



Issue - #23
Summer 2019

The SDHA *Edge*

this issue

- President's Message...2
- New Council Members...2 & 3
- CEO's Message...3
- CDHA Update...4
- Throat Scope...5
- SDHA Database ...6-8
- Web 2.0 ..9 & 10
- Volunteers Needed..10
- Health Promotion & Spotlight...11 & 12
- SDHA Update...13
- Continuing Competency...15 & 16
- Creating an Inclusive Practice...17 & 18
- Reducing Musculoskeletal Injuries...19 & 20
- SDHA Sponsors...1,14,21,22 & 23

The SDHA *Edge* is published 3 times per year to create a forum for SK Registered Dental Hygienists to learn, engage and share. Story ideas, articles , photos, announcements of career milestones 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.



Get ready for...

Live, Love, Learn

6th Annual Conference & SDHA's 50th Anniversary

March 27 & 28, 2020

Saskatoon Inn and Conference Centre

2002 Airport Drive

Two full days of thought provoking current issues presented by leaders from many walks of life.

This conference will inspire the learner in you!

All Health Care Professions Welcome

Coming Soon!

September 12-14, 2019 CDA/CDSS National Conference
TCU Place, Saskatoon SK

SDAA, SDHA
Saturday September 28, 2019 Saskatoon Inn and Conference Centre, Saskatoon

Live, Love, Learn Conference & SDHA AGM
March 27 & 28 , 2020 Saskatoon Inn and Conference Centre, Saskatoon

Say Hello to the Cavitron® 300 Series Ultrasonic Scaling System

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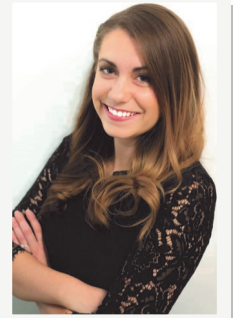
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President's Message



I hope this message finds you warm and well, enjoying the summer sunshine. It's been a busy few months for the SDHA Council, and I look forward to updating you on what's new. In March, Council released a notice to members announcing the departure of the Registrar-Chief Executive Officer, Kellie Glass (Watson). Council is grateful for Kellie's tireless efforts in advancing the profession of dental hygiene within Saskatchewan over her eight years spent with the SDHA. Her dedication resulted in tremendous growth of the organization, and she left the SDHA in a strong position for the future. Thank you, Kellie- we wish you all the best in the next chapter of your career!

During Spring, the SDHA Council, with the assistance of a hired external firm, conducted a search to recruit a new Registrar-CEO. The hiring committee prioritized finding the best individual to fill this position; one with a keen eye, and fresh vision for the future of dental hygiene. I am pleased to announce the hiring of Mrs. Catherine Folkersen as the new Registrar-CEO of the SDHA. Catherine jumped in head first to the position, spending her first weeks on the job in council meetings and at the Sask Oral Health Coalition. Council is so pleased with Catherine's first months in this position, and we are excited for her contributions to our profession in years to come.

I would like to send a special **THANK YOU** to Shelby Hamm who did an amazing job stepping up and acting as Interim Registrar-CEO during this transition period. Shelby's passion and dedication to the organization are evident, and it was a pleasure to work with her during this time. Shelby has now resumed her role of Deputy-Registrar with the SDHA.

Another special **THANK YOU** is deserved for Tracey Hoey, the SDHA Administrative Assistant, who also worked overtime during this transition period to implement a new database for our members on top of her regular duties. The SDHA membership is incredibly lucky to have such a hardworking team for the Dental Hygienists of Saskatchewan.

Council has been working hard this term, with our most recent council meeting at the end of May. We welcomed two new members to the table as council members- welcome Nancy and Pearl! Between meetings, we are constantly connected through e-mail and virtual meetings. Technology makes it so easy for us to connect from across the Province and allows us to welcome council members from all parts of Saskatchewan. As Council President, I maintain my full time position as a Dental Hygienist, and spend my free time volunteering on behalf of our membership and the public as a Council Member. This is rewarding work- you should all consider trying this role at some point in your career.

Be well,
Alyssa Boyer, BA RDH
SDHA President 2017-2019

Welcome to Council - Pearl Kashmere



I had the privilege of growing up on a farm in Saskatchewan and never strayed far from my home province. I raised my two daughters in Regina and took the Dental Assisting and Dental Hygiene programs at SaskPolyTech in Regina, receiving the Governor General's award for academic excellence in the Dental Hygiene program. I have been employed in general dentistry practice for twenty years and have enjoyed serving on the Continuing Competency and Professional Misconduct committees with the SDHA over the years. My passion is my family, staying physically active and living a healthy lifestyle. I look forward to being part of the SDHA council as we strive to advance our profession and serve our membership and the public at large.



Registrar-CEO Report

Catherine Folkersen, MBA

The SDHA exists so that the public has safe, competent, knowledge based dental hygiene care and expertise that contributes to oral and overall health using cost effective stewardship of resources.

Dear Registered Dental Hygienists,

I am certain many of you are sad to see that Kellie Glass has left the SDHA. She is a capable, committed and hard working dental health care professional. I know this because I have moved into her office and her legacy leaves me in awe of her efforts and accomplishments. Thank you Kellie for leadership and dedication!

On May 23, 2019 I joined the SDHA and headed to Regina for a Council Meeting held May 24 & 25. It was a pleasure to meet the entire Council. Your SDHA Council is filled with leaders who are well prepared to discuss current RDH issues, concerned about the future of the profession, able to exchange ideas respectfully and make clear and definitive decisions for the organization and the dental hygienists whom they represent. The energy and drive for ensuring that this profession remains respected and revered in Saskatchewan means the future looks bright for everyone practicing today and of course, the public.

