



Summer Issue - #11
July 2015

The SDHA Edge

this issue

- SDHA AGM1
- President's Message....3
- SDHA Council....3
- ED's Message....4-5
- SDHA Health Promotion....6
- French Speaking?...7
- Announcements....7
- Are you Ready?...8
- RDH Spotlight...9
- Dental Day....10
- CC Corner....11
- Blood Pressure Protocol...12
- RDHs in Public Health...13
- SDHA Sponsors....14-16



The **SDHA Edge** is the newsletter publication for dental hygienists in Saskatchewan. The newsletter is circulated in November, March and July each year 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.



Saskatchewan Dental Hygienists' Association

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

**SASKATCHEWAN DENTAL HYGIENISTS' ASSOCIATION
Annual General Meeting
Evraz Place, REGINA
Saturday, September 12, 2015
12:30 PM**

**ANNUAL
GENERAL
MEETING**

Agenda

1. Call to order
2. Appointment of Parliamentarian
3. Adoption of Agenda
4. Approval of Minutes of September 13, 2014 AGM
5. President Report – Leanne Huvenaars
6. Registrar-Executive Director Report – Kellie Watson
7. Legislated Committees: Professional Conduct, Discipline
8. Financial Report: Audited Financial Stmnts 2014/2015 -Janel Parkinson
9. Changes to Administrative Bylaws
10. New Business
11. Elections
12. Awards and Recognitions
13. Adjournment



SOHP ANNUAL CONFERENCE
SEPTEMBER 10 - 12, 2015
EVRAZ PLACE, REGINA, SK

Register online at www.saskoralhealthconference.com

NUPRO® WHITE VARNISH DELIVERS A NU WORLD OF RAPID FLUORIDE RELEASE¹

Uniquely formulated varnish
for hypersensitivity relief

For better dentistry

DENTSPLY
CANADA

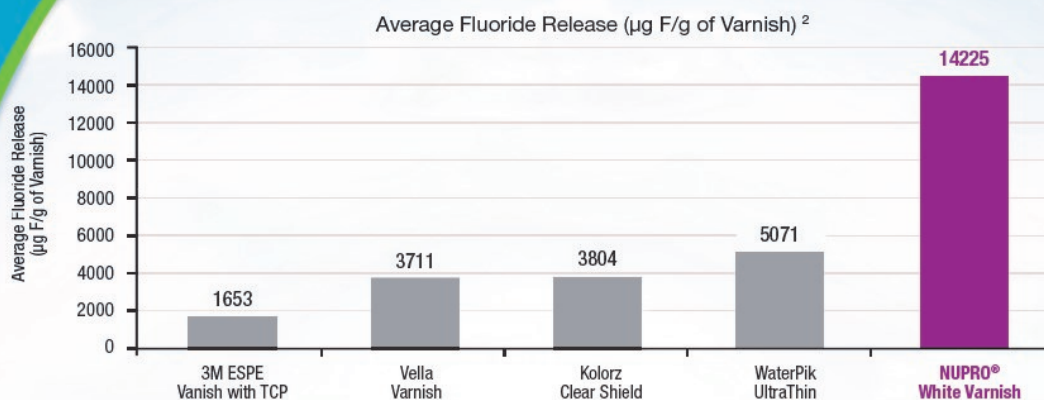
NUPRO® WHITE VARNISH

High levels of fluoride release in 2 hours¹

- Releases 7 times more fluoride than Vanish™ 5% Sodium Fluoride Varnish over a 2-hour period

Shorter wear time required compared to other leading varnish brands¹

- Half the required wear time of Vanish™ 5% Sodium Fluoride Varnish



²Chart adapted from Study FRV 12-230.

Designed for easy handling and application¹

- May be applied to wet tooth surface
- Uniquely formulated to minimize clumping, with no dripping or stringing
- Easy to see during application and sets to a clear finish
- Spreads easily on teeth to leave a uniform layer



Flexible package handling options

- Snap on prophy grip
- Hold between fingers
- Rest on tray



Item #	Item Description - Case of 4 boxes	Item #	Item Description - Case of 4 boxes
130210	NUPRO® White Varnish Grape, 50 single unit doses/box	130213	NUPRO® White Varnish Raspberry, 50 single unit doses/box
130211	NUPRO® White Varnish Grape, 100 single unit doses/box	130214	NUPRO® White Varnish Raspberry, 100 single unit doses/box
130212	NUPRO® White Varnish Grape, 500 single unit doses/box	130215	NUPRO® White Varnish Raspberry, 500 single unit doses/box

Each box contains a prophy grip, DFU, Patient Care Instructions and a container of Ultrabrush 2.0 brushes

For more information or to place an order, please call **1.877.393.3687**

References: 1. Compared to competitive varnishes. Data on file, Dentsply Professional.
2. Data on file: Final report, Fluoride release from a fluoride varnish over a two hour period. Study number 12-230. Dentsply Professional.

