MAP

2650 Queensview Dr., Suite 160, Ottawa, Ontario, Canada K2B 8H6
Tel: (613) 726-CNIH (2644), Fax: (613) 726-3366, Toll Free: (866) 726-CNIH (2644)
http://www.cnih.ca
ADMISSIONS REQUIREMENTS

- High School Diploma or equivalent
- English, Grade 12 (or equivalent with a grade of 60% or higher).
- If English is the second language for the applicant, a test of English as a foreign language score must be provided: TOEFL, IELTS or CAEL score or other standard English test score (with a grade of 60% or higher)
- Mathematics, Grade 11 with a minimum of 60% or higher
- Biology, Grade 11 (or equivalent with a grade of 60% or higher)
- Chemistry and/or Physics Grade 11 (or equivalent with a grade of 60% or higher)
- Admission Entrance Exam (covering English, Math, Chemistry, and Biology)
- Interview
- Mature Student*

*A mature student is an applicant 21 years of age or older and who lacks the academic admission requirements. The student will be considered on an individual basis.

ADMISSIONS PROCESS

Required to apply:
1) Completed application form (attached)
2) Copy of transcripts

To become enrolled:
3) Write entrance exam (with a grade of 60% or higher). Note: $150.00 examination fee to be paid prior to testing.
4) Interview with Office of Admissions

Required 30 days prior to first day of class:
1) A physician’s note (attached)
2) A dentist’s note (attached)
3) A police records check for service with the vulnerable sector (please provide a copy)*
   *Successful completion of community service and clinical skills is a requirement for graduation from the Dental Hygiene program. Agencies that provide placement opportunities require you to have a clear Police Records Check for Service with the Vulnerable Sector (PRCSVs). It is your responsibility to obtain the PRCSVS from your local Police Department prior to the deadline identified by your Department and to pay any associated costs. It may take a long time to obtain this documentation; please submit your application as early as possible.
4) A Standard First-Aid / CPR Basic Rescuer Level C certification. (please provide a copy)*
   * Must maintain current certification throughout the 18 month dental hygiene program.

The final decision will be made by the Admissions Committee. Due to the large number of applicants, Canadian National Institute of Health Inc. is offering admission twice per year, each Spring and Fall.
TUITION FEES

The Dental Hygiene Program all inclusive tuition fee is $36,900.00 for students in 2012. This tuition fee includes textbooks, instruments, uniforms and dental materials.

The majority of all fees are eligible for tuition tax credits. The total fee may be paid in 3 installments.

First - A Seat Deposit of $4,000.00 is required to reserve your seat. This payment is due within 30 days after receiving an Offer of Admission letter and package from CNIH.

Second - The first half tuition payment ($16,450.00) is due 30 days prior to the start of your program.

Third - Your final tuition payment ($16,450.00) is due upon completion of the first half of your program.
### Term 1 - Academic Level 01 / 22 weeks

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tr>
<td>EN 101</td>
<td>English and Communications I</td>
<td>22</td>
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<tr>
<td>BIO 110</td>
<td>Anatomy and Physiology</td>
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<tr>
<td>BIO 115</td>
<td>Head &amp; Neck Anatomy</td>
<td>32</td>
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<tr>
<td>DH 120</td>
<td>Radiography Theory and Lab (24/48)</td>
<td>72</td>
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<td>DH 130</td>
<td>Health Promotion &amp; Education I</td>
<td>53</td>
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<tr>
<td>BIO 135</td>
<td>Nutrition and Health</td>
<td>30</td>
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<td>BIO 140</td>
<td>Microbiology and Infection Control</td>
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<tr>
<td>DH 150</td>
<td>Dental Anatomy and Terminology</td>
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<tr>
<td>DH 160</td>
<td>Dental Materials Theory and Lab (20/25)</td>
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<td>DH 170</td>
<td>Dental Hygiene Principles I</td>
<td>63</td>
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<td>DH 175</td>
<td>Professional Ethics Seminar</td>
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<tr>
<td>DH 180</td>
<td>Preclinical Practice and open lab/remedial</td>
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<td><strong>Sub TOTAL</strong></td>
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### Term 2 - Academic Level 02 / 22 weeks