This summer was spent orienting myself to your association and the many groups that the SDHA collaborates with. As you may realize, I am not a dental hygienist, I have an Agriculture degree and an MBA. It is my hope that with Deputy Registrar, Shelby Hamm RDH and Administrator Tracy Hoey we have a team that enriches your life and practice. My thanks also to them for the

work load they managed this spring during the hiring process. We are sorry to say "So long" to Tracy. She will be leaving us by the time you have this newsletter.

This upcoming registration season we will be test driving a new database which is current to today's security standards for managing membership, online payments and delivering emails to your account. SoftWorks our chosen supplier has provided content for this issue to give you a review of the screens you will most likely be using. This is a huge step forward in the evolution of the organization. It has been a big project for a small office but we expect to see the rewards of this conversion soon.

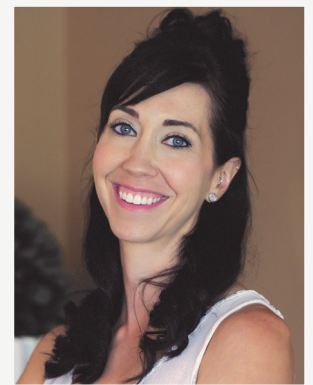
And that leads me to the next step forward, this newsletter. To date it has been mailed as a hard copy production. Your next newsletter will be electronic because the new database gives us the ability to send group emails. Cost saving and going greener is uppermost in any associations plan. This will represent paper, printer and postage savings that will allow us to do more with your membership dollars. (If you require a hard copy email sdha@sasktel.net and request one OR if you are in Saskatoon stop by the office and we will print one for you!)

Putting together my first issue of The Edge has been a joy due every contributors enthusiasm to support this publication. Saskatchewan is truly blessed to have so many dental hygienists who contribute so much through volunteerism and a dedicated approach to providing oral health care. C

Welcome to Council - Nancy Newby

Nancy has been a hygienist since 2005 and is passionate about dental hygiene and promoting excellence in this profession. She has worked and had the opportunities to work in different clinics that allowed for her to grow as a professional, see many different aspects and expand her skills and knowledge in preventative and team oriented dental practices. Nancy strongly believes in working as a team player to be able to provide all of her patients with individualized, comprehensive care.

Nancy really enjoyed her experience with the SDHA/CHDA lobbying at the legislature in Regina and wants to advocate of behalf of the association and members. She states that "I didn't realise how much I would enjoy it and the interest I had until seeing it first hand." Nancy has worked with the SDHA promoting oral health in table clinics and camps around Saskatoon to different ages of kids. "So rewarding and I enjoyed the different role I could play as a hygienist in the community."



CDHA CORNER

Dear friends and colleagues,

I hope that life is treating you well. I would like to take this opportunity to highlight our responsibility, as health care professionals, to be mindful of how vital our personal health and well-being are to the provision of optimal care for our clients.



Last fall, CDHA sent its Healthy and Respectful Workplace Survey to members in hopes of gathering key data to inform the development of new resources, as well as strategies and partnerships for the resolution of longstanding workplace challenges. I hope you all had a chance to participate. The survey results were an eye-opener for CDHA, as a significant number of members reported experiencing harassment, inappropriate sexual approaches, and conflict in the workplace. The survey summary report is now available for reading, downloading, and printing at www.cdha.ca/HealthyWorkplace

With your CDHA membership you have access to Homewood Health's Member and Family Assistance program. Please visit www.cdha.ca/homewood to see what the program offers and reach out for assistance if needed. When we speak to our clients about oral health for overall health, we must not forget about our own health and well-being.

Sincerely,

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

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development with **webinars that are now available to members for FREE**, saving you hundreds of dollars.

NEW webinars recently released:

Canada's New Food Guide: Highlights & Oral Considerations

Understanding Cardiovascular Conditions, sponsored by Crest + Oral-B

Noise Levels in the Workplace, sponsored by CFDRHRE

Homewood Health: Member & Family Assistance Program

Motivating Clients to Achieve Whole Mouth Health, sponsored by Colgate

Webinars coming soon:

2019 Job Market & Employment Survey, August 21

www.cdha.ca/webinars

2019 Conference:

Save the date! CDHA will host its next national conference, **October 3-5**, in St. John's, Newfoundland & Labrador. Make plans now to join us on the rock! Registration now open. www.cdha.ca/conference

HEALTHY AND RESPECTFUL WORKPLACE SURVEY RESULTS

Last fall CDHA conducted its first survey of members to determine the nature and scope of issues that either support or undermine healthy and respectful workplaces. Respondents provided feedback on their experiences of harassment, bullying, and abuse in the workplace. Highlights of the survey report are available at www.cdha.ca/HealthyWorkplace and will be used to develop CDHA member resources in the coming year. CDHA's member & family assistance program is available now for individuals in need of immediate support. www.cdha.ca/homewood

NATIONAL DENTAL HYGIENISTS WEEK™ (NDHW™)

Another phenomenal event is in the books with an overwhelming number of social media posts, 791 purple-themed photos, thousands of website downloads, extensive media coverage, and 1,310 colouring contest entries; greetings from government officials; 21 landmarks lit purple across North America, as well as the Tornado Tower in Qatar (home of the Canadian Embassy). THANK YOU! to everyone who took part. Our photo gallery at www.cdha.ca/pypphotos highlights all the amazing events from coast to coast. For the next three years, NDHW™ will take place from April 4-10.