© 2014 DENTSPLY Canada, 161 Vinyl Court, Woodbridge, ON L4L 4A3
NUPRO® is a registered trademark of DENTSPLY International and/or its subsidiaries.
All other trademarks are the property of their respective owners.

P/N 90637 Rev. 2 (02/13)

NUPRO®
Pioneers in Protection™



President's Message - Leanne Huvenaars

I hope that this message finds you all healthy and happy.

I would like to start this message thanking the many people that put on our 1st Annual SDHA conference. The hard work showcased great speakers, and a conference second to none. It was such a success that there will be a 2nd annual taking place in Regina in the spring of 2016.

Council met in May. We spent the Saturday working on the many sub committees. The time spent at the table that day was very productive. We have the AGM planned. We are happy to share that we have heard your concerns with the Continuing Competency/PL Tool forms. We have simplified the form and will have new things to share at a later date. We have a plan in place for our Ownership Linkage for 2015-2016. The Sunday was spent in the council meeting. Our meetings are very well run and we accomplish things that happen between meetings as well as policies and a rolling governance plan.

Council is losing two very instrumental people. First, Diane Moore. Diane has sat at the table for a number of years, representing SK Polytechnic. Her wealth of knowledge, commitment, expertise and professionalism will be greatly missed. We wish her all the best and sincerely thank her for her time spent on council. Second, Sheila Torrance. Sheila is a public representative, and a lawyer in Saskatoon. Sheila has served 3 years on council and has been instrumental to us in many capacities. She is intelligent, professional and very thorough. We thank her for her time spent with the SDHA council.

We will have two new public representatives appointed to council by the government in the fall. They will send a call out for Sheila's position and we hope to have the third seat filled. The SK Polytechnic position on council has been filled by Lynn Johnson. We welcome her to the table. Lynn was able to take part in the May meeting. Council will have a introduction to our policy governance at the fall meeting.

I want to end by thanking the members for allowing me to be the President for this past year. I have enjoyed being a part of the amazing profession, association, and council.

Thanks
Leanne Huvenaars
President SDHA



Leanne Huvenaars
President, CDHA Rep



Janel Parkinson
Vice-President



Kaylen Wiens



Kay Munchinsky



Jaclyn Kozlow



Harmony Boisjoli



Sheila Torrance
Public Rep



Lynn Johnson
SK Polytechnic Rep.

SDHA Council 2014-15

**The SDHA Office is
moving in December 2015!**

**Please watch for an
announcement
and new
address this fall!**





The SDHA's Inaugural Conference and 45th Anniversary Celebrations

Kellie Watson, RDH, MBA - SDHA Registrar - ED



A famous movie quote essentially sums up the success of the SDHA Inaugural Conference and 45th Anniversary celebrations – ***“If you build it, they will come”***.

The notion of a dental hygiene conference was born several years ago. Our goal for the event was to plan a two-day learning event that provided phenomenal professional development opportunities, topics dental hygienists were asking about, an opportunity to collaborate with other health professionals, and a time to celebrate the great profession of dental hygiene.

A fantastic program of speakers were assembled including Dr. Tieraona Low Dog, Dr. Ann Eshenaur Spolarich, Dean Lefebvre, Donna King, Charlene Hamill, Dr. Farzan Ghannad, Dr. Devon Anholt, Dr. Brent Yaremko, and Chris Smela.

When registrations closed:

- Over 250 people attended, representing a mixture of health care professionals: dental hygienists of course, dental assistants, dental therapists, dentists, but also nurses, and dieticians;
- Attendees came from not only Saskatchewan, but Manitoba and Alberta as well;
- We received a phenomenal response from exhibitors and sponsors wanting to be a part of our event;
- And we had national representation from the CDHA.

This conference brought an opportunity to celebrate the SDHA's 45th Anniversary. But as important, was the recognition of those individuals who have been part of the dental hygiene profession over the years and have achieved significant milestones: 30, 35, 40, 45 and 50 Years of Service.

