

Ethan Carmichael

Dental Hygienist

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GDC-registered dental hygienist with two years of clinical experience across NHS and private practices in Edinburgh. Currently treating 14-16 patients per day at Bupa Dental Care, covering scaling, root planing, periodontal assessments, and oral health education. Comfortable working with anxious patients and have a good record of improving patient compliance with home care routines.

EXPERIENCE

Dental Hygienist, Bupa Dental Care, Edinburgh Sep 2024 – Present

Provide hygiene and periodontal therapy across a mixed NHS/private patient list in a busy city-centre practice.

- Treat **14-16 patients per day** across 30-minute and 60-minute appointments
- Perform scaling, root planing, and **BPE assessments** with full charting in SOE Exact software
- Reduced patient DNA rate in hygiene appointments by **18%** by introducing text-based appointment reminders and follow-up calls
- Deliver fluoride varnish applications and **oral health education** tailored to each patient's risk profile

Dental Hygienist (Part-time), Marchmont Dental Practice, Edinburgh Jan 2024 – Aug 2024

Two days per week at a well-established private practice treating mostly adult periodontal patients.

- Managed a caseload of **45 active perio patients** on 3-month recall cycles
- Used the **EMS Airflow system** for biofilm management — saw measurable BOP reduction in 82% of patients after 2 visits
- Supported **3 implant patients** with ongoing peri-implant maintenance protocols

EDUCATION

BSc (Hons) in Oral Health Sciences, Edinburgh Napier University, Edinburgh Sep 2021 – Jun 2024

Upper Second Class Honours. Clinical placements at Edinburgh Dental Institute and community clinics across Lothian. Final year research project on the effectiveness of motivational interviewing in improving periodontal outcomes.

SKILLS

Scaling & Root Planing, Periodontal Assessment (BPE Charting), EMS Airflow Biofilm Management, Fluoride Varnish Application, Oral Health Education & Motivation, Radiograph Interpretation, SOE Exact & Dentally Software, Infection Control & Decontamination, Anxious Patient Management, Local Anaesthesia Administration

CERTIFICATIONS

GDC Registration – Dental Hygienist, General Dental Council Jul 2024

Ionising Radiation (Medical Exposure) Certificate, Edinburgh Napier University Nov 2023

CPR & Medical Emergencies (BLS/AED), Resuscitation Council UK Jun 2024 – Jun 2025

LANGUAGES

English (native), French (intermediate)

PROJECTS

Patient Recall Improvement – Bupa Dental Care Jan 2025 – Mar 2025

Worked with the practice manager to reduce missed hygiene appointments.

- Introduced a **text reminder system** sent 48 hours before each appointment
- Added a follow-up call for patients who missed their last recall — re-engaged **34 lapsed patients**
- DNA rate dropped from **14% to 8%** over a 3-month period

Oral Health Education Programme – Local Primary School

Mar 2024 – Jun 2024

Delivered a 4-session oral health programme to P3-P5 pupils at Sciennes Primary School in Edinburgh.

- Covered brushing technique, sugar awareness, and visits to the dentist with **120 children**
- Created take-home packs with toothbrushes and brushing charts — **92% of parents** reported improved brushing habits in a follow-up survey

REFERENCES

Dr Fiona Macleod, Principal Dentist, Bupa Dental Care Edinburgh, fiona.macleod@bupa.com, +44 7700 900 832

Dr Hamish Grant, Practice Owner, Marchmont Dental Practice, hamish.grant@marchmontdental.co.uk, +44 7700 900 947

EXTRA CURRICULAR ACTIVITY

Volunteer – Dental Aid Network

Sep 2024

Volunteer at quarterly free dental screening events for homeless people in Edinburgh. Provide basic scaling and oral hygiene instruction — typically see 15-20 patients per event.

Member – British Society of Dental Hygiene and Therapy

Jul 2024

Attend the annual BSDHT conference and regional CPD events. Completed 12 hours of verifiable CPD through BSDHT courses in 2024.