



Winter Issue  
January 2013

# The SDHA *Edge*

## this issue

President's Message....	3
Registrar-ED Message....	4
CPR Training....	5
Q & A with Leslie & Janet....	6
New CCP Guidelines....	7
E-Learning Event....	8
CC Corner....	9
eCPS....	10
SDHA Sponsors....	10&11
CDHA Conference....	12



## Saskatchewan Dental Hygienists' Association

*Striving for optimal oral and overall health for the people of Saskatchewan, and a dynamic dental hygiene profession.*

**“Be the change that you wish to see in the world” Mahatma Gandhi**

*Early in a new year has always been a time for looking back to the past, and more importantly, forward to the coming year; New Year's Resolutions! It's a time to reflect on the changes we want to make and resolve to follow through on. What do you want 2013 to look like for you - personally and professionally?*

1. **Spend More Time with Family & Friends:** Make plans to meet up with friends or colleagues at a Professional Development Course or the annual SK Oral Health Professions Conference. Head out for an evening at a favorite restaurant or take the family to one of our popular SK places for family fun.
2. **Fit in Fitness:** Regular exercise has been associated with more health benefits than anything else known to man. Research shows that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape yourself and helping your clients make positive health changes in their lives?
3. **Tame the Bulge:** It is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those of us who made a New Year's commitment to shed extra pounds.
4. **Quit Smoking:** On average, smokers try about 4 times before they quit for good. If it is you, your friends and family, or clients that are considering quitting, locally, there are a variety of free support services, and smoking cessation programs to help kick the smoking habit. Knowing that many of our clients consider quitting around this time of year, it is a good time to have a discussion about it to assess readiness for change.
5. **Enjoy Life More:** Given our hectic, stressful lifestyles, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you!
6. **Quit Drinking:** While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you or someone you know has decided that you want to stop drinking, there is a world of help and support available.
7. **Get Out of Debt:** Was money a big source of stress in your life last year? Join the many Canadians who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead. Debt causes stress and stress causes health problems. Try to relieve yourself!
8. **Learn Something New:** Have you vowed to make this year the year to learn something new? Whether you take a course or read a book or literature, you'll find education and professional development to be one of the easiest, most motivating New Year's resolutions to keep. Cheers to Lifelong Learning!!
9. **Help Others:** A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out in your community, mentoring, getting involved with the SDHA or sharing oral health knowledge, there are many volunteer opportunities where you could be extremely valuable.
10. **Get Organized:** On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the floss when you need it, getting it together is possible!



The *SDHA Edge* is the newsletter publication for dental hygienists in SK. The newsletter is circulated in the fall, winter and spring seasons to inform members about issues that affect their dental hygiene practice. It has been designed to be a tool and resource for members to keep current on news, programs and services of the SDHA, new technologies and research, and a forum for discussion about current topics of interest.

Story ideas, articles and letters are always welcome. Please send your submission to [sdha@sasktel.net](mailto:sdha@sasktel.net).

**Cavitron®**

**NEW!**

For dental professionals striving for greater comfort and control,

**Only Cavitron® systems deliver NEW Tap-On™ Technology—  
the next big step in ultrasonic scaling.**

**Cavitron® Plus and JET Plus—Redesigned with  
ergonomics and performance in mind**

- **NEW Tap-On™ Technology** improves efficiency and is designed to reduce hygienist leg strain
  - A single tap activates or deactivates scaling or air polishing, allowing you to rest your foot during the procedure
- **NEW** prophylaxis mode auto cycles alternate between air polish and rinse without a need to touch the pedal\*
- Additional power options enable quick removal of tenacious calculus
- More precise water control for improved lavage

\*Prophylaxis mode auto cycles available on Cavitron® JET Plus unit only.

*New look includes a more intuitive interface design.*

For more information, call 1.800.263.1437 or visit [www.dentsply.ca](http://www.dentsply.ca)

**There's only one Cavitron®.**

For better dentistry  
**DENTSPLY**  
CANADA

© 2012 DENTSPLY Canada, Ltd.  
161 Vinyl Court, Woodbridge, ON L4L 4A3  
Cavitron® is a registered trademark and Tap-On™ Technology  
is a trademark of DENTSPLY International and/or its subsidiaries.

