



Issue - #17
Summer 2017

The SDHA Edge

Saskatchewan Dental Hygienists' Association

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



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Save the Date!!!

Live, Love, Learn

*4th Annual Conference
March 16 & 17, 2018
Delta Regina*

Conference Fees:

Full Conference: \$190 (before January 31) or \$225 (February 1 to March 9)
One Day Fee : (Friday or Saturday): \$130
Students: \$50



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.



Dr. Tim Donley:

Nutrition, Lifestyle and Perio: Real World Strategies to Reduce Inflammation

William Nippard:

Winning at Work: The 5 Pivotal Questions for Oral Health Care Professionals



Breakout sessions to include:

- Hands on Master Course in Periodontal Debridement - Dr. Tim Donley
- Embracing Change: Moving from Surviving to Thriving - William Nippard
- Peri-Implantitis and Implant Maintenance - Dr. Jill Bashutski
- Radiology Quality Assurance - Dean Lefebvre
- Professional Practice Discussion - Kellie Watson
- Product Presentations—5 dental companies will highlight their products/services





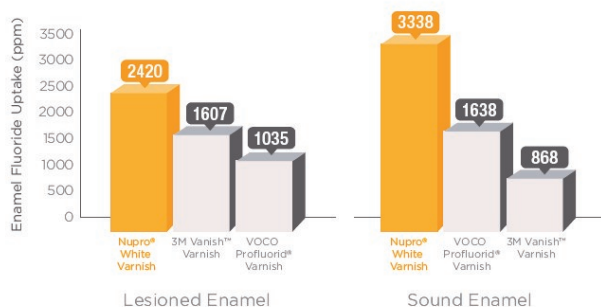
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- Designed to be applied to wet tooth surface and formulated for no dripping or stringing to reduce potential mess
- White varnish is easy to see during application and sets to a clear finish
- Gluten, SLS, and dye free
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*In an enamel fluoride uptake study, varnish was applied to sound, polished enamel specimens. These specimens were each paired with a specimen that had an artificial incipient lesion formed, and the lesioned enamel was not treated with varnish. The paired specimens were immersed into artificial saliva for 5 minutes, after which they were placed in fresh artificial saliva; this procedure was repeated at 15 minutes, 30 minutes, 1 hour, and 4 hours, and the specimens remained in artificial saliva for a total of 24 hours. After 24 hours, remaining surface varnish was removed. One layer of enamel was removed from each specimen and fluoride content was measured. Nupro® White Varnish had significantly more fluoride uptake into both sound and lesioned enamel than VOCO Profluorid® Varnish and 3M Vanish™ Varnish.

¹ Data on file, Dentsply Professional.

² Compared to competitive varnishes, data on file

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President's Message

Janel Parkinson, RDH

After a rainy springtime in Nipawin, summer has finally arrived! Over the past several months, Council has been working very hard on your behalf. In April, members of Council and SDHA staff traveled to Regina to meet with many of the province's MLAs, including our Minister of Health, the Honorable Jim Reiter. The MLAs were interested in our profession and now have some knowledge of what a Dental Hygienist does ... we don't just clean teeth! There are numerous skill sets dental hygienists possess and are able to pass on valuable information as well as educate the population of Saskatchewan. The time that we spent engaging our MLAs was incredibly rewarding and the start of an important relationship between our association and government. Everyone representing the SDHA that day was introduced during question period.

Council has met twice already this year; once in March and again at the end of May. We will meet again following the AGM in October. Our AGM will be held Saturday, October 14, 2017 in Regina and we will have three vacant Council positions available to our members. Should you have an interest in advancing our great profession into the future you should consider letting your name stand. No experience is required to become an SDHA Council member. I only had one year's experience as a dental hygienist under my belt before putting my name forward to serve on Council. I had no experience or knowledge of what a Council was or did but felt the need to give back and learn something new. Council meets approximately 3 times per year and one exciting part of Council is sitting around a table with a group of people that want to make sure our province has the best Dental Hygienists. You meet people from all over the province and give back to not only our profession but the people of Saskatchewan. Please consider putting your name forward or nominating another colleague to be a part of this great organization.

In closing, I hope each and every one of you has had a beautiful, relaxing summer and I look forward to spending time with you at our AGM in October.

Yours in Service,

Janel Parkinson, SDHA President 2016-17

SDHA AGM and CALL FOR NOMINATIONS

At this time, the SDHA is extending a Call for Nominations for **three (3)** Registered Dental Hygienists who are interested in serving on the SDHA Council for a three (3) year term - October 2017 through to October 2020. The election to fill the Council vacancies will occur at the SDHA AGM on Saturday, October 14, 2017 in Regina.



The SDHA Council consists of 6 elected dental hygienists and 3 public representatives appointed by government.