On the Friday evening, a Wine & Cheese was held to celebrate! Thirty-four dental hygienists were acknowledged for their years of service. I would like to personally congratulate those dental hygienists for their dedication to the health of their clients and their community, and the advancement of the dental hygiene profession over the years. It is something to be truly proud of! This milestone represents a true and lasting commitment, and I applaud them for their achievements.

It was truly a memorable weekend. We have received nothing but positive feedback and it is clear to us that dental hygienists really wanted and valued such an event. So much so that we are planning on making this an annual event and alternating it between Saskatoon & Regina. So please save next year's dates in your calendar – **April 15 & 16 in Regina.**

I would like to sincerely thank our speakers, our generous sponsors and exhibitors, and our SDHA Conference Committee (Lori Coben, Shelley Ruiters, Kaylen Wiens and Tessa Williams) for stepping up to help us create this wonderful event. They devoted time out of their personal lives to come to meetings, prepare for the weekend and work at this event, and their efforts are greatly appreciated. And as always, the SDHA Staff, Karen MacDonald and Chris Gordon work passionately to make everything SDHA does a great success, and I can't thank them enough for their dedication.

Years of Service Awards:

Name		Years of Service
Mary Anne	Wailing	50
Irene	Buzash	45
Gaylene	Dennis	45
Charlene	Hamill	45
Mary-Ellen	Murray	45
Barbara	Cogger	40
Donna	King	40
Gloria	Langhorne	40
Brenda	MacKenzie	40
Darlene	Armstrong	35
Beverley	Behr	35
Maureen	Bowerman	35
Barbara	Long	35
Monique	Piche	35
Wenda	Saganski	35
Darcy	Tkatchuk	35
Linda	Barr	30
Leanne	Carlson	30
Arleen	Champion	30
Lori	Cyca	30
Jacqueline	Desgagne	30
Rhonda	Hunter	30
Signe	Lemieux	30
Elaine	Li	30
Doreen	Obuck	30
Mary Ann	Ozog	30
Bonita	Palmer	30
Patricia	Piercy	30
Shelley	Ruiters	30
Patricia	Ryba	30
Valerie	Taylor	30
Brenda	Udahl	30
Cheryl	Walchuk	30
Rhonda	Walz	30

"YOU HAVE COME A LONG WAY BABY!"

Congratulations SDHA on 45 years! As one of the founding members, I remember Dental Hygiene with belt driven units that you got your hair caught in, standing up to practice, ugly white uniform dresses, porte polishers, and \$15.00/day salaries. Now we wear colorful scrubs & lab coats, practice with local anesthetic, have restorative components, and have sleek operatories with computers.

The Association has expanded immensely from our original 14 members to 601 and growing! We started out sharing ideas at small meetings and today you have community projects, continuing education classes, an incredible website, and a very active membership. My favorite activity: in 2003, S.D.H.A. entered into the Guinness Book of Records for "The Most People Simultaneously Flossing Their Teeth!"

Dental Hygiene is a wonderful profession and has allowed me to have a career in several provinces & states & I am proud to have played a part in establishing this organization. I wish I were closer and could come and celebrate with you all.



**From my home in Bullhead City Arizona, I propose a toast to all of you on this occasion and look forward to the 50th Anniversary of the Saskatchewan Dental Hygienists' Association!
Cheers! Lyn Donovan (SDHA's first President)**

Hello SDHA,

Congratulations on the inaugural Saskatchewan Dental Hygienists' Association Professional Conference.

I am so very proud of the accomplishments of the SDHA and the profession of dental hygiene in Canada. We are light years ahead of the American States that are still struggling for approval to administer local anesthetic let alone self-regulation or any type of professional autonomy. This month dental hygienists in the state of Texas are celebrating the administering of local anesthetic as a major milestone.

When I graduated from dental hygiene in 1980, dental hygienists were completely regulated by the College of Dental Surgeons and we had one non-voting observer allowed to attend their Council meetings. Dental hygiene practice was regulated as a list of very specific duties that the CDSS wrote and allowed us to perform. We have made great advances. It was an uphill battle that required countless hours of volunteerism to lobby the government to eventually achieve self-regulation for our profession. It was great that Saskatchewan Dental Therapist had already set the self-regulatory precedent. We had enormous support from the Canadian Dental Hygienists Association. They have been unconditionally supportive to our province and continue to be our greatest ally.