MEMBERSHIP RENEWAL

Your CDHA membership is automatically renewed when you complete your annual SDHA registration. CDHA membership provides access to many great benefits. Check out the advantages in our infographic and video. www.cdha.ca/6reasons



www.cdha.ca



info@cdha.ca



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

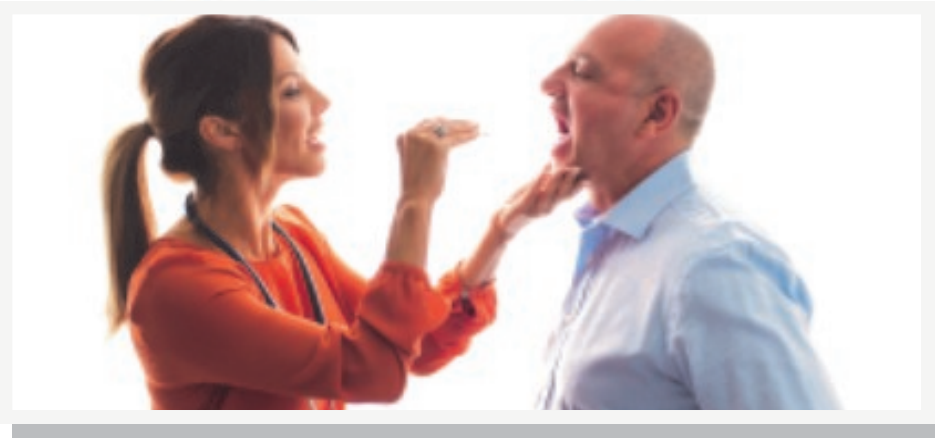


www.facebook.com/theCDHA

Throat Scope Intraoral Examination Tool now Available in Canada

Throat Scope lights up the entire mouth and throat for an accurate, clear view of the mouth.

The world's first all-in-one light and tongue depressor, Throat Scope, is now available in Canada through McKin Health Care Specialties. The innovative one-handed intraoral examination offers fast, convenient, easy, accurate views. Replacing the need for both a flashlight and ineffective traditional wooden tongue depressor, Throat Scope provides a clear view of the Throat, Teeth, Tongue, Palate and Gums.



Featured on Shark Tank Australia, "What's the Big Idea Queensland" Winner 2011 and Sydney Design Awards Winner 2015, Throat Scope is a unique tool by Holland Healthcare that creates a fun atmosphere and alleviates stress when completing intraoral exams on non-compliant pediatric patients. As Jenna, a Speech Language Pathologist remarked in Speech Room News, "This is a product that I have been using like crazy. It also looks like a light saber which makes every kid want to do it. Finally, a therapy tool we can afford!"

Partnering with the US Oral Cancer Foundation and their Check Your

Mouth™ Campaign, Throat Scope helps to inform and educate individuals about oral cancer, specifically the importance of early detection Jo-Anne Jones, Dental Hygienist & Motivational Speaker affirms, "This is an absolute essential for every dental and medical practitioner to provide the best possible oral assessment and ability to discover oral cancer in its earliest stages."

Contact McKin Health Care Specialties to purchase Throat Scope in Canada. The product includes one handle and two starter blades. The reusable handle contains three illuminating LED lights that are activated automatically when the blade is inserted. The blade, which consists of clear disposable plastic, is environmentally friendly. Boxes of additional blades are sold in quantities of 50 or 100 and can be purchased separately.

McKin Health Care Specialties (www.mckinhealthcarespecialties.ca) is celebrating 30 years of providing Canadians and facilities with a wide selection of patient care, medical nutrition and post-surgical products.

Holland Healthcare is on a mission to provide medical, dental, healthcare professionals and consumers with an easy, fast, accurate oral assessment device, which decreases oral misdiagnosis in clinics, hospitals, teleclinics and homes worldwide! Throat Scope founded by Jennifer Holland in 2010.

Throat Scope can be purchased individually at the online retailer www.supportsource.ca or by calling 1-866-210-9285

Purchasers with requirements of 10 or more units please contact McKin Health Care Specialties www.mckinhealthcarespecialties.ca at customerservice@healthcarespecialties.ca