Now is the opportune time to consider the difference your participation could make on the SDHA Council. If you or someone you know is interested in contributing their time, talent and wisdom to the growth of the SDHA, **please submit the Biography Form (found in this mailing or on the SDHA website under Work With Us) to the SDHA office no later than Friday, September 15, 2017.**

Friday & Saturday, October 13 & 14, 2017 – Travelodge Hotel, Regina
SDHA and SDAA Co-sponsored Professional Development Event
Saturday, October 14, 2017, 8:30 a.m. – SDHA AGM



Registrar-Executive Director's Report

Kellie Watson, RDH, MBA

What a Phenomenal Year!!!

I have been Registrar-Executive Director with the SDHA for over 6 years now. It's impossible to forget when I started here because my daughter Maddie is exactly the same age. She was born on May 30, 2011 and I started in this position on June 1st. She came to the office with me for the first 6 months and slept in the file room. I feel that we have accomplished a lot in that time - online renewal, the development of member resources and practice guidelines and the creation of the Live, Love, Learn Conference, just to name a few. However, this past year was packed with great achievements and is definitely one to remember.

Government Relations/Advocacy:

Since the fall of 2016, I have been meeting with MLA's, the SK Health Critic, Danielle Chartier, and the Minister of Health, Honorable Jim Reiter to inform them of the tremendous oral health need for the people of our province. The SDHA wants to work with government to establish a strong collaborative relationship to ensure that together we can achieve an effective and sustainable oral health care delivery model that addresses the unmet oral health care needs of the residents of Saskatchewan.

As part of this work, we held a Lobby day on April 10th at the Legislature in Regina, and continue to meet with stakeholder organizations such as health policy people at SK Health, NITHA, and the SDTA.

Practice Guidelines:

Over the past several months we have researched and developed Practice Guidelines relating to Prophylactic Antibiotics, Blood Pressure Protocols, Initiating Dental Hygiene care, Contractual Relationships and Temporary Restorations. These resources have been created to support members in their practice to ensure safe, competent care, and can be found on the SDHA website under Legislation & Resources.

Jurisprudence Education Module:

Further to my Fall 2016 newsletter article, we have entered into a partnership with the College of Dental Hygienists of BC (CDHBC) to develop a Jurisprudence Education Module (JEM).

This JEM will be an online, interactive program that dental hygienists will be able to access from the SDHA website, and be specific to SK. It is intended to be a valuable learning activity and not meant to be punitive in nature.

SK dental hygienists will be required to complete the JEM once every 3-year reporting period. It is anticipated that the JEM development will be completed by the fall of 2017 with implementation in 2018 for all new and existing members.

Health Promotion:

Over the years, the requests for oral health presentations have increased significantly. Organizations representing seniors, indigenous peoples and new Canadians are looking to us to share information on oral health. We are also being called upon by educational programs for nursing and continuing care aids to provide sessions within their respective curriculums. With one of my ENDS/goals being "The public recognizes, values and seeks dental hygiene care: More people, especially underserved populations, will have access to dental hygiene care and oral health information", we would like to be more proactive where health promotion is concerned. I would also like to see us broaden our reach to all of Saskatchewan, rather than primarily Saskatoon.

Thus the posting for "Health Promotion Professionals" being advertised to our members. I have received many resumes from Saskatoon RDH's, but if anyone from around the province is still interested in getting involved, please visit the posting on the SDHA website under About SDHA - Work With Us.

Temporary Restoration Position Statement and Respective IST/ART Courses being offered:

Significant research and review has been done over the last couple of years around dental hygienists providing temporary restorations. Although this competency/skill is something that has already existed within the SK Polytechnic dental hygiene curriculum, the use of IST and ART procedures specifically is something that is being more readily utilized in regions that have limited access to care.

A working group of Council reviewed the literature and consulted other provinces as to their policies/protocols. After significant review and consultation with experts, a Practice Guideline was established and we have worked with the U of A and CDHA to offer both an IST and ART course here in Saskatchewan within the next 6 months.

New Staff

In 2011, when I began with the SDHA, I was the only staff member. In 2013, Karen MacDonald joined us, offering part-time administrative support. With our membership numbers growing significantly, the demands on our time and resources also grows: more CCP activities to enter, more registrations/licenses to process, more complaints, more meetings, etc. The nature of our work has very much changed and we are involved in so many great things that help the public achieve oral and overall health, as well as advance our profession.

As a result, we needed more manpower. Karen and I are happy to welcome Tracy Hoey to the SDHA in August!

News and Updates at the SDHA Office

Please Welcome - Tracy Hoey!!

Tracy was born and raised in Prince Albert, and has lived in some very exciting places in her life, including Yellowknife for 6 years. She has 2 daughters, aged 3 and 5. She loves spending time with her husband and daughters doing crafts, and playing outdoors. Her favourite past time is card making/scrapbooking - even though she doesn't really get much time to do it with 2 young children.



Tracy brings a wealth of knowledge in administration and bookkeeping through her various roles from mental health to municipal government. She is very excited to work with us at the SDHA and is looking forward to working with all of you!

ATTENTION!