I am proud of the people who have worked tirelessly throughout this journey to self-regulation and professional autonomy with the culmination of the establishment of our own office and current professional status. We are no longer "dental auxiliaries". We are health care professionals.

Cheers,

Barbara Long
Dip. Dental Therapy, RDH, CACE, BGS



Presentations/handouts and all SDHA Conference pictures can be found on the SDHA website at www.sdha.ca.

Health Promotion Initiatives



The SDHA continues to move forward with many initiatives to promote the oral and overall health for the people of Saskatchewan. Here are some of things we are up to:

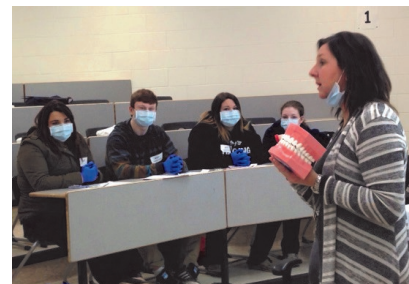


The Global Gathering Place (GGP) is a non-profit drop-in centre that provides services for immigrants and refugees in Saskatoon. Global Gathering Place helps these newcomers to Canada adapt to life here by offering support and skill development, acceptance, and a welcoming environment. The organization works in partnership with community and immigrant-serving agencies, Citizenship and Immigration Canada (CIC), and a wide network of private and government funders. Each year the SDHA provides an informative oral health presentation to the immigrants and refugees served by the Global Gathering Place. It is provided in a very informal and comfortable environment in which they are able to practice their English and ask many questions regarding oral care and the

health of their families. We provide information on the oral systemic link, oral hygiene instruction, the importance of visiting their oral health care provider and making an appointment. The participants are always so thankful for the information we provide along with the toothbrushes, floss, toothpaste and mouth rinse that is provided.

In 2015, we formed a relationship with the Education Coordinator from the **Saskatoon Industry-Education Council**.

The SDHA was asked to be part of a high school student career day to provide information on a career in dental hygiene. The career day was held at SK Polytechnic in Saskatoon, and students pre-registered for the professions they were interested in hearing about. Our presentation had 25 students in attendance, and was an opportunity to connect with the youth in our province, promote our profession and educate them on what it was like to be a dental hygienist. We provided the students with masks, gloves, toothbrushes, floss and disposable mouth mirrors. They worked in pairs and we had them look in their partners mouths, count teeth and teach about brushing. Both the students and the teachers were very receptive to us and asked many questions. They left our session with a new respect for our profession.



We continue to form relationships with new partners and groups all the time. Is there something you, as an individual dental hygienist can do? If you have a chance to do a presentation about oral health, please do it! There are so many rewards that come with this. Be active in your community, promote your profession and help to improve the overall health of the people of Saskatchewan. If you need help with this, we can help you. Or if there is a presentation/program you think we should know about, please contact us. We look forward to hearing from you.



Seeking French Speaking Health Professionals



In partnership with the College of Medicine, Department of Community Health & Epidemiology, the Saskatchewan Network for Health Services in French/ Réseau Santé en Français de la Saskatchewan (RSFS) is in the process of updating the directory of health professionals who are willing to speak at least some French in their provision of health services. We are also seeking to add professionals who are new to the province, recently graduated or simply newly interested. Professionals are added to the directory on a volunteer basis and there are no legal obligations associated with being listed.

If you would like more information or are willing to be listed please contact Katie Pospiech at katie.pospiech@usask.ca or (306) 966-1270.
Thank you very much.

Saskatchewan Oral Health Professions Conference; Regina September 10-12, 2015 Volunteers Needed!



Tracey at the SDAA office is again coordinating the scanning team for the 2015 Conference in Regina. We do need a significant workforce to scan for the many workshops. Please call or email if you will be at the conference and are willing to help out.

Thank you!
Tracey Taylor, Professional Development Coordinator, SDAA
306-252-2769 or sdaa@sasktel.net
Seminars.sdaa@sasktel.net

**Congratulations
to the 2015 Dental Hygiene
graduating class of
SK Polytechnic!!**

Welcome to the profession!



SK Polytechnic Students Win Pizza Party for High CDHA Membership Rate



CDHA promotes membership by holding a student membership campaign every fall for all dental hygiene programs across Canada. Andrea Scholl, a second year SK Polytechnic dental hygiene student and CDHA senior rep for our school, worked very hard to promote membership in the CDHA and achieved a 90% join rate for both first and second year students. There were 13 Canadian schools that achieved this high student membership status: the schools were entered into a draw for a pizza party and SK Polytechnic won the draw.