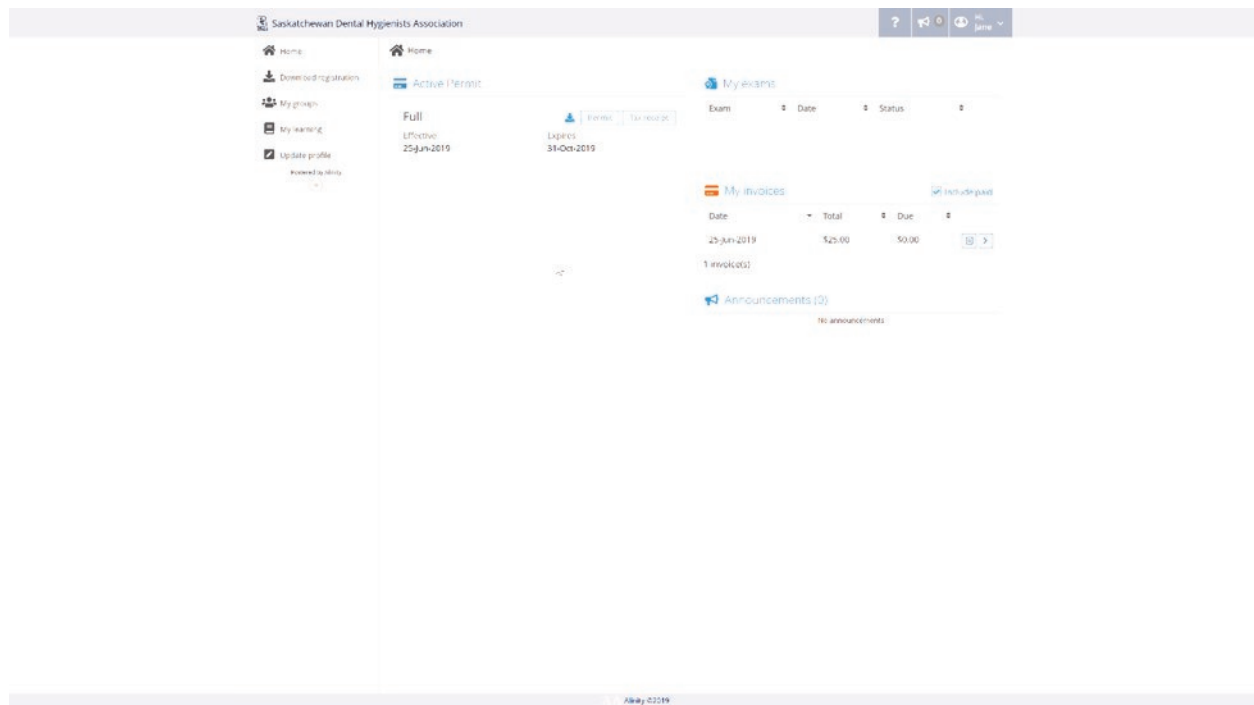
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The SDHA Online Services!

You've been asking for it, and we listened! The SDHA is upgrading its online services to serve our members better. Our new member portal, which can be accessed directly from our website as always, is entirely mobile compatible. This means you'll be able to update your personal profile information from your mobile phone, or complete your continuing competency activities using your tablet or personal computer, or whatever! The choice is up to you!

It starts with a completely new member portal, where you'll find all your pertinent registration details right up front on a clean, clutter-free personal dashboard. This is where you'll find your most current license (including the ability to download and print it yourself), tax receipts and invoices. Plus, when the time comes, you'll be able to launch your license renewal right from the dashboard with a single click. How easy is that?

Figure 1 Member Home Page



You're not just limited to a single dashboard screen though. You'll also be able to view a complete history of your registrations with the SDHA as well, including printable tax receipts should you require them.

All of this is great, sure, but let's be honest; you won't be logging in to check your history of registrations with us. You'll be doing it to either keep your profile information up to date, or even more likely, to log activities for your continuing education process.

The new profile update form is simple, clean and best of all, entirely online! You can update your name, address, contact information, employment information and more, quickly and easily. Expanding and collapsing sections keep the forms from being cluttered while you're working, and onscreen tooltips offer guidance and information to help keep you on track. When you're ready, just submit the form for approval. It's as easy as that!

| Full | | Download |
|--------------------------|-----------------------|----------|
| Effective 01-Nov-2018 | Expiry 31-Oct-2019 | |
| Full | | Download |
| Effective 01-Nov-2019 | Expiry 31-Oct-2020 | |
| Full | | Download |
| Effective 01-Nov-2017 | Expiry 31-Oct-2018 | |
| Applicants | | |
| Effective 01-Nov-2016 | Expiry 31-Oct-2017 | |

As for your continuing competency reporting, we're pretty sure you'll all be delighted with the new continuing competency process the upgraded system enables. Now you can add continuing education activities, claim credits, and upload supporting documentation yourself—no need to snail mail us physical documents. You can even take pictures of training certificates and other credentials right from your phone! Don't believe us? Take a look at this screenshot of the new continuing education reporting form.

It is the member's responsibility to ensure the College has current and up-to-date contact and employment information. We are committed to protecting the security of your personal information.

| | | | |
|------------------------|------------------|-----------------|----------|
| Registration # 5000 | Gender Female | Birth date . | Age . |
|------------------------|------------------|-----------------|----------|

Current Name

| | | | |
|--------------------|---------------------------|---------------------|------------------|
| First name Jane | Preferred first name . | Middle name(s) . | Last name Doe |
|--------------------|---------------------------|---------------------|------------------|

Do you have a preferred name that is different from your first name?
 Yes No

Add Click to request a change to your legal name

Current Address

Apartment / Box No. / Address or Street No.
1234 Anywhere Street

City
Regina, Saskatchewan, Canada

Postal/Zip code
.

Add Click to request an address change

Contact Information

| | | |
|---|---------------------------------------|------------------------------------|
| Mobile phone # Example: 306-555-5555 | Home phone # Example: 306-555-5555 | * Email jane.doe@mailinator.com |
|---|---------------------------------------|------------------------------------|

Spoken/Written Language
 Than English

Add Click to add additional languages to your profile

EDUCATION

Your education is listed below. If you have a new credential to add, please click the [ADD] button below.

Alinity ©2019

Saskatchewan Dental Hygienists Association Hi Jane

ACTIVITY REQUIREMENTS

A

| Requirement | Approved credits | Outstanding credits | Met requirement |
|-------------|------------------|---------------------|-----------------|
| 30 | 0.00 | 30.00 | Not met |

Total

| Requirement | Approved credits | Outstanding credits | Met requirement |
|-------------|------------------|---------------------|-----------------|
| 45 | 0.00 | 45.00 | Not met |

APPROVED ACTIVITIES

LEARNING ACTIVITIES


Add

To make additional CCP entries, click the ADD button. Once all entries are complete, press SUBMIT to complete the process. **PLEASE NOTE:** Once the SUBMIT button has been chosen you cannot make further CCP entries until it has been reviewed.