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<td>English and Communications II</td>
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<tr>
<td>DH 210</td>
<td>Oral Pathology and Pathophysiology</td>
<td>53</td>
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<tr>
<td>DH 220</td>
<td>Clinical Feedback I</td>
<td>22</td>
</tr>
<tr>
<td>DH 230</td>
<td>Health Promotion and Education II</td>
<td>55</td>
</tr>
<tr>
<td>DH 235</td>
<td>Community Practice I</td>
<td>20</td>
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<tr>
<td>DH 240</td>
<td>Periodontics</td>
<td>66</td>
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<tr>
<td>BIO 250</td>
<td>Pharmacology and Health History Assessment</td>
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<tr>
<td>DH 255</td>
<td>Oral Histology &amp; Embryology</td>
<td>32</td>
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<tr>
<td>DH 260</td>
<td>Evidence Based Practice</td>
<td>42</td>
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<tr>
<td>DH 270</td>
<td>Dental Hygiene Principles II</td>
<td>24</td>
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<tr>
<td>DH 275</td>
<td>Ethics &amp; Jurisprudence</td>
<td>51</td>
</tr>
<tr>
<td>DH 290</td>
<td>Radiographic Interpretation</td>
<td>15</td>
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<td>DH 280</td>
<td>Clinical Practice I</td>
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<td><strong>644</strong></td>
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### Term 3 - Academic Level 03 / 22 weeks

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<tbody>
<tr>
<td>PS 301</td>
<td>Social Psychology</td>
<td>66</td>
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<tr>
<td>IT 301</td>
<td>Computer Skills and Health Informatics</td>
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<tr>
<td>DH 310</td>
<td>Dental Hygiene Practice Management</td>
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<tr>
<td>DH 320</td>
<td>Clinical Feedback II</td>
<td>22</td>
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<tr>
<td>DH 330</td>
<td>Health Promotion and Education III</td>
<td>50</td>
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<tr>
<td>DH 335</td>
<td>Community Practice II</td>
<td>66</td>
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<tr>
<td>DH 340</td>
<td>Orthodontics Theory &amp; Lab</td>
<td>33</td>
</tr>
<tr>
<td>DH 350</td>
<td>Pain &amp; Anxiety Management</td>
<td>20</td>
</tr>
<tr>
<td>DH 355</td>
<td>Dental Specialties</td>
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<tr>
<td>DH 370</td>
<td>Dental Hygiene Principles III</td>
<td>66</td>
</tr>
<tr>
<td>DH 380</td>
<td>Clinical Practice II</td>
<td>242</td>
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<tr>
<td><strong>Sub TOTAL</strong></td>
<td></td>
<td><strong>680</strong></td>
</tr>
</tbody>
</table>

**TOTAL** 1967
## IMPORTANT DATES: Group 14 October 2012

### Term I

- **Monday October 1, 2012**: First day of Class - Term I
- **Monday October 8, 2012**: Thanksgiving, school closed
- **Friday December 21**: Last day of Class before Winter Holiday Period
- **Monday December 24 - January 6, 2013**: Winter Holiday Period - school closed
- **Monday January 7, 2013**: Term I resumes
- **Monday February 18, 2013**: Family Day - school closed
- **Friday March 15, 2013**: Last Day of Classes-Term I
- **Friday March 29, 2013**: Last Day of Term

### Term II

- **Monday, April 1, 2013**: First day of classes: Term II
- **Monday, May 20, 2013**: Victoria Day - school closed
- **Monday, July 1, 2013**: Canada Day - school closed
- **Friday, August 2, 2013**: Last day of Class - Summer Holiday Period
- **Monday, August 5, 2013 to Friday, August 9, 2013**: Summer Holiday Period
- **Monday, August 12, 2013**: Term II resumes
- **Monday, September 2, 2013**: Labour Day – school closed
- **Friday, September 6, 2013**: Last day of Classes – Term II
- **Friday, September 27, 2013**: Last day of Term

### Term III

- **Monday, September 30, 2013**: First day of Classes: Term III
- **Monday October 14, 2013**: Thanksgiving, school closed
- **Friday December 20, 2013**: Last day of Class before Winter Holiday Period
- **Monday December 23 - January 3, 2014**: Winter Holiday Period - school closed
- **Monday January 6, 2014**: Term III resumes
- **Monday February 17, 2014**: Family Day - school closed
- **Friday March 14, 2014**: Last Day of Classes

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**Note: Subject to Change**
APPLICATION FORM

Application Date: (mm/dd/yyyy) _______/______/_______

Applicant Information (Please print or type):