A huge thank you to Andrea for all her hard work!



Are you Ready?



Hello Dental Hygienists!

I would like to take this opportunity and thank the Saskatchewan Dental Hygienists' Association for allowing me to set up a booth as well as speak at your "Inaugural Dental Hygiene Conference" this past April in Saskatoon. What a great event! Everything from the reception, hospitality, organization and caliber of Key Note speakers like Dr. Low Dog was fantastic. The care and attention that went into this conference was second to none and I thank you for allowing me to be a part of this momentous occasion.

During my presentation at the conference, I talked about Living Benefits like Personal Health, Disability, Critical Illness and Long Term Care Insurance, and posed the question...."Are YOU ready?" I did this because we live in a world where accidents and injuries happen all the time to regular people like you and I. The Canadian Cancer society says that 45% of men, and 42% women will battle cancer at some point in their lifetime. We also know that Cancer and Heart attacks make up 50% of all deaths in this nation. More specifically, we know that Dental Hygienists are very prone (1 in 4) to workplace related injuries that can affect you in a number of ways (neck, back, wrists, shoulders, etc.) and sometimes lead to members leaving the profession. Knowing this, it is imperative that each and every one of you become very familiar with your Group Benefits and personal Living Benefits package. When was the last time you spoke with your advisor? Is the coverage you have in place sufficient? If your spouse were to be injured, how would it affect your lifestyle? Would your plan allow you to take time off work? Could you retire on time if you had to liquidate a substantial amount of savings? These are the questions that I help solve for my clients on a day to day basis. They are real and they are sometimes uncomfortable, but they matter most when disaster strikes. We sometimes ignore the defensive part of our financial plan, and focus on making money through savings vehicles like RRSPs and TFSA's. Why not be proactive and plan for the worst, but expect the best.

In today's market place there are many products that can solve these needs. Please be sure to talk to your Financial Advisor about products that have "Return of Premium" riders (plans that give you back money if no diagnosis is made) as well as Disability Plans that give Hygienists great rates (one third the cost to their competitors). I offer these plans and am open to helping you create solutions to potential concerns you may have. Together, let us make sure you are ready for whatever lies ahead.



Christopher Smela
Advisor
Sun Life Financial
(306) 974-5520 Ext 2237
chris.smela@sunlife.com





RDH SPOTLIGHT: featuring a member that you need to know about!

Charlene Hamill, RDH

Education:

Diploma in Dental Hygiene, University of Alberta, 1970

Greatest Professional Highlight:

Becoming the first registrar of SDHA. This was such a wonderful experience for me. I learned so much and will ever be grateful for having had this opportunity.

Greatest Joy:

The birth of our children - Paul & Erin and of course my marriage to Peter, my husband of 45 years!

Greatest Challenge:

Motherhood – I so wanted to be a good mother. Learning how to parent was difficult because I wanted to give them everything. I didn't want them to struggle or want for anything. Thank goodness I soon realized, that this was not the way to go and that children need direction and it is actually good for them not to have everything given to them. I always thought that being an instructor at SK Polytechnic was much like being a parent, in that it was more important to help students think things through rather than give them all the answers.

Outside Work, Love To:

Host our Dinner Club, Read, Ride my bike (and Shop!)

Favorite Inspiration Quote:

A specific quote doesn't really come to mind, however I do have a person in my life who inspires me. Growing up together and particularly in our adult years, I began to notice that one of my cousins always does the right thing. She never takes the easy way out. She has a strong sense of right and wrong and if it is the right thing to do, she takes the time and effort to do the right thing. Can't say that I have always followed her ways, but she has influenced my life tremendously.

Final Words:

I have had a wonderful career. Although very hectic at times, I have always felt supported by my family and friends. I have two wonderful children who I am very proud of, a husband who keeps me laughing and now two adorable grandchildren. I look forward to having the time to offer them more support now that I have retired.

Although I am so enjoying my retirement I know once September comes, I will miss interacting with students and all the wonderful people I worked with at SK Polytechnic.

Charlene was the SDHA's first Registrar in 1997 and served the SDHA in this capacity until 2003. She was influential in SDHA's efforts toward self-regulation and the advancement of the dental hygiene profession. Throughout her career, she has worked in private practice as well as being an instructor at SK Polytechnic (formerly SIAST) for the past 24 years.