Now with **Tap-On™ Technology**

**Cavitron®** **Cavitron®**  
**plus:** **jetplus:**

## Message from the President - Chris Gordon

**New Years Resolutions?** Most of us make a resolution to eat better, exercise more, and quit smoking or drinking. Is there a resolution that you may want to make to better your professional life?

***"Your time is limited, don't waste it living some else's life. Don't be trapped by dogma, which is living the result of other people's thinking. Don't let the noise of others opinion drowned your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary."*** Steve Jobs

My last message in the newsletter was about our move to Vancouver. The adventure was great but short, and as of this month we have moved back to Saskatoon. We loved living in Vancouver but the list of reasons to come home was longer than the list of reasons to stay. We had a great opportunity, we took a chance and we do not have any regrets for trying it. Thanks to everyone for the support and now I am looking forward to continuing to work hard for SDHA in my last few months as President right here, in Saskatoon.

There have been a few changes at SDHA. The biggest one that you will be aware of is the ability for online renewal! Kellie worked hard to bring us into the technological age and even I found this easy to do. She has also made many changes to our website. Have a good look at the Continuing Competency Program. It is very well explained and

you can now get your personal learning tool here. Kellie has also provided a sample of a completed PL tool. If you are still having a hard time understanding, we provide continuing competency courses that we can answer your questions. The last one was well attended and if you want this information brought to your community, let us know. We have the program developed. If there are hygienists, we will come!

We have also had a small renovation at the office. The Boardroom needed to be expanded. In addition to our board members, we now have a governance coach and one more public representative that attend our meetings. The room was too small for us to hold our meetings there and this was one of the reasons we wanted an office space. We look forward to having the renovation completed and having our first meeting at the end of January.

2013 promises to be a productive year! We continue to work hard with the Oral Health Coalition, with Long Term Care Facilities, the Oral Health Professions, CDHA, NDHCB, SIAST and many more agencies. We are working hard to meet the challenges that are constantly changing society politically, economically and socially, especially with our aging population. We as a board are encouraged by the work you as members are doing. We hear of many stories of volunteerism, dedication, promotion of our profession, community involvement and would love for you to share them with us.



Tell us your stories of things you have done in our profession that you feel have helped improve the oral health or overall health of one client or maybe a whole community. We would love to share them with others so that maybe they would like to do the same thing in their community. If you are travelling to volunteer, blog, journal and take pictures. Maybe you would like to do a short presentation to other oral health professionals.

I wish all of you a healthy and happy 2013. Stay positive and forget the negative. Life is too short to be anything but happy. Making mistakes and falling down is a part of life, but getting back up and moving forward is what living is all about. If you get a chance, take it! If it changes your life, let it. Nobody said it would be easy, but it may just be worth it.

Glad to be home, looking forward to seeing you,

Chris Gordon

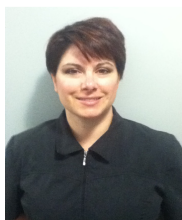
## SDHA Council 2012-13: Council members continue to work hard on behalf of the people of Saskatchewan and our dental hygienists to impact the governance and direction of the SDHA.



**Chris Gordon,**  
President, CDHA Rep



**Devona Saul,**  
Vice-President



**Leanne Huvenaars**



**Stephanie Canfield**



**Janel Parkinson**



**Gerrard  
Weinberger**



**Dr. Liz Domm**  
Public Rep



**Bev Peel**  
Public Rep



**Sheila Torrance**  
Public Rep



**Diane Moore**  
SIAST Rep



I had a difficult time deciding on a title for my message this newsletter; so many thoughts came to mind:

- *The only thing in life that is consistent is... Change*
- *Without continual growth and progress, such words as improvement, achievement, and success have no meaning.*
- *There are no such things as limits to growth, because there are no limits to the human capacity for intelligence, imagination and wonder (Ronald Reagan)*
- *Just keep swimming... (Dori from Finding Nemo)*

Recent events in my life have sparked certain emotions and have caused me to ponder the mysteries that life brings us. I think each and every one of us has stopped at one moment in our lives and pondered how we got to that point. For some people, that point could be a faraway place they never thought they would be in. For some, life's changes and challenges have brought them to a better understanding of who they are and have created a definition of the characteristics that mold us and define how we stand against the rest of the world. But one thing is certain, life is full of surprises and it brings much change.