Tracy Hoey (Administrative Assistant) can be reached at sdha@sasktel.net or 306-931-7342 Ext. 1 for:

- General inquiries
- Registration/licensure
- CCP submissions

Karen MacDonald (Coordinator) can be reached at sdhacoordinator@sasktel.net or 306-931-7342 Ext. 2 for:

- Professional Development events, including the SDHA conference
- Health promotion activities

Kellie Watson (Registrar-Executive Director) can be reached at sdharegistrar@sasktel.net or 306-931-7342 Ext. 3

- Inquiries, regarding scope of practice questions
- Jurisprudence Education Module (JEM)
- Legislation
- Newsletter

Health Promotion Professionals Appointed and a New Representative from the SDHA to the NDHCB BOG

This spring we put a call out to members interested in serving as Health Promotion Professionals and the SDHA rep for the NDHCB Board of Governors (BOG).

I am thrilled to announce that Kaitlyn Fieger will be appointed to the NDHCB BOG effective September 2017. Kaitlyn will attend 3 meetings throughout the year, and as a BOG, offer strategic direction to the NDHCB. Kaitlyn completed her Bachelor of Health Studies in Community Health at the University of Regina in 2016 and is a current member of the SDHA Council. She is passionate, dedicated and thorough in her work and I look forward to working alongside her in this role.



The following individuals will be called upon for Health Promotion activities: Chris Gordon, Nancy Newby, Nicole Pingert, Carla Ofstie, and Amorita Hovorka. We are still looking for dental hygienists interested in doing this in other areas throughout the province such as Regina, Prince Albert, Moose Jaw, the Battlefords, Swift Current, etc. To learn more, visit the SDHA website (www.sdha.ca) at About Us > Work with Us.

Health Promotion Initiatives

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

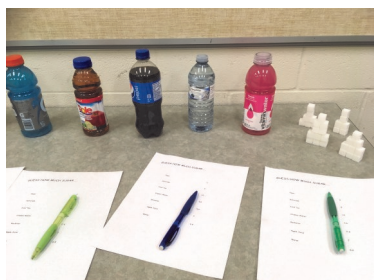
Throughout the spring of 2017, several presentations were provided by Chris Gordon to long-term care settings and seniors health fairs in Saskatoon. She also visited new Canadians at the Women's Wellness Initiative at the Global Gathering Place to do our semi-annual educational session. We are being invited to more and more places as organizations hear about the sessions being offered and we hope to increase the amount of people we can reach throughout the province,



On July 24, we had the privilege of being part of the CHAMPS Camp. CHAMPS - Children's Healthy Heart Camp in Saskatchewan has brought together children from across the province who have had heart surgery to provide them with the opportunity to be together, do things they may never have felt comfortable doing otherwise, and learn more about being healthy.

The week-long camp not only encourages the children to take part in physical activities like swimming and scaling the rock wall, but it has given them the opportunity to speak with health professionals. The camp includes classes on nutrition, an opportunity to speak to cardiologists relating to their condition and to learn about how oral health relates to their overall health. This is the first year that oral health professionals have been involved, but through collaboration with the Pediatric Care at RUH, we know that these professionals and families value oral health, and understand the link it has to the children's cardiac health.

Nicole Pingert, Nancy Newby and Amorita Hovorka prepared and presented 6 different activity stations for the children aged 7-16 years. Presentations about inflammation, dental diseases and oral care were then applied to activities about sugar, food sorting and even brushing off germs to the Mission Impossible theme song. Thanks to these RDH's for their creativity and dedication in making this into such a special event!



Are you making a difference in your community...

Through presentations, screenings, or donating oral health supplies?
We encourage you to reach out and help those in need, educate others on the profession of dental hygiene and help to improve the overall health of the people of Saskatchewan.

If you need help with this, please let us know. And please share what you are doing!
We want to hear how you are making a difference!

SDHA Lobby Day - April 10, 2017

On April 10, 2017, as part of National Dental Hygienists Week, the SDHA, represented by members of Council, SDHA staff, CDHA staff, and instructors from SK Polytechnic had the pleasure of speaking with many MLA's about the vital role dental hygienists play in helping all residents of Saskatchewan, especially seniors, Indigenous peoples, and other vulnerable populations, achieve optimal oral and overall health.

The primary purpose of the visit was to alert MLAs about the tremendous oral health need of the people of our province and to communicate that the dental hygiene community is dedicated to preventing disease, addressing unmet oral health needs, and reducing health disparities.

There are extensive barriers impacting access to care and poor oral health outcomes in Saskatchewan, and there is an urgency to address the significantly high rate of oral diseases. The SDHA and dental hygienists around the province are committed to working with all stakeholders to meet the oral health needs of the public.

Our message was well-received by MLAs present as well as the Minister of Health, who graciously welcomed all of us during question period and brought greetings at the evening reception. We have since had a follow-up meeting with Minister Reiter, and health policy people to collaborate on a strategy moving forward.

A big thank you to all who attended - Sharman Woynarski, Dean Lefebvre, Chris Gordon, Gerrard Weinberger, Leanne Huvenaars, Janel Parkinson, Kaitlyn Fieger, Nancy Newby and Ray Sass. This day would also not have been possible without the tremendous support and resources from CDHA, specifically Ondina Love and Paula Benbow.