_________________________________________________________ Sex: ☐ Male ☐ Female
First Name  Last Name  Middle Name  Other Name

_________________________________________________________
Social Insurance Number  Passport Number (if applicable)  Country of Birth

Home Address: __________________________________________
Number  Street  Apt.  City  Province  Country  Postal Code

Mailing Address: _________________________________________
☐ Same as above  Number  Street  Apt.  City  Province  Country  Postal Code

Home Phone (____)_______________  Work Phone (____)_____________ ext:_______________
Cell Phone (____)_______________  Fax (____)_____________________
E-Mail 1: ______________________  E-Mail 2: _____________________

Date of Birth: ______/_____/______
       MM     DD     YYYY

Status in Canada: ☐ Canadian Citizen  ☐ Landed Immigrant  ☐ Visa- Student  ☐ Other_______
Are you employed? ☐ Yes  ☐ No  If Yes, your occupation & employer: _______________________________
Do you have finances available for your education?  ☐ Yes  ☐ No
Do you plan to work while attending school? ☐ Yes ☐ No

Education Background:
Previous schools attended: (Please attach a copy of your transcript & diploma):

<table>
<thead>
<tr>
<th>School Name</th>
<th>School Address</th>
<th>From</th>
<th>To</th>
<th>Degree earned/anticipated</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>
Current English Level (If English is not your Mother tongue)
TOEFL Score: ___ IELTS Score: ___ CAEL Score: ___ or other standard English test score, specify:_____

Program Applying for: Dental Hygiene
Enrolment: October 2012 April 2013

Referral Information: Student Name____________________E-mail:____________________

Emergency Contacts:
Please provide the names of two individuals we may contact in case of emergency:
Name: ____________________________________________________________________________
Address: _________________________________________________________________________
Number  Street  Apt.  City  Province  Country  Postal Code
Telephone 1: _______________ Telephone 2: _______________ E-mail: __________________
Name: ____________________________________________________________________________
Address: _________________________________________________________________________
Number  Street  Apt.  City  Province  Country  Postal Code
Telephone 1: _______________ Telephone 2: _______________ E-mail: __________________

Please read carefully:
I certify that the information on this application is accurate and complete, and I understand that all required credentials must be submitted before an admissions decision will be made. I understand that it is my responsibility to ensure all supporting documentation has been submitted to the school. I authorize CNIH to maintain all my records and understand that these records that have been received by CNIH in support of my application will become the property of CNIH and may not be reproduced or returned.

____________________________________  _________________________
Date  Applicant’s Signature
PHYSICIAN NOTE

To: Canadian National Institute of Health Inc.

This note is to state that ________________________________

☐ Has had all required immunizations for Hepatitis B.
☐ Has appointments scheduled (as below) for Hepatitis B.

Date(s) of appointments

☐ Has had a clear Mantoux test (within the last 6 months) or a clear chest x-ray (within 3 months) including no TB involvement

Date of test and of x-ray

☐ Has had Tb, Polio (date of last booster within 10 years)
☐ MMR
☐ Seasonal flu shot (current year)
☐ Negative TB screening
☐ Varicella (history of disease, serology or vaccine)
☐ Is in good physical and mental health with no known barriers to enrolling in a dental hygiene program

Signature of Physician _______________________________________

Please print name: Dr.______________________________________

Physician Office Phone Number: (____) _____________________

Signature of applicant to state that the physician noted above has the applicant’s permission to provide these details to Canadian National Institute of Health Inc. for use in its admission process.

_____________________________         _____________/_______/__________
Signature of Applicant                            Date signed (mm/dd/yyyy)
DENTIST NOTE

To: Canadian National Institute of Health Inc.

This note is to state that ___________________________________________

☐ Is in good dental health
☐ Requires: no dental treatment
☐ Requires: minimal dental treatment
☐ Requires: moderate dental treatment
☐ Requires: extensive dental treatment

In the latter situation, appointments have been arranged for treatment starting on

__________________________  ______________________________
Date  Signature of Dentist: _________________________________________

Please Print Name: Dr.____________________________________________

Dentist Office Phone Number: (___) _____________________________

Signature of applicant to state that the dentist noted above has the applicant’s permission to provide these details to Canadian National Institute of Health Inc. for use in its admission process.

__________________________  ______________________________
Signature of Applicant  Date signed (mm/dd/yyyy)