Both personally and in my professional life, I consistently analyze and reflect. What has worked well? What needs to be improved upon? What does the future look like? Great questions, and ones that are definitely necessary, as your Executive Director. These questions are asked to you, the members as well, so that we see the big picture to determine what direction we need to head.

There is a great conversation in Alice in Wonderland that applies here:  
*Alice said to the Cheshire cat rather timidly, "Would you tell me, please, which way I ought to go from here?"*  
*"That depends a good deal on where you want to get to," said the Cat.*  
*"I don't much care where--" said Alice.*  
*"Then it doesn't matter which way you go," said the Cat.*

## Keep Moving Forward - One Day at a Time

Kellie Hildebrandt, RDH, MBA  
Registrar - Executive Director

As an organization and a self-regulated profession, just existing is not good enough. We have standards to maintain and advance to ensure the public has access to safe, competent dental hygiene care. We have many vulnerable populations in our province and those that have limited access to health care services. How do we reach these people? Registered dental hygienists need support and access to evidence based information to provide the best care possible to our clients. Our profession is growing, advancing and we need to keep up - or perhaps even lead!

The SDHA often gets asked questions like: Why do we have to complete PL Tools? No other profession does that. Why are you now making CPR mandatory to practice? The dentists don't even have that requirement. The answer is simply that we are a self-regulating profession that includes health care providers completely responsible and accountable to the clients we serve. High standards are good; for us and our clients.

The SDHA has been working hard at increasing programs and services, providing resources to our members, and collaborating with government and the other oral health professions to discuss important issues. We have:

- Redeveloped the SDHA website to allow for online renewal and access to increased resources;
- Increased CC opportunities;
- Resurrected the SDHA Newsletter as a source of information for members;
- Been working with the other oral health professions on a provincial strategy for long term care homes;
- Upgraded our CCP Guidelines;
- And so on...



This doesn't happen overnight, but we too utilize our dental hygiene model of care; assessment, diagnosis, planning, implementation and evaluation.

We must ask the tough questions. We must be visionary and set goals for the future. We must commit to a plan and forge ahead even when challenges present themselves.

But most importantly, I believe that we need to stop and smell the roses, so to speak; pause sometimes to reflect upon our progress and celebrate our successes. Be grateful for all that we have - both personally and professionally. If we do that, we will have the strength, energy and passion to do the very best we can do.

We often say "we are too busy, too stressed out, too overwhelmed". A lot of us are parents, have full time jobs, and an already seemingly full plate. How much of our day is spent talking to ourselves about all the things we "HAVE to do" or "SHOULD do". We convince ourselves that we are stressed, tired, overwhelmed, and cannot handle our load by what we say to ourselves.

What if we did the opposite? What if we embraced the challenges? What if we welcomed the opportunities for self growth. What if we told ourselves that we were worth it? Our families, friends, and clients were worth it? What if we patted ourselves on the back more and told ourselves how great a job we were doing? Perhaps we may achieve happiness, peace, serenity...and success.

In my position with the SDHA, I am committed to you the member, to government, and to the people of Saskatchewan, to do the very best job I can.

My intent is to keep moving forward; in collaboration with members, Council, the public, and other health professions.

One foot in front of the other...  
one day at a time.

# The Importance of CPR Training for Health Care Professionals



Certification in basic first aid and cardiopulmonary resuscitation (CPR) is a required skill for many different professionals, including health care professionals and many people who work with children. Knowing what to do in a health emergency can minimize the damage of an injury or even save a life.

First aid training includes information and hands-on practice with a number of different basic techniques for treating injury. These include how to treat shock and how to stabilize various types of wounds until the victim can be seen by medical professionals. CPR is a technique used to keep a victim's brain supplied with oxygen if his heart stops beating. Although both are temporary measures only, they can save a victim's life by buying her the time needed until professional medical help arrives.