“DENTAL HYGIENISTS are regulated primary health care professionals who help you achieve and maintain **OPTIMAL ORAL and OVERALL HEALTH.** Dental hygienists...your partners in prevention.”
#iamadentalhygienist



Continuing Competency Program Corner Supporting Professional Development



Due to the changes relating to the September Oral Health Professions Conference, the SDAA and SDHA will be partnering for future professional development events. The format for each event will include multiple speakers and topics specific to each profession. Events organized by the SDAA are listed in green below, and SDHA events, blue. Registration will be through each respective organization.

2017
SDAA / SDHA - September 29-30, 2017 The Willows, Saskatoon
SDHA / SDAA - October 13 & 14, 2017 (SDHA AGM) <i>Travelodge, Regina</i>
2018
Live, Love, Learn Conference - March 16 & 17, 2018 <i>The Delta, Regina</i>
SDAA / SDHA - April 20 & 21 2018 (SDAA AGM) Saskatoon
SDAA / SDHA - September 28 & 29, 2018 Regina

Are you looking for Online CCP Opportunities and Resources?

- CDHA: www.cdha.ca
- www.oralhealthed.com
- www.caseyhein.com
- U of S College of Dentistry: <http://www.usask.ca/dentistry/alumni/continuing-education.php>
- Dentsply: www.cavitronworld.com
- DVD Quarterly for Dental Hygienists: www.dentalhygienequarterly.ca
- Dental Learning Network: www.fice.com
- Dimensions of Dental Hygiene: <https://ce.dimensionsofdentalhygiene.com/courses.asp> (Belmont)
- American Dental Hygienists Association: www.adha.org/careerinfo/continuing_education.htm
- Crest Oral B/Procter and Gamble: www.dentalcare.com
- I Need CE: www.ineedce.com (Penwell, Hu-Friedy)
- Colgate Oral Care (Forsyth Inst): <http://www.colgateoralhealthnetwork.com/>
- Free Interactive and Self-Study CE: www.premierdentalllearning.com

On-Line Courses & Webinars (available 24/7)

- The Dental Hygiene Process of Care: Is Your Practice on Track? **6 CE**
- Exploring the Medical History **1 CE**
- Oral Pathology Refresher Course **2 CE**
- What Does EVERY RDH Need to Know About Pharmacology? **6 CE**
- The Top 10 Medically Compromised Clients **1 CE**
- Assessing Anesthetic Options **3 CE**
- Advanced Instrumentation I - Where to invest in a perio program? **6 CE**
- Achieving Clinical Confidence with Ultrasonics & Airpolishing **6 CE**
- Maintain Your Edge - An Instrument Management and Sharpening Workshop **3 CE**
- Managing the Orthodontic Client in the General Practice; The Integral Role of the Dental Hygienist **4 CE**
- Smoking Cessation **0.5 CE**
- Smoking Cessation: A Dental Hygiene Perspective **6 CE**
- To Polish or Not To Polish? That is the Question!! **4 CE**
- Topical Fluoride for Caries Prevention **0.25**
- Buzz in a Bottle **1 CE**
- The Diary of a Dental Hygienist **1 CE**
- Documentation:**
- Best Practice Guidelines for Documentation **1.5 CE**
- Documentation of Oral Lesions: A Guide to Descriptive Terminology **0.5 CE**
- Infection Control:**
- Clinical Contact Surface Management **0.5 CE**
- Dental Unit Water Quality & Testing **0.5 CE**
- Processing Critical and Semi-Critical Instruments **0.5 CE**
- Risk Assessment, Hand Hygiene and Personal Protective Equipment **0.5 CE**

Visit www.rdhu.ca to Learn More!

6th Annual Dental Day

On May 6, 2017 at Saskatchewan Polytechnic in Regina the sixth annual Dental Day was held. It ran in conjunction with Dental Hygiene Day. Numerous volunteers from the local and rural communities surrounding Regina attended. Our volunteer base included 15 dentists, 3 dental therapists, 1 denturist and technician, and 18 dental assistants, along with various Saskatchewan Polytechnic staff and students. This year's student organizers from the second year Dental Hygiene Program were Cassie Seguin and Alanah Mueller.

Along with our passionate volunteer base, the day could not be complete without the help of sponsors. This year's sponsors included: Henry Schein which provided dental supplies and technicians on site all day; DENTSPLY and DENTSPLY Endodontics who provided dental supplies, use of equipment and a rep was on site to assist on product use throughout the day. Financial contributions were received from SDHA, SDAA, Surgitel, GTO Diesel Repair, Fries Trucking and Souris Valley Industries. Gift cards were provided by Superstore, Safeway, Sherwood Coop, and Costco to purchase food and snack items including coffee donated by Starbucks.

This collaborative effort resulted in 54 clients receiving dental treatment with over \$31,000 worth of dentistry completed for members of the Regina Food Bank and the Regina Open Door Society who encounter many barriers in accessing care.