On behalf of the SDHA, our members, staff and Councils, thank you Charlene for all you have done!!





Dental Day - April 25, 2015

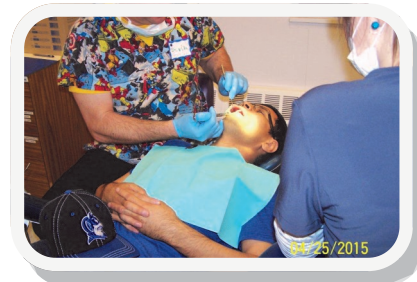
On April 25, 2015 at the Saskatchewan Polytechnic Dental Clinic, dentists, denturists, dental assistants, dental therapists, dental hygienists, and faculty and staff collaborated together to deliver oral health services to members of the public that do not routinely access dentistry because of a number of barriers. Members of the Regina Food Bank, the Regina Open Door Society and others were invited to receive free dental services.

A total of 80 patients were seen and over \$26,000 worth of dentistry was completed. Some of the procedures included examinations, fillings, extractions, denture realignments, endodontics, and dental hygiene instruction. The success of this day could not have happened without the efforts of our over 100 volunteers. This was the fourth year Dental Day was held and we look forward to doing it again next year.

We would like to also acknowledge our sponsors who were essential to the success of our day: Saskatchewan Oral Health Professions (donated \$2000), Oral B (donated \$750), Henry Schein (donated all of our supplies, loaner Statim and offered technical support), Dentsply (donated supplies), Sybron (donated endodontic files), Brassler (donated burs and instruments), Sinclair (donated supplies and the use of their Statim), Saskatchewan Polytechnic (offered free parking), Orange Boot Café (donated baked goods), Starbucks (donated coffee), Safeway (\$25 gift card), and Costco (\$25 gift card).



Thank You



CC Corner

Supporting Professional Development



October 17, 2015

Facially Generated Treatment Planning

Presenters:

Dr. Derek Hopkins
Dr. Mark Hopkins
Saskatoon

Contact Information:

Sidra Baig., Ph.D.
Advocacy Officer & CE
Coordinator
Ph#: 306-966-5662
Fax#: 306-966-5126
Email:
sidra.baig@usask.ca

November 21st, 2015

Risk Assessment

Presenters:

Dr. Gerry Uswak
Dr. Berni White

November 7, 2015 – The Willows, Saskatoon
9am-4pm

Morning: **Re-focus, Re-charge, Re-Energize!**
Penny Murphy

Afternoon: **Diabetes and Oral Health**

Cost :\$75
Registration deadline : November 2, 2015

Please contact SDAA for more information
Tracey Taylor
Seminars.sdaa@sasktel.net

Continuing Competency and CDHA

The Canadian Dental Hygienists Association (CDHA) is committed to providing quality continuing education opportunities for you. Here are a few of our popular web-based offerings.

WEBINARS:

Webinars are a great way to learn! You can participate in one-hour sessions, either live or on demand. At the conclusion of each webinar, you will be asked to complete a quiz and will then be able to print a certificate. One of the latest additions to our on-demand webinar library is "Advocacy for Dental Hygienists: Government Relations 101," which is FREE for CDHA members. Look for a webinar on risk assessment in the coming weeks.

www.cdha.ca/AdvocacyWebinar

ONLINE COURSES:

CDHA currently offers 12 courses, varying in length and price, for dental hygienists. The Elder Abuse and Neglect for Dental Hygienists course, available at no charge for CDHA members, takes about six hours to complete. An updated version of CDHA's Oral Cancer course will be released in spring 2015!

www.cdha.ca/ElderAbuse

Explore the Education tab on CDHA's website for other continuing education topics. Questions? Contact Victoria Leck, manager of professional development, at vleck@cdha.ca



Blood Pressure Protocol



The SDHA strongly encourages dental hygienists to take and record a blood pressure reading as part of each client's baseline assessment; it should be the standard of care.

Hypertension is defined as values >140 mmHg SBP (Systolic) and/or >90 mmHg DBP (Diastolic). Hypertension is a highly prevalent cardiovascular disease, which affects over 1 billion people worldwide. Although more than 70% of hypertensive patients are aware of the disease, only 23–49% are treated, and fewer (20%) achieve control of this condition.