When dental hygiene became a self-regulated profession in Saskatchewan in 1997, it was determined that CPR and First Aid Training would be eligible for CCP credit, but it was not a requirement for licensure. Over the years, CPR training has become mandatory among the dental hygiene profession in almost every province across Canada. Many other health professions and government agencies across North America require this as well, and dental hygiene is seen as a leader to which others may aspire to.

Dental and dental hygiene services can be stressful on clients, and many of our clients have complicated medical histories and medication protocols. Local anesthetic can increase the risk of having a cardiac emergency. Regardless of the work setting, as a self-regulated professional, we are responsible for the client we treat. Being properly trained to handle a medical emergency makes good sense.

## ***Why is annual training recommended?***

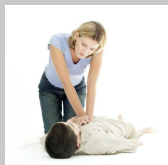
Although the expiry date for CPR certification is generally 2-3 years, most organizations that offer CPR training recommend that CPR be renewed annually. This is in part because despite training, many people are reluctant to administer CPR for fear of doing it wrong. The American Heart Association (AHA) estimates that less than one-third of people experiencing cardiac distress receive the help they need for this reason. Annual recertification ensures that the procedures are fresh in peoples' minds so that they can react appropriately in an emergency.

## ***Why is CPR so important?***

Simply put, CPR saves lives. According to the AHA, the performance of CPR can double the chance of a person's survival when experiencing heart failure. This is important not just in our professional lives, but in our personal lives. We all have family, friends, colleagues, and neighbours. Did you know that 70-80% of cardiac emergencies happen in the home, and that you are most likely to perform CPR on a family member or loved one?

CPR training also helps in other medical emergencies in addition to cardiac arrest - choking, drowning, suffocation, drug overdose, and electrocution to name a few. Being able to perform CPR, whether you are at work or at home may mean the difference between life or death for you or a loved one. Possessing the knowledge of how to perform CPR, and being confident in your ability to perform it, can help you to stay calm and make wise decisions during an emergency situation.

## **NEW SDHA CPR REQUIREMENTS:**



**SDHA members must provide evidence of successful completion of a Cardio Pulmonary Resuscitation (CPR) course once per three-year reporting period. This requirement will be phased in over the next few years and will come into effect when a member begins his/her next reporting period.**

For example:

- CCP Reporting period ends December 2012 - CPR course required between January 1, 2013 and December 31, 2015
- CCP Reporting period ends December 2013 - CPR course required between January 1, 2014 and December 31, 2016
- CCP Reporting period ends December 2014 - CPR course required between January 1, 2015 and December 31, 2017

**It is important that the CPR course you take has a hands-on component. Online CPR courses are not acceptable. CPR courses must include classroom instruction and hands-on experience related to:**

- One and two rescuer chest compressions for adults, children and infants;
- One and two rescuer adult, child and infant bag-valve mask technique and rescue breathing;
- Relief of choking in adults, children and infants; and
- Use of an automated external defibrillator (AED)

Evidence of completion of a CPR course may come in the form of a photocopy of your CPR wallet card, or a letter from the CPR/First Aid Instructor who has provided the course.

## Questions and Answers with...Janet Gray and Leslie Topola

Republished with Permission from the Saskatchewan Surgical Initiative Newsletter—December 2012

**Janet Gray** is a technical dental consultant and educator for the Ministry of Health and the three northern health regions based out of La Ronge. Working in regions where babies, toddlers and preschoolers undergo oral surgery at more than three times the provincial rate has given her firsthand experience of the challenges that need to be overcome.

**Leslie Topola** is the Program Manager at the Saskatoon Health Region, the closest primary centre that can accommodate northern residents with major dental treatments and oral surgeries. She sees on a day-to-day basis the large numbers of children who require dental surgery under anaesthetic.



Leslie Topola

**Q. It's been just over a year since the provincial government announced the Enhanced Preventive Dental Services Initiative. What are the objectives of that initiative and when was it implemented?**

**Topola:** The goals of enhancing the preventative dental services are to reduce dental decay and contribute to the healthy development of at-risk mothers, infants, preschool and school-aged children, and to reduce the need for hospital-based dental treatment and surgery under general anaesthetic. The enhanced dental services include oral health assessments, referral and follow-up, fluoride varnish and dental sealants.