Saskatchewan Polytechnic would like to extend a huge thank you to all those who volunteered and hopes that everyone enjoyed the event and will be back again next year.



National Dental Hygienists Week—SK Polytechnic

On April 6, 2017, second year dental hygiene students from the Saskatchewan Polytechnic kicked off National Dental Hygiene Week by competing in the annual Dental Hygiene Olympics. Some of the events included tooth identification relay, tactile sensitivity challenge fishing pennies out of a bowl of tomato sauce and spaghetti, and speak out word challenge. Faculty oversaw the events and students competed for the coveted Golden Toothbrush Award.

The events provided students and faculty an opportunity to celebrate the great profession of dental hygiene.



Dental Hygiene Day—2017

On May 6, 2017 Saskatchewan Polytechnic hosted the second annual Dental Hygiene Day at the Saskatchewan Polytechnic Dental Clinic in Regina. Offered in partnership with the Regina Open Door Society, volunteers from the dental hygiene community and Saskatchewan Polytechnic Dental Hygiene Program provided dental hygiene care to people who were unable to access treatment due to lack of income, transportation or child care. Twenty-three new immigrants were seen, many who had never seen a dental hygienist before, and translators were used to help with any language barriers. Almost \$4500 worth of dental hygiene treatment was completed. First year dental hygiene students were able to assist and observe practicing dental hygienists provide care to clients who really needed it. It provided students with a great learning opportunity while fulfilling a need within the community. Dental Hygiene Day was run in conjunction with Dental Day.

Registered Dental Hygienists volunteered their time and expertise to help people within our community. The hygienists included Lisa Shewchuk, Jackie van Drunen, Marie Reinbolt, Alicia Wells, Kaelyn Oberle, Emma Buchanan, Kelli Warren, Brooke Giese, Rebekah Vidal, Michelle Dodd, Alyssa Reimer, Lauren Ellis, Dayna Merasty, Irene Buzash, Elaine Li, Donna King, Deidra Doll, Cheryl Laidlaw, Trish Gottselig, Brenda Udahl, Yvette Ludwig, Lynn Johnson, Sharman Woynarski and Dean Lefebvre. The passion and commitment from these hygienists were greatly appreciated and the clients left with a greater appreciation of oral care. A special thanks to Henry Shein and Dentsply who donated the supplies used for this day. The Saskatchewan Dental Hygienists Association and Saskatchewan Dental Assistants Association made a financial contribution to help with costs. Superstore, Sherwood Coop, Costco and Safeway donated some snacks for the day and Starbucks supplied coffee.

A special thank-you to Ashley Laturnus and Kristin Jerkovits who helped organize the event and we are looking at running this event again next year.



Congratulations - Chris Gordon

On behalf of the SDHA, I would like to express our sincere congratulations to Chris Gordon for completing her Business Administration Certificate through the Edwards School of Business at the University of Saskatchewan. Over the past many years, Chris was working as a dental hygienist in a variety of settings as well as taking 1-2 classes each term in the evening. We are very proud of you Chris!!



CONGRATULATIONS!



RDH SPOTLIGHT: Nicole Pingert, RDH

Education:

- Graduate of SIAST Dental Hygiene Program 1996 (the first direct entry graduating class)
- 1997 Saskatchewan Parks and Recreation-Fitness Instructor course

Greatest Professional Highlight:

The year I spent in a periodontal practice was an important year for me. It helped increase my skill level as a clinician and also really brought home the importance of prevention as I returned back to general practice. Lately, I have really enjoyed hosting field trips for groups of children at Midtown Dental Children's Clinic. My boss and co workers there have been huge supporters of this venture and are a big source of inspiration as we plan each one.

Greatest Joy:

My family. This fall is my 20 year wedding anniversary and Jason and I have been blessed with two fantastic children.

Greatest Challenge:

Balancing work, family life, and volunteering!

Outside Work, I Love To:

I love to: Hit Motion Fitness for my favorite work out Centurgy. Hang out in our back yard at the acreage. Volunteer at our church with vocals in the band, and teach Sunday school to 3-6yr olds.

Favorite Inspiration Quote:

With lots of crazy things going on in the world and the busy ness of family life I constantly run this Biblical quote through my mind: "whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if ANYTHING is excellent or praiseworthy - think about these things" Philippians 4:8

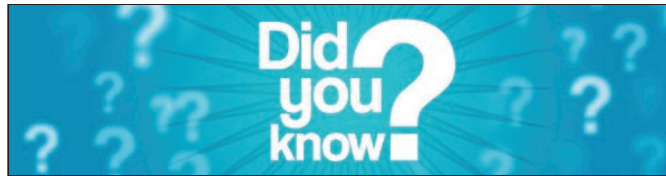
Final Words:

Right now is an exciting time to be a dental hygienist! I love the connections between oral health and general health that our patients are catching onto. 20 years ago the first thing patients would say to me was "do I have any cavities?" Now they ask "Was there bleeding today?" Better question!