Activity ✖

| * Type | * Activity | * Name of activity (eg: conference name, course name, DVD name) | * Speaker | * Sponsor | * Completed date | * Claimed credits |
|--------|-------------|---|--------------|-----------|------------------|-------------------|
| A | Conferences | AGM | D. Hygienist | SDHA | 2019-06-27 | 2 |

Supporting documentation is **not** required for courses delivered by SDHA. For all other learning activities, supporting documentation must be included. **Do not** upload the "Request for continuing competence program credits" form.

Supporting documentation
 Click here to upload document

By pressing SUBMIT, I hereby declare that I have attended the course(s) or participated in the activity(ies) described above. The number of credits requested does not exceed the number of hours attended.



Alinity ©2019

It's still a work in progress so the final format might change just a smidge, but you get the point. Plus, if you're updating from a mobile device with a camera, you can even take pictures of your documentation and save them directly into the form!

The new member portal will be available in just a few weeks, with additional membership services rolling out in the months ahead. Soon you'll be able to apply to the association, complete your annual license renewal and pay your fees online, as well as upload Continuing Competency activities. We'll let you know more as services roll out!

Our launch date goal is August 20, 2019! The SDHA will be emailing all members when we are live on the new database and we will post this information on our website too. As this goes to publication we acknowledge that the timing is very tight for finishing the final functions on the database and the opening of the annual renewal process. We are expecting a few bumps please understand that we will do our utmost to make this online process work for each and every member!!! Expect turbulence.

WEB 2.0 The Blurred Line Between Professional and Private

Adapted from the Winter 2015 issue of the Canadian Dental Hygienists Association's *Oh Canada!* Magazine.

With the rapid growth of social media, it has become integrated into both our personal and our professional lives. However, when we combine the use of technology with our social connections, the line between “private” and “public” is blurred.¹ The increased use of social media introduces a range of ethical considerations for dental hygiene practitioners.

There are many occasions when ethical distress may arise as a result of social media. Does your colleague vent about his or her workplace frustrations via Twitter? Are you unsure how much identifying information to provide when inquiring about a case on a listserv? Has a client invited you as a “Friend” on Facebook?

One of the critical considerations for dental hygienists who use social media is the privacy and confidentiality of the clients for whom they care. Confidentiality, the duty to hold secret any information acquired in the professional relationship, is a core principle in CDHA's code of ethics. Dental hygienists must respect a client's privacy and hold in confidence information disclosed to them except in certain narrowly defined instances.²

Dental hygienists have a responsibility to demonstrate respect for the privacy of clients. In addition to this ethical consideration, dental hygienists also are to abide by federal, provincial, and territorial laws regarding the protection of personal health information. Difficulties arise when trying to find a balance between the differing concepts: social media encourages open interactions and immediate sharing of personal information, whereas privacy regulations are aimed at protecting client rights through firm and explicit standards regarding the use of such client information.³

Reputation management is also an important consideration. You are a spokesperson representing the profession of dental hygiene to the world. There is only one you—whether at work or on your own time—and your profession is part of your identity. Even in your personal activity you could still be viewed as a representative of your profession or association, particularly if your profession or place of work is identified in your profile. Be cautious of posting, or being associated with, political, illegal, libelous, offensive, obscene or risqué content or comments. While the unpredictable and casual nature of social media may produce compelling reading material, the use of social media also creates risk.^{4,5} The use of online media can bring significant educational benefits to clients but may also create ethical challenges.

As social media technologies continue to evolve, the ethical challenges experienced by professionals will become more complex. In all areas of practice, there is potential for these new technologies to have an impact on privacy and confidentiality, professional boundaries, and the reputations of the individual and the organizations for whom they work.² Nevertheless, the use of social media tools provides tremendous opportunities, as long as we weigh the risk and practise pausing before we post.

Here are some recommendations that you may find helpful when managing your online presence:

- ⇒ Maintain the privacy and confidentiality of clients, their families, and other staff.
- ⇒ Consider if social media is the most appropriate vehicle for your message. Do not share something online you would not say face-to-face or that you would not want others to know about.
- ⇒ Do not post content that contradicts, compromises or discredits the profession's reputation or public image.
- ⇒ Familiarize yourself with the platforms you are using and adjust privacy settings accordingly.



- ⇒ Frame your communications in a respectful and professional manner. Do not engage in controversial, negative or destructive discussions.
- ⇒ Respect copyright and intellectual property rights. Credit sources.
- ⇒ Use caution when posting sales promotions or advertisements for businesses, products or services. Know your regulatory restrictions.
- ⇒ Restrict the personal use of social media tools at work as you would restrict personal phone calls.

As health care leaders, dental hygienists can educate, share resources, advocate, and effect social change through online engagement. CDHA recognizes that online communities are important and invaluable components of our overall communications strategy to connect, share with, and learn from each other. We make every attempt to facilitate positive online interactions between CDHA, our members as well as the public via various social media and with our online Communities of Practice. Join us!

Article References

1. Canadian Nurses Association. When private becomes public: The ethical challenges and opportunities of social media. *Ethics in Practice for Registered Nurses*. February 2012:1-15.
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3. Klich-Heartt E, Prion S. Social networking and HIPAA: Ethical concerns for nurses. *Nurse Leader*. 2010;8(2):56-8.
4. Canadian Nurses Association. Ethics, relationships and quality practice environments. *Ethics in Practice for Registered Nurses*. January 2010:1-15.
5. Raso R. Social media for nurse managers: What does it all mean? *Nursing Management*. 2010;41(8):22-5.