**Gray:** The program began in the fall of 2011 in those regions with the greatest number of children accessing services in hospitals. The three northern regions—Mamewetan Churchill River, Kewatin Yatthe, Athabasca—along with Saskatoon, Prince Albert Parkland, Prairie North and Regina Qu'Appelle health regions collectively accounted for 80 per cent of the children under the age of six receiving dental treatment in hospitals. The remaining regions began offering services early in 2013.

**Q. Have you noticed any change over the past year?**

**Topola:** We have noticed positive changes with more health care providers spreading the message of the importance of good oral health. It has also created a more standardized and collaborated inter-disciplinary programming approach throughout all provincial health regions.

The Saskatoon Health Region is experiencing high levels of participation in the fluoride varnish clinics and the school-based dental sealant program. One of the successes has been working closely with public health nurses and the College of Nursing to expand our capacity to provide fluoride varnish in rural and core communities.

**Gray:** Recently, the three northern health regions received funding for two shared positions to work directly with pre/post natal mothers and the preschool population to ensure oral screenings, fluoride varnish applications and referrals to appropriate caregivers are provided. They will also work closely with the existing dental teams and other health care providers such as public health nurses and nutritionists within their communities.

**Q. How long will it take to see significant change?**

**Gray:** It will take a few years before we will see a significant change in oral health, but over time we expect to see fewer children needing referrals for general anaesthetic surgical services and more children starting school with no cavities. We also anticipate seeing prenatal mothers getting a dental examination early on in their pregnancy and finding a dental home for themselves and their families. One of the resources that health regions are working on is a Dentist Directory to inform families of the dentists in their area.

**Q. What will the impact be on the health system?**

**Gray:** Clearly, good eating habits, regular brushing, flossing and fluoride are all part of maintaining good overall health. Improvements to oral health will contribute to a reduction in oral and other chronic diseases, as well as nutritional, social and educational issues. Reduced wait times and fewer children placed on long waiting lists for general anaesthetic services and surgeries will also mean fewer children enduring pain and infection while they wait for treatment. As fewer surgeries are required, there will be a huge impact on dollars saved, including travel, and it will allow surgical time to be reallocated.



Janet Gray



## New Continuing Competency Guidelines - effective January 1, 2013

In an effort to ensure the public has access to safely delivered, quality health care, the government delegates quality assurance to self-regulated health professions, like the SDHA. Expectations surrounding continued competency for health care providers has evolved over time. It is SDHA's responsibility to evolve with it.

Over the past year, the Continuing Competency Committee (CCC) and the SDHA Council have been working on the review and revision of the Continuing Competency Program (CCP) Guidelines. Based on CCP submissions and comments from members, we were prompted to look at the current guidelines and those of the other dental hygiene jurisdictions across Canada. From this review, some minor changes have been made to the CCP Guidelines that will **take effect as of January 1, 2013**.

The following list is a summary of the changes:

**1. Revisions to CCP Credit Request and Personal Learning (PL) Tool forms:** The CC Credit Request form has been simplified, with questions previously asked regarding the activity now included on the PL Tool form.

**2. Deadline for submissions for CC Credit:** It is the responsibility of the member to ensure that a completed Request for Continuing Competency Program Credits form be submitted within 120 days of completion of the learning activity. **If you are in the middle of your 3-year period, request forms must be submitted by April 30, 2013 for any activity completed prior to January 1, 2013 in order to be given eligible credit.**



**3. Maximum of 10 allowable credits per 24 hour period.**

**4. Maximum of 25 allowable credits per activity/course completed.**

**5. Reading journals and /or completing quizzes at the completion of a journal will not be considered eligible for credit.**

**6. Completion of a CPR course is mandatory once per 3-year reporting period:** A member must provide evidence of successful completion of a Cardio Pulmonary Resuscitation (CPR) course, once in every 3-year reporting period. This requirement will come in effect when that member begins a new 3-year reporting period. CPR and First Aid credits qualify as Category "A" credit once per 3-year reporting period and Category "B" if completed again in that reporting period.

**7. Completion of CC Credit request form will be required for any activity not sponsored/co-sponsored by the SDHA:** Members must submit a request form when submitting copies of certificates or evidence of course completion.