Nicole has been planning awesome field trips every April for National Dental Hygienists Week at her practice in Saskatoon.





1. **The Members Only Section of the SDHA Website at www.sdha.ca offers you access to:**

- **Your CCP Transcript** - 24 hours a day, 365 days a year. Within 2 to 3 weeks of submitting a request for CCP credit, you should see an up-to-date version of your CCP record online.
- **Change your contact information** - please update us with changes immediately so that mailings are received.
- **Change your SDHA Password**
- **Print a duplicate receipt** - you can access your current license receipt for income tax purposes, free of charge. A \$25 charge will apply if the SDHA office issues duplicate receipts.

To login to the Members Only Section of the SDHA website, Visit www.sdha.ca

- On the right margin, under SDHA MEMBERS, click "Member Login"
- Enter your SDHA Number: A 3 or 4 digit number (not the same as your CDHA number which is 4 or 5 digits) that appears on your license/registration certificate.
- Password: Login using the password you previously established. The SDHA does not store passwords. If your login attempt was unsuccessful, a password reset function will appear under the password field in red. If you have problems logging in, please contact the SDHA at 306-931-7342, extension #1 or sdhaadmin@sasktel.net

2. **Submit your CCP Credit request forms & supporting documentation to Tracy Hoey at sdha@sasktel.net or by fax to 306-931-7334.**

3. **The SDHA office address is: 1024 8th Street East, Saskatoon SK, S7H 0R9**

Congratulations to Taylor Olson

2017 Recipient of the Mary Geddes Memorial Award

This award is granted annually by the SDHA to a graduate from SK Polytechnic that reflects the skills, attributes, and attitudes we recognize and want to promote in our future members; demonstrates leadership skills, high professional ideals and ethics, be respected by fellow students, clients and instructors, be considerate, helpful and reliable, contributes to class unity and team building; and is compassionate and empathetic - reflective of the role of the dental hygienist as a health professional.

Taylor was born and raised in Tisdale, Saskatchewan. Throughout her childhood and teenage years, Taylor was highly involved with her community dance club, participating in various competitions as well assisting with the younger dancers. From a young age, Taylor was always terrified of the dentist. She frequented the office often for orthodontics and regular check-ups, but it never became easier. It was not until she was able to see the results from her frequent dental visits that she began to appreciate the impact an oral health professional can have on an individual. As high school graduation approached, she knew a career in oral health care was what she was passionate about. After attending the University of Saskatchewan, Taylor made the decision to pursue a career in dental hygiene at Saskatchewan Polytechnic. After two years of hard work and dedication, Taylor graduated from the Dental Hygiene Program and moved back to her hometown of Tisdale, Saskatchewan, to begin her career in dental hygiene.



Partnership with Synca



Synca is excited to be partnering with the SDHA in regards to providing dental hygienists with a special partnership discount of 10% on our ergonomic visual aids – namely our 2.5x Essential and HD line of loupes. As I'm sure you know, dental hygienists are the dental professionals with the highest level of reported musculoskeletal disorders due to repetitive movements and poor work habits.

Synca is committed to helping Canadian dental professionals towards improving their musculoskeletal health by studying and becoming certified in dental ergonomics in 2012 Synca now provides ergonomically designed visual aids that are designed based on the individuals genetic makeup to insure proper head and neck posture when visualizing the oral cavity.

Synca is proud to offer the SDHA members our solutions at a rebate in order for them to start benefitting from a tool that will help them maintain proper posture and relieve some of the physical loads applied on the neck that can cause damage long term.

As well, Synca has also developed interested investment programs that will allow hygienists to split this investment over a 12 month period with no additional fees!

Looking forward to starting this wonderful relationship and getting your members to benefit from a better way to work!

Cordially,
Robert Beauchamp
National Sales Manager - Synca Dental
Robert.b@synca.com
514-969-4442
www.synca.com

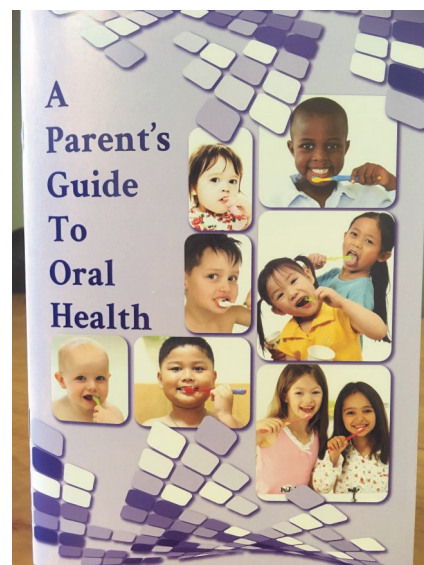
See better, Feel better, Work better!

A Parent's Guide to Oral Health

As part of our work with the Northern Oral Working Group (NOHWG), we were included in the review of an oral health guide for parents. We have included one guide for your reference, and wanted to inform you that additional guides can be ordered to provide to the patients of your practice.