Volunteers Needed



Call for Artists and Crafters and Jewelry Makers

Each year the CDHA has a silent auction at its annual conference to raise funds for dental hygiene research funding. CDHA has asked the provincial associations to support this through providing items to be auctioned to the membership during the conference. Are you an artist in your spare time, do you have a knack for making beautiful objects? Would you like the opportunity to represent your province and this association by a donation of your work? I would be very interested in talking to you if you would like to help raise funds to support dental hygiene research. Contact sdharegistrar@sasktel.net

Northern Oral Health Event

The SDHA is working collaboratively with various stakeholders to organize a 2nd Annual Northern Oral Health Event, similar to Dental and Dental Hygiene day at SK Polytechnic.

WHO: Seeking Dental Hygiene Volunteers

WHAT: Opportunity to give back to the people of Saskatchewan that struggle with access to care by providing dental hygiene treatment/education alongside other oral health care professionals, nurses and students.

WHEN: September 26th-29th 2019.

WHERE: La Loche / Clearwater River Dene Nation.

If interested or would like more information about the event, please contact Shelby Hamm: sdhadeputy@sasktel.net



Health Promotion Initiatives

The SDHA supports initiatives to promote the oral and overall health for the people of Saskatchewan. This month Janel Parkinson 's volunteer work is highlighted.

Janel Parkinson has been an RDH in Nipawin, Sk for the last 11 years. She enjoys employment with The Nipawin Dental Centre who have given her great support to provide education in her community about the importance of Oral Health. This active community involvement meant that during National Dental Hygiene week Janel spent time at Central Park Elementary School and Little Achievers Preschool talking about teeth and oral health. Janel says she looks forward to look many years ahead where she will continue to share her knowledge and passion of oral health



with her community.

Janel sent some great photos of her time spent in these classrooms and due to privacy concerns we have had to crop her photos, but in each one, imagine a dozen faces staring up at her and listening to her every word. Thanks for being out there in your community Janel. We are all better due to your volunteerism!

Spotlight: One Year After Grad!

Brittany Frape, RDH 1st Anniversary Graduate

This month the SDHA asked a recent graduate about her first year of practise. "My name is Brittany Frape and I was the winner of the 2018 Mary Geddes Memorial Award granted by the Saskatchewan Dental Hygiene Association. The end of July 2019 will be my first full year working as a dental hygienist. I am currently working at the Moosomin Dental Centre in Moosomin as a full-time dental hygienist. The practice sees clients within a one-hundred-kilometer radius. Moosomin is my hometown and many of the people that I see either know me or my family. This is so rewarding that I can help people that I have known my whole life!

This office currently has two full time receptionists, four full time dental hygienists (including myself), two full time dental assistants, and two full time dentists as well as an orthodontist and periodontists who visit the practice once a month to provide services to our community. I currently see eight patients a day ranging from pediatric clients to elderly clients, including those with healthy mouths to those with periodontal disease.



Continued next page...

Continued... My first year has flown by, I can not believe that I am writing this today. This first year has had many ups and downs, mostly ups. There are days when the frustration builds and I just want to get out of the building as soon as possible, but the good days far out number the bad days. My tip for those who are just starting their career, as a dental hygienist, is just jump in there, use the skills that you have worked so hard to get, do not be afraid to ask for help from your colleagues and most importantly have fun! This is a very rewarding career and I am looking forward to many more years." Thank you Brittany for sharing your thoughts and enthusiasm after your first year, we hope you have a long and fulfilling career as an RDH.



CHAMPS Children's Healthy Heart Camp in Saskatchewan

The University of Saskatchewan is home to the CHAMPS program for children who have had heart surgery. From all across this province children arrive at the University for a full week of activity, learning and meeting new friends. The pediatric chronic disease management program for children may be the first of its kind in North America.

Nicole Pingert, RDH gave a great presentation about oral health care and the systemic effect. The children were children—some gave full attention and asked good questions and some (usually the 10 year old boys) goofed around and pretended not to listen. Her presentation left everyone wiser about the need for consistent, appropriate oral health care.

And I learned the proper way to hold my floss, thanks Nicole!

Are you an independent Registered Dental Hygienist practitioner in Saskatchewan?

Our office is receiving requests from the public seeking independent registered dental hygiene practices. At this time we do not have a comprehensive list of independent practitioners in our province. If you wish us to provide your name and practice contact information to prospective clients please email our office at sdha@sasktel.net

In the subject line state Independent Practice — Permission to Provide to Pubic.

In the body of the email provide:

- ⇒ your name,
- ⇒ your SHDA number,
- ⇒ your business address,
- ⇒ phone number and email address if it is connected to your practice.

Please note that if you do send us this information we will provide this list to persons seeking Registered Dental Hygiene independent practitioners.

SDHA Update by Shelby Hamm

Hello from the other side.

As some of you are aware, I started my position here at the SDHA in February 2019 as deputy registrar. Transitioning from private practice into the regulatory world I gained tremendous amounts of respect for the work that is done by our Registrar/CEO (Kellie Glass, now Catherine Folkersen) Administrator (Tracy Hoey) and the SDHA Council.

My first month was spent with Karen, Tracy and Kellie as they orientated me on processes, timelines and operations, not to mention the massive efforts that go into planning our ever successful Live, Love, Learn Conference. These ladies pay such attention to detail to be sure the conference runs smoothly, effectively and provides our members with current engaging education. My goal is for the SDHA to continue that legacy as we actively plan SDHA's 6th annual conference along with the 50th Anniversary of the SDHA. This year's conference will be held at the **Saskatoon INN, March 27 & 28th 2020**. Please mark your calendar now! The success of this event depends on your attendance.