**8. Category C – Volunteer work added:** Members involved in volunteer work may submit for credit in Category C.

**9. Program credits cannot be claimed for activities that occur as part of the expectations of the dental hygienist's regular provision of dental hygiene services.** For example, if giving presentations to junior high classes is a routine part of your regular employment, this activity is not eligible for program credits.

**10. Faculty/Instructors/Tutors:** Eligible credit will apply to your 3-year period rather than per year.

**11. PL Tool Submissions:** If a member is selected for audit at the end of their 3-year period, PL Tool forms must be submitted by December 1<sup>st</sup> for those courses/activities completed. A late fee will apply to those received after December 1<sup>st</sup>.

**12. New National Competencies and Standards Document:** The CDHA and SDHA have adopted new National Competencies. A summary of these can be found in Appendix A of the CCP Guidelines. These standards/competencies were previously found on the back side of the PL Tool form but due to size, will no longer fit in that space. Referencing these new National Competencies and Standards is a required field included on the PL Tool form.

**Please contact the SDHA office with any questions or concerns.**



### New Contact Information???

Please ensure that your contact information is always current with the SDHA.

Incorrect or out-of-date addresses can lead to missed mailings that may include important documents and notices.

Address changes can be completed online at [www.sdha.ca](http://www.sdha.ca). Login to the Members section and choose "Update SDHA Contact Information". Changes can also be submitted via email at [sdha@sasktel.net](mailto:sdha@sasktel.net), or by mail.

## E-Learning Event - Free Registration February 28, 2013

# Demystify Dental Health and Disease - Lessons Learned in Saskatchewan

9:00 a.m. - 12:00 p.m.

### Guest Speakers:

Gerry Uswak - Dean, College of Dentistry, University of Saskatchewan

Marcella Ogenchuk -Assistant Professor, College of Nursing, University of Saskatchewan

Janet Gray -Technical Dental Consultant/DHE, Population Health Branch, Ministry of Health

Leslie Topola - Population and Public Health, Saskatoon Health Region

### Moderator:

Leslie Topola - Population and Public Health, Saskatoon Health Region



This E-Learning event will focus on oral health across the lifespan and the continuum of care. Presentations will provide a demystification of oral health and disease, introduce best practice tools that are available to support assessment and timely referral, and highlight the work of the Oral Health Coalition in Saskatchewan.

### TO REGISTER:

Visit the CEDN- College of Nursing website:  
[www.usask.ca/nursing/cedn](http://www.usask.ca/nursing/cedn) or click on "Distance E-Learning"

Pre-workshop reading material will not be supplied at the broadcast sites, reading material available at:  
<http://www.usask.ca/nursing/cedn/elearning/index.php>

**Registration Deadline: February 25, 2013**

Saskatoon - Studio , University of Saskatchewan Campus; Education Building  
Over 28 other viewing sites and e-cast available - please check website for details

Educational opportunities made possible by: Continuing Education and Development for Nurses, College of Nursing, University of Saskatchewan; Saskatchewan Ministry of Education; Saskatchewan Ministry of Health; College of Dentistry, University of Saskatchewan, Oral Health Coalition of Saskatchewan



Saskatchewan  
Ministry of  
Health



Saskatchewan  
Ministry of  
Education



Oral Health  
Coalition





### Product Choices Can Sometimes Be A Challenge

Too much product information can blur your judgement. With hundreds of dental hygiene products in the marketplace, knowing which one to use or recommend to your clients can be a difficult task.

CDHA's online product directory, a fast and easy-to-use search database for dental hygienists. Try it today!

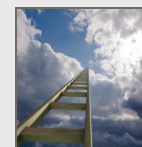


Visit CDHA's  
**Oral Health  
Product Directory**  
at [www.cdha.ca/ProductDirectory](http://www.cdha.ca/ProductDirectory)  
& Find What You Need

visit  
[www.cdha.ca/ProductDirectory](http://www.cdha.ca/ProductDirectory)

## CC Corner: Supporting Professional Development

### SAVE THESE DATES!!



#### 1. March 2, 2013 - Civility in the Workplace® - Lew Bayer

Whether it's email rudeness, unprofessional dress, poor service attitude or ineffective communication skills, incivility at work directly impacts our self-esteem, our relationships, our health and our productivity. Bring along your toughest workplace civility issue and join Canada's leading civility expert Lew Bayer to learn about behavioral accountability, the costs of rudeness, and strategies for increasing civility at work.