If the client's blood pressure is within the normal range, it may not be necessary to take that client's blood pressure at every appointment. However, in the interest of being proactive, it is recommended that blood pressure be reconfirmed and recorded regularly. It is well known that hypertension can be asymptomatic, and is described as the silent killer for that reason.

Most antihypertensive drugs have drug interactions with Local Anesthetic (LA) and the interaction of LA with nonselective beta-blockers may increase LA toxicity. Dental treatment in hypertensive patients necessitates special attention, because any stressful procedure may increase blood pressure and trigger acute complications such as cardiac arrest or stroke.

Control of pain and anxiety is very important in patients with high medical risk. Local anesthetics with epinephrine produce a longer and more effective anesthesia than simple LA, thus avoiding an exaggerated response to stress. However, LA with vasoconstrictor should be avoided or used in low doses in patients taking nonselective beta-blockers or in patients with uncontrolled hypertension. Measuring BP and heart rate after anesthetic injection is important with patients with severe cardiovascular disease, as well as slow administration and aspiration can prevent undesirable reactions.

Taking blood pressure is required for clients whose medical history indicates a need (i.e. clients with diagnosed hypertension, cardiovascular disease, diabetes, chronic kidney disease, and this list is not exhaustive). Having a baseline blood pressure reading for every client proves beneficial in the event of a medical emergency since the dental hygienist will have quantitative values to compare.

The SDHA is in the process of developing Blood Pressure guidelines, but for immediate resources, please see the CDHO Hypertension Advisory and Factsheet, accessed through the CDHO Knowledge Network at:

<http://www.cdho.org/Knowledge+Network.asp>

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

American Heart Association blood pressure categories
A doctor should evaluate unusually low blood-pressure readings.



Moving RDHs into the Public Health Setting in Saskatchewan

Leslie Marlin, RDH, RDA

In 2013, the Regina Qu'Appelle Health Region approved Registered Dental Hygienists for the position of a Dental Health Educator, after it being solely provided by those who were Saskatchewan Dental Therapists in the past. This is an exciting time for our profession, as now I am only the second dental hygienist to be hired for this role.

Before this, I never dreamed of doing anything with my dental hygiene diploma besides working in private practice. Don't get me wrong, I LOVED my position working with patients one-on-one in the dental office setting, but was open and eager to the opportunity to contribute to my profession in another way.

In Health Promotion, one of our main goals is to reduce the number of children who have to undergo dental work under general anesthesia. To help reduce dental decay, we hold free drop-in fluoride varnish clinics throughout the region at our public health offices for ages 5 and under. The child gets a screening and the parent is right there to show them if there are any areas of concern. The parent receives oral hygiene instruction for their child, and a brush to take home. I'm proud to say that eleven dentists in Regina have agreed to be our referring dentists for that age group if the child does not have a dental home yet.

Our roles as Dental Health Educators are filled with many other exciting opportunities to work within our health region. One of the current programs we offer is the school sealant program for grades 1, 2, 7 and 8. This is of no cost to the parent, and each child who returns their signed consent form receives a dental screening, sealants (if needed) and a fluoride varnish application. The child goes home with a package that includes a new toothbrush, floss, toothpaste and a letter for the parent informing them if there are any areas of concern, as well as indicating the services which the child received. We perform screenings and fluoride varnish applications to the Pre-K and Kindergarten classes in those schools as well. We saw approximately 70 schools within our region for this past school year, which included around 4500 students all the way from Bethune to Moosomin.

Going into these schools involves driving out to the communities, hauling along our portable chair, compressor, supply trunk, portable light stand, tray trolly, and operator chair. We have a dental assistant who helps with setting up, charting and applying the sealants and varnishes. We are definitely removing barriers associated with access to care.

Some really fun things I got to do this year is write articles for the RQHR Facebook page, partnered and presented to Kids First workers, worked with the Saskatchewan Polytechnic Dental Assisting program, created a video about our sealant program (which can be viewed on RQHR's YouTube channel), oral health promotion booths at various events, and communicated with pediatrician and ob/gyn offices in Regina to promote the importance of prenatal and early years oral health care.

It's really an amazing feeling to be able to be able to get out into the community and contribute in this program as a **Registered Dental Hygienist**.



This is the link to our brand new school sealant video. <https://www.youtube.com/watch?>

Canadian Breast Cancer Foundation
CIBC  **Run for the Cure⁺**

**Join us on Sunday, October 4, 2015
Teams in Regina and Saskatoon**

Dental hygiene is a female dominated profession and undoubtedly each and every one of us has been touched by breast cancer in one way or another.