To order more guides, contact the SDTA at sdta@sasktel.net. The Guides are \$0.95 each. Additional resources are available for purchase including:

- Lift the Lip pamphlets: \$10.00/100.
- Walk With Charlie Chew Booklets for \$0.60





THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

CDHA CORNER

*Dear friends and
colleagues,*

With summer upon us, I am happy to bring greetings on behalf of the Canadian Dental Hygienists Association (CDHA). CDHA is not only the source for our liability insurance, but it also serves as the national voice for our profession. As an owner/member, you can take advantage of CDHA's webinar offerings, job postings, employment surveys, advocacy toolkits, position papers, and opportunities to correspond with colleagues throughout Canada. CDHA staff sit at many board tables to promote preventive and therapeutic oral health care, and the board continues to lobby government on the oral care needs of underserved populations across the country.



If you have not had a chance to look at CDHA's award-winning website lately, please take some time to do so. CDHA also has a strong presence on social media, so be sure to follow CDHA on Twitter, Facebook, and Instagram. Please feel free to contact CDHA via email or by phone if there are questions that you need answered. You will always find a friendly voice at the other end willing to help.

This year's conference, jointly hosted with the National Center for Dental Hygiene Research and Practice, will be held October 19-21 in Ottawa. Please come to the nation's capital and celebrate our profession.

May you all have the most amazing summer. Smile! It's free and everyone loves to see you do it.

Leanne Huvenaars, RDH
CDHA board director, Saskatchewan
saskatchewan@cdha.ca

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

Webinars now on demand:

Silver Diamine Fluoride for Caries Control

Oral Rinsing: What Should You Tell Your Clients?

Webinars coming soon:

We're on hiatus over the summer break but watch for some great content in the fall:

Dentin Hypersensitivity, September 20, 2017
sponsored by Colgate

Community Water Fluoridation, October 4, 2017

Challenges of Our Diabetic Clients, November 15, 2017
sponsored by SUNSTAR

www.cdha.ca/webinars

Please note: CDHA's PD offerings now have an expiration date of one year from the date of purchase or selection (in the case of free offerings) unless otherwise specified.

CDHA POSITION STATEMENT: COMMUNITY WATER FLUORIDATION

CDHA's updated position statement on community water fluoridation is now available at www.cdha.ca/positionstatement

NDHW™ 2017

Another round of successful celebrations has wrapped up and all our contest winners have been announced at www.cdha.ca/NDHW. Thanks to our sponsors Dentsply Sirona, Sunstar G•U•M, TD Insurance, PHILIPS Sonicare, and PHILIPS ZOOM! Mark your calendars now for #NDHW18 (April 7-13).

SAVE THE DATE

- CDHA National Conference, October 19 to 21, 2017
Ottawa, Ontario. www.cdha.ca/2017conference

AREAS OF INTEREST ON OUR WEBSITE

- Update Your Membership Profile:
www.cdha.ca/profileedit
- Media Releases, CDHA and our Members in the News:
www.cdha.ca/press
- Oral Health Calendar of Events:
www.cdha.ca/calendar



www.cdha.ca



info@cdha.ca



[@thecdha](https://twitter.com/thecdha)



www.facebook.com/theCDHA

License Fee Increase

You will have noticed in the renewal memo that license fees are being communicated differently than in the past, and also that there has been an increase.

Firstly, we decided that it is important to demonstrate how your total license fee is broken down between the CDHA and SDHA portions. The CDHA portion is forwarded to CDHA each year automatically on each member's behalf. This fee covers your national membership and your malpractice/liability insurance. This portion of the fee increases each year. For example, in 2015/16 it was \$187, 2016/17 \$191, and this coming year it will be \$200. It is important that the SDHA determine a license fee annually that will compensate for these increases, so that we, as an organization, do not have decreasing revenue.

In addition, there are many reasons that necessitate an increase in license fees:

- Our membership numbers are growing significantly which place demands on current staff that are unsustainable
- Complaints are on the rise and thus legal fees are increasing
- The introduction of the Jurisprudence Education Module will cost on average an extra \$25.00 per member per year
- To continue to advance our profession and increase programs and services such as the SDHA conference, maintaining relationships with government including advocacy work and increasing health promotion activities

As a result, additional staff and contracts with SK RDHs are required. This movement will help to build capacity within the SDHA and assist us in achieving the ongoing goals set out by Council.

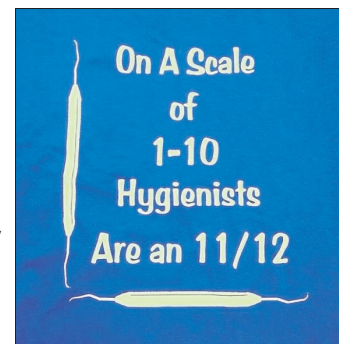
As you know, the SDHA serves as both the regulatory body **AND** professional association for dental hygienists in Saskatchewan. When we look across Canada, most other provinces have 2 organizations that do what we do with one. As you will see below, even with a fee increase, we are well in line with what other provinces charge for a dental hygiene license, and below average for dental hygiene fees.