- 9am to 3:30pm, Queensbury Convention Centre, Regina
- Contact the SDAA for registration (306-252-2769)

#### 2. April 6, 2013 - Oral Cancer-An Emerging Pandemic? & Communicating with Impact: The Silent Power of A Great Team—Jo-Anne Jones

There has never been a greater sense of urgency to adhere to close examination of the oral cavity for early discovery of mucosal abnormalities. The historic etiologic patterns related to exposure to alcohol and tobacco are being challenged by a more recently identified etiology being viral in nature and sexually transmitted. Both the medical and dental communities have been alerted to this emerging pandemic.

**AND** Do not ever underestimate the power of a great team and their ability to drive a business to the top. Positive communication and support for one another through day to day challenges and opportunities of working in today's dental practice is key. Through the effective handling of the most common challenges such as last minute cancellations and insurance driven thinking, learn how to re-energize your practice and enjoy your chosen profession.

- 9:00am to 3:30pm, Western Development Museum, Saskatoon
- Contact the SDAA for registration (306-252-2769)

#### **3. Study Club dates:**

- **Regina:** January 30, 2013, 7-9pm - Dental XP video featuring Dr. E. Zinman: Medicolegal considerations in the dental practice. Please email [angelcarlson-fedyk@hotmail.com](mailto:angelcarlson-fedyk@hotmail.com) for further information.
- **Saskatoon:** Dates/Topics to be determined; Contact Cheryl Schick at 306-382-3510.
- **Swift Current:** Future dates: January 14, February 11, March 11 and April 8. Contact [jjkat@sasktel.net](mailto:jjkat@sasktel.net) for more information.

## New! Access to Compendium of Pharmaceuticals and Specialties

e-CPS is now included with CDHA membership fee!

CDHA is pleased to announce a brand new exclusive benefit, not available through any other dental hygiene association. All CDHA members now have free access (a \$246 value!) to the online, bilingual Compendium of Pharmaceuticals and Specialties – e-CPS. Keep abreast with the rest on Drugs in Dentistry!



It's very important for dental hygienists to have a drug reference book or electronic resource on hand in order to review medication side-effects and contraindications for their clients.

The Canadian Pharmacists Association's (CPhA) online Compendium of Pharmaceuticals and Specialties, e-CPS, provides health care professionals with web access to the most current Canadian drug information available.

Containing thousands of Health Canada-approved drug monographs, links to Health Canada advisories, printable information for clients, searchable product images and more. e-CPS is an advanced yet user-friendly resource that is updated regularly. An intuitive interface and time-saving features let you spend less time searching for information and more time with your clients.

### Features:

- Drugs in Dentistry under the Clin-Info tab
- Current Canadian information on more than 2000 products (drugs, vaccines, medical devices and natural health products)
- Quick and easy search functionality by brand name, generic name, therapeutic class, manufacturer and DIN or NPN
- Health Canada advisories and warnings linked directly from product monographs
- Product images search functionality by shape, colour and more
- Handouts for patient drug information
- Updated bi-weekly
- A bilingual product



Check this out at <http://www.cdha.ca/AM/Template.cfm?Section=Benefits> and click

**Access Now**



### Become a Peer Tutor !!

The dental hygiene students at SIAST are looking for experienced dental hygienists in the Regina area to be peer tutors. If you have some spare time in the evenings and/or weekends and would like to earn some extra money, please contact SIAST Wascana Campus (Regina) Learning Services, Room 207.12 (library) at 306-775-7729 or email [LACwascana@siast.sk.ca](mailto:LACwascana@siast.sk.ca). CCP credits are also granted for tutors.