It was with great honor that I was selected by Kellie Glass for this position at the SDHA and she was a big part of why I choose to embark on this path. She has always been someone I have looked up to and admired which I will continue to do as she herself has also taken a change in career path. Kellie—THANK YOU!

"I got it from my mama" Passion for this profession runs through my veins, growing up facing the decision to choose a career path I was surrounded by strong influential women like my mother, Maureen Bowerman and Barbara Long both of whom exude pride and fulfillment as dental hygienists. They encouraged me to be active in the profession, which meant being on council from an early start in my career, and expanding my horizons within the profession, hence my experience as an educator and independent practitioner. As a Deputy Registrar with over 10 years as a Registered Dental Hygienist I bring current knowledge of the industry to this association.

I was privileged to attend a SDHA Council meeting in May, this group of hygienists give countless hours ensuring that SDHA is moving forward in reaching goals that represent the membership and the public. I would also like to thank them for having the confidence in me to appoint me Interim-Registrar during the hiring process. Legislative barriers and the proposal of an Amendment to the Dental Disciplines Act is at the vanguard of their goals which will align registered dental hygienist of Saskatchewan with opportunities that hygienist in other jurisdictions have.

What's happening now? It is with pleasure that we welcome Catherine Folkersen as Registrar/CEO of the SDHA. Catherine's leadership skills and perspicacity will ensure SDHA's success in future endeavors. She has jumped in with both feet and hit the ground running. WELCOME Catherine!

NO pain NO gain! We have recently launched our new database, this will be a change for both administration and membership. The new system will allow you to submit your CCP credits with supporting documents online, as well as features like printing tax receipts and many more. We ask in this time for your patience and feedback and assure you that we will do our best so you feel comfortable with the changes ahead.

We are continuing on with community outreach events such as the Northern Health & Wellness Event in the fall, ongoing presentations to students of all ages, new Canadian residents and education to care aids/nurses in LTC and hospital settings.

I hope this message reaches you well, please do not hesitate to reach out to me sdhadeputy@sasktel.net

Warm regards,
Shelby Hamm
Deputy Registrar

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Improving Oral Health & Access to Care for **Everyone**: Creating an Inclusive Dental Office

Kayla Bakken is a Registered Dental Hygienist working in private practice and as an Independent Dental Hygienist in long-term care. Throughout her career she has developed her passion to work with individuals with intellectual disabilities and strives to have an inclusive dental office. In recognizing that each patient is unique, Kayla treatment plans her appointments with patience, care and understanding.



What do we do if someone with an intellectual disability has needs that impede upon the conventional forms of dental hygiene treatment?

INCLUSION: We recognize that it is absolutely necessary to include people with intellectual disabilities in a lifetime of oral health care and treatment care.

As oral health care providers we plan to adapt to the needs of our patients by establishing an inclusive dental office. An inclusive dental office recognizes the importance of being accommodating and strategic with dental care. Our goal is to have an environment that is easily accessible and safe to have preventative dental hygiene treatment care and a dental check-up.

ENVIRONMENT: When working with patients with an intellectual disability, we find that prevention of periodontal disease and dental decay is a primary concern. Patients may experience limitations with their comfort going to a dental office, so it is beneficial to consider the environment they are accessing for treatment.



⇒ When treating a patient with an intellectual disability, one must be both mindful and accommodating. Consider what area in your office can best accommodate your patient to keep them as comfortable as possible. In our office our nitrous oxide sedation room is quiet and has fewer distractions. This room can be booked for dental hygiene treatment without using the sedation.

⇒ It is important to acknowledge that your patient may not be able to complete each step in a traditional dental cleaning and that is perfectly acceptable. It is beneficial to go slow, gain comfort and establish a relationship. As we adapt our expectations and teach during our preventative appointments we can get more done as the appointments progress.

POSITIVE REINFORCEMENT: Building on small successes in celebrating milestones with your patients reinforces the importance and value of the dental experience. It also demonstrates to your patients' family

or caregiver that we can have success within our appointments without using consequence or bribery based approaches.

By affirming the importance and challenges of dental care we can overcome some of these obstacles together. For example, “Yes this is hard work, but you are doing it!” As oral health providers we can facilitate learning and provide strategies for family members or caregivers to assist our patients with at home brushing and flossing.

STRATEGIES: Starting your dental hygiene appointment with oral hygiene instruction (OHI) and intraoral demonstration is very valuable. We are accomplishing plaque removal and OHI simultaneously by manually brushing and flossing before scaling. This leads in to a gentle approach to hand scaling while your patient becomes use to the sensory feeling of the cleaning.

During scaling or polishing it can be advantageous to sing a song or count to 5 then take a break. It may help your patient understand that there will soon be a break and we can start again.