	# of Registrants	# of Staff	Annual License Fee	CDHA Fees	Total
Regulatory Only					
British Columbia	3,724	11.0	\$495	\$366	\$861
Manitoba	777	3.0	\$480	\$316	\$796
NFLD	240	3.0	\$450	\$321	\$771
NB	506	1.0	\$385	\$200	\$585
Ontario	12,782	19.0	\$400	\$200	\$600
Regulatory & Association					
Alberta	3,225	7.0	\$552	\$200	\$772
Saskatchewan	678	2.5	\$480	\$200	\$680
Nova Scotia	689	2.0	\$460	\$200	\$660

We at the SDHA have made every effort to keep fees reasonable over the years, and we will continue to do so going forward. Increases to all fees (new applicants, reinstatement, etc) will help to ensure the burden is shared and does not fall completely on existing members. The SDHA Council has also approved a transfer from reserve this year to reduce the amount that is owed per member.

We as an organization and profession are doing phenomenal things, and I would like to continue to be involved in progressive initiatives going forward. Increasing fees is one way to ensure that we have the people and resources to do just that.

If you have any questions regarding license fees, please don't hesitate to contact me.





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Full-day workshop

Saturday, November 4, 2017

Saskatoon, SK

Register today at cdha.ca/IST



STRENGTH IN MEMBERS

THE CANADIAN DENTAL HYGIENISTS ASSOCIATION

RENEW NOW



THE CANADIAN DENTAL
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L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

NEW! FREE WEBINARS ALL YEAR LONG

Renew your 2017-2018 membership by **September 30** for a chance to win \$500 in prizes.*

Be CDHA/SDHA strong with premium membership benefits including:

- Free webinars—both live and on demand**
- CDHA Protect—professional liability insurance including free legal advice
- Job board—400 positions posted annually
- Publications, resources, and discounted conferences, workshops, and courses
- CPS e-suite—your primary source for the most current drug and therapeutic information
- CDHA Perks—entertainment discounts that have already saved members over \$207,000

View the complete list at www.cdha.ca/Benefits
Renew your membership at www.sdha.ca

*Two grand prizes will be awarded, each consisting of a \$250 shopping spree.

**Pre-existing fee-based on-demand webinars will be available for free starting November 1, 2017.



BRIDGES HEALTH

MENTAL HEALTH FIRST AID IN THE WORKPLACE

Mental Health First Aid Certification Training

Mental Health First Aid is the assistance provided to a person developing or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or the crisis is resolved.

What you will Learn:



How to recognize the signs and symptoms of mental health problems



Crisis and first aid skills for substance overdose, suicidal behavior, panic attacks, acute stress reactions and psychotic episodes



Overcoming stigma and discrimination

"Colleagues and managers are best placed to be the first to recognize the signs and symptoms of mental health issues in their co-workers, provided they are properly trained in MHFA" - Source: MHCC

WHY BRIDGES HEALTH?

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Networking with forward thinking professionals



Guest speakers and/or community resources during lunch breaks



Follow up services for your organization from Bridges Health (PHGS Audits, Occupational Therapy, and more!)

\$195 + GST/PERSON (LUNCH INCLUDED)



Mental Health First Aid CANADA



UPCOMING SESSIONS:

Regina, SK:

August 29 & 30

Saskatoon, SK:

September 13 & 14

Winnipeg, MB:

September 19 & 20

Prince Albert, SK:

October 17 & 18

Swift Current, SK:

October 24 & 25

Regina, SK:

November 1 & 2

Saskatoon, SK:

November 14 & 15

Winnipeg, MB:

December 5 & 6

For registration or more information contact:

BRIDGES HEALTH

306.668.5520 or info@bridgeshealth.com

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THE DENTAL
SOLUTIONS
COMPANY™



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

Google Canada's Tooth Fairy
<http://www.ncohf.org/our-programs/esther-wilkins-education-program>

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.



The Saskatchewan Oral Health Coalition:

Through a unified voice, the Saskatchewan Oral Health Coalition works collaboratively with dedicated partners to improve the oral and overall health of Saskatchewan residents.

As an inter-disciplinary group, we strive to identify and address the needs of vulnerable populations, and by using evidence based decision making, promote advocacy, education, prevention and standards.

UPCOMING EVENTS:

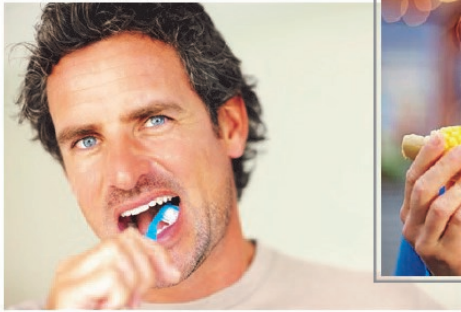
- October 24, 2017 - Regina
- May 14, 2018 - Saskatoon

Everyone Welcome! Visit us at www.saskohc.ca



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