The breast cancer cause is one that is very close to our hearts and we are proud to be working together to raise funds in support of it.

**Please support us by joining our team
or donating today!**



Become a Peer Tutor !!

The dental hygiene students at Saskatchewan Polytechnic (formerly SIAST) are looking for experienced dental hygienists in the Regina area to be tutors. If you have some spare time in the evenings and weekends and would like to earn some extra money, please contact SK Polytechnic (Regina) Learning Services, Room 207.12 (library) at 306-775-7729

or email LSwascana@saskpolytech.ca
CCP credits are also granted for tutors.

**JOIN THE
ESTHER WILKINS
EDUCATION PROGRAM
SPECIFICALLY DESIGNED FOR
DENTAL HYGIENISTS.**

You will receive a Community Education Kit that can be used for presentations in your community.

Community Presentations are eligible for CCP credit and are an excellent way to promote oral health in Saskatchewan!

The SDHA have these kits and other resources available for loan.

Please contact us if you are interested in health promotion activities.



**REALTY
EXECUTIVES**



CRAIG STELZER, Realtor®
CraigStelzer@realtyexecutives.com
Phone: 306-220-8989

Realty Executives Saskatoon
3032 Louise Street
Saskatoon, SK S7J 3L8 CA

When you make the important decision to buy or sell a home, I'm committed to going the extra mile to ensure that all of your needs are successfully met in a professional and honest manner. For Service and Commitment, let me help guide you with your next purchase or sale.

GET REWARDED FOR YOUR REFERRAL!

Know of a friend, family member or colleague thinking of buying or selling? If you do, I would love to help them!

Simply have them contact me and mention the SDHA Newsletter. If your referral results in a sale, I will reward you with a \$250 gift card at a vendor of your choice.

Follow me on Facebook! **Craig Stelzer Real Estate**

Q DVD Quarterly of Dental Hygiene

ADD TO YOUR EDUCATIONAL CREDIT HOURS AT HOME



VIEW ON
YOUR TV

The DVD Quarterly has provided:

- 10 years of quality education
- 200 video presentations
- 960,000 educational credit hours
- to 8,000 subscribers



STREAM
TO YOUR
COMPUTER

Completion Certificates 12 hr/yr

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 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



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.

NORTH 49° PHYSICAL THERAPY

North 49 offers a diversity of rehabilitation services that include:

Conservative strategies to manage Temporomandibular Disorders

- patient education regarding prognosis, pathoanatomy, and self management strategies (i.e. avoiding poor oral habits, dietary considerations, home exercises, and self massage).
- myofascial release techniques.
- temporomandibular joint mobilization.

Clinic Location:

Grosvenor Park Centre
#19-2105 8th St. East
Saskatoon, SK

Hours:

Monday to Friday
9am to 6pm

Contact Us:

(T) 343-7776
(F) 343-7780
contactus@north49therapy.ca

MORE WAYS TO ACCESS THE e-CPS ONLINE

FREE ACCESS TO COMPENDIUM OF PHARMACEUTICALS AND SPECIALTIES (e-CPS)!

Working with the Canadian Pharmacists Association, publisher of the Compendium of Pharmaceuticals and Specialties (CPS), CDHA is pleased to offer an exclusive benefit, not available through any other dental hygiene association. All CDHA members have free access (a \$349 value) to both the desktop and brand new mobile versions of this valuable electronic point-of-care tool.

The CPS is used by more than 200,000 Canadian healthcare providers as a primary source for drug information. It contains more than 2000 product monographs, indications, formulations and doses, relevant practice guidelines, and patient information.

Both the desktop version and CPS mobile on CPHA's RxTx app offer quick and easy search functionality by brand name, generic name, therapeutic class, manufacturer, and DIN or NPN. Both are bilingual, updated regularly, and feature Health Canada advisories.

NEW e-CPS RXTX MOBILE APP



CPS mobile on CPHA's RxTx app is available for downloading on iOS and Android devices and adds a notes feature,

favourites list, email and print functionality, interactive calculators, offline capability not requiring Internet connection except for installation, direct link to publisher, and much more.



Using your mobile device, visit www.cdha.ca/ecps to download the RxTx Mobile app



Using your computer, visit www.cdha.ca/ecps to access e-CPS



www.cdha.ca