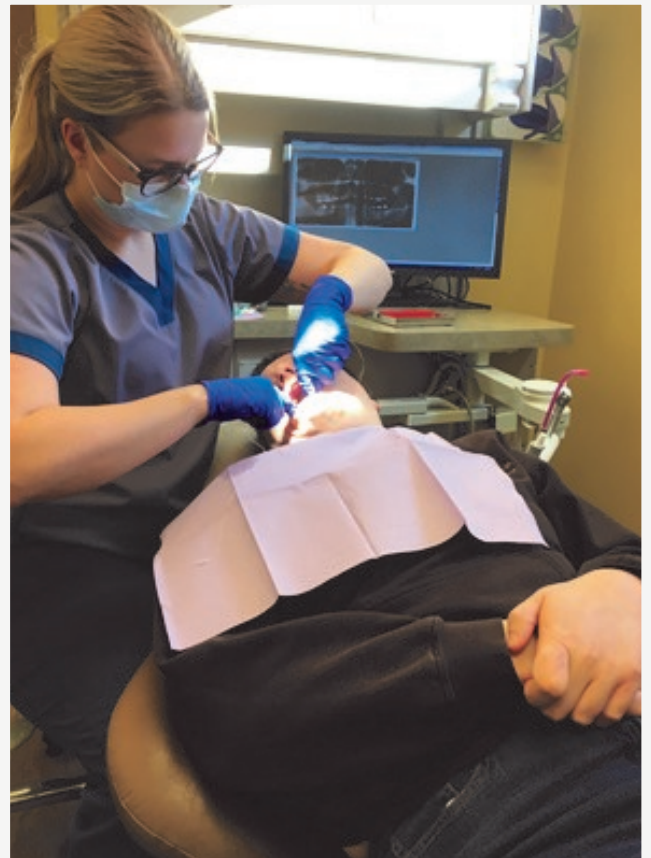
Limiting the amount of times our patients go under general anesthetic for dental cleanings or restorative treatment needs to be addressed. We have an opportunity to stop or delay dental disease by educating the importance of regular dental hygiene care and homecare. Ideally, building on small preventative appointments close together. By educating our patients and their families on the benefits of regular preventative dental cleanings we can impact our patients life through continued care and dental comfort.

EDUCATE: As we provide OHI to our patients and their family members or caregivers, we are equipping them with the necessary tools to obtain life long skills in dental care. It is necessary that we don't assume we know what our patients are capable of for homecare. We have many interproximal aids that people with differing levels of dexterity can use. It takes multiple appointments to have a patient become comfortable with brushing and interproximal care. We can encourage and motivate each time we see our patients with demonstration and positive reinforcement.

REFLECT: After the appointment is completed try and take a few minutes to reflect upon:

- ⇒ what went well,
- ⇒ what could make future appointment smoother and
- ⇒ always ask yourself how we could make this more effective?

Sometimes this can be done by reflection or by asking your patient directly, “Is there anything I can do during the next visit to make this easier or more comfortable for you?” Little things can have a large impact: stay in the moment with your patient, paying attention to body language and facial expressions. For example: the overhead light is too bright, there may be too much water at rinsing, not comfortable in a semi-supine position or not understanding what was expected of them at a particular part of the appointment. This information can be relayed to us by your patient directly or their caregiver speaking on their behalf. It can also be observed throughout your cleaning.



Reducing Musculoskeletal Injuries with Technology

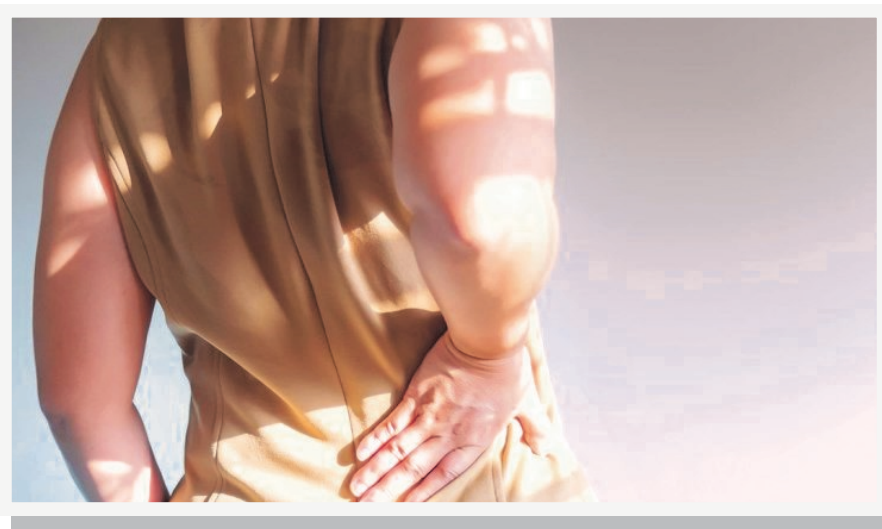
Advances in technology may help oral health professionals improve their ergonomic posture and decrease occupational injuries.

By Lisa Moravec, RDH, MSDH

The use of proper ergonomics includes adjusting dental hygienists' work environments to help them be more effective and efficient, while minimizing the risk of injury. New technology has entered the dental operator that may provide ergonomic benefits to clinicians. Some technology advancements are quite common, such as loupes, lights, ergonomic seating, and earplugs to prevent hearing loss. Others have been introduced more recently and are slowly gaining a place in clinical settings. These technology advances include incorporating electronic dental/ health records, digital radiology, and use of photography for workplace evaluations.

DIGITAL RADIOLOGY

Digital radiology can improve the safety and efficiency of the work environment in a variety of ways.² First, digital radiology eliminates the need to use chemicals to develop radiographs, improving safety. Digital radiology also reduces patient exposure and processing time, allows for efficient communication of electronic information, and provides portability.² The incorporation of digital radiology allows faster integration of radiographs into the patient record, enabling the ability to quickly share the data with other providers. All of these benefits improve efficiency.



ELECTRONIC HEALTH RECORDS

The advent of the electronic health record (EHR) may help clinicians maintain proper ergonomics. The design of EHRs should enhance clinical practice, as information is presented clearly and accurately and they are simple to navigate.¹ EHRs' ease of use may help dental hygienists limit awkward postures and repetitive motions. The addition of foot-controlled charting and headsets can save clinicians time.

DIGITAL IMPRESSIONS

Digital impressions are a