*Prairie Rhapsody*

*the Willows* **The Willows**  
382 Cartwright Street,  
Saskatoon, SK S7T 1B1

**Saturday, June 1st, 2013.**  
6 credits - AGD Approved.  
**Open to all staff!**

**ce**  
SOLUTIONS

DETAILS AT:  
**www.ConEdGroup.com**

For better dentistry

**DENTSPLY**  
CANADA  
NASDAQ: **XRAY**

**Kristy Semko**  
Territory Manager  
Chairside Division  
Cell: (306) 491-0355

Territory: Saskatchewan  
905-851-6060 Voice Mail # 52282  
1-800-263-1437  
Fax: (905) 851-9809  
[kristy.semko@dentsply.com](mailto:kristy.semko@dentsply.com)  
[www.dentsply.ca](http://www.dentsply.ca)

**DENTSPLY Canada Ltd.** 161 Vinyl Court, Woodbridge, ON L4L 4A3

# QDVD Quarterly of Dental Hygiene

## ONE OF SASKATCHEWAN'S TOP SOURCES OF CONTINUING EDUCATION

### Add to your CE credits at home

- **NEW** – now also available for streaming directly to your computer
- Or, delivered in easy-to-use DVD format to view at home when convenient
- Four issues per year providing 12 credit hours of Continuing Education
- Interactive component provides testing with each educational presentation
- Certificate of Participation available for each issue

### CDHA Members Receive a 25% Pricing Discount

CDHA Member Cost \$149.95 + 13% HST = \$169.45

(CDHA non-member cost \$199.95 + 13% HST = \$225.95)

Visit [www.dvdquarterly.com](http://www.dvdquarterly.com) to subscribe, or call 1-866-999-2999

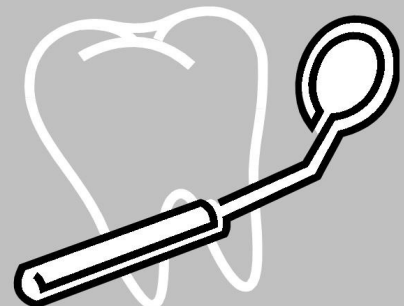
## WHAT HAPPENS TO YOUR INCOME IF SOMETHING HAPPENS TO YOU?

With 2% growth a year,  
A 30 year old earning \$75,000/year will earn over  
***\$3.7 million*** between now and age 65

*WHAT IS WORTH AS MUCH AS YOUR ABILITY TO EARN YOUR INCOME?*

A relatively minor ailment or injury can leave a dental hygienist unable to practice. Customized Disability Insurance is available to provide income protection.

Contact Sean Morton today to learn more:  
(306)956-3837 or [sean.morton@shaw.ca](mailto:sean.morton@shaw.ca)



Sean Morton is a CERTIFIED FINANCIAL PLANNER® and Certified Health Insurance Specialist™. With over 10 years of experience in the field of disability insurance, Sean is uniquely qualified to provide you with the best options available to secure your income and earning potential.



## CDHA 2013 National Conference

CELEBRATING OUR ROOTS, OUR WINGS

October 3-5, 2013 - Toronto

- Internationally acclaimed expert presenters
- Celebrating Our Roots...Our Wings with professional networking and special events
- Thursday evening Dance Party and Exhibit Extravaganza
- 50th anniversary Birthday Bash
- Past presidents through the decades discussion panel
- Golden Anniversary Awards Gala



For more information visit [www.cdha.ca/2013conference](http://www.cdha.ca/2013conference)

## New eBookstore!



Introducing the CDHA eBookstore in partnership with LOGIN Canada.

The CDHA eBookstore is now open! CDHA members save 5% on a multitude of titles, including dental hygiene, pharmacology and so much more! And CDHA benefits from LOGIN Canada at no additional cost to you. To access this special discount and browse thousands of relevant and comprehensive book titles, please visit the new CDHA eBookstore.

Visit

[www.cdha.ca/ebookstore](http://www.cdha.ca/ebookstore)

## Winter Vacation Giveaway!

Book your hotel today & **WIN** a free hotel stay!

Each room night booked between October 1 - March 31 qualifies for entry in a draw to win the value of your first night booking.

Also, CDHA members, family and friends have access to a worldwide inventory of hotels at exclusive discounted rates. Whether travelling for work or pleasure, individually or in a group, domestically or abroad, you can take advantage of amazing savings.

Travelling has never been more affordable!

With CDHA,  
Great Member Benefits Bring Great Rewards  
Visit [www.cdha.ca/advantage](http://www.cdha.ca/advantage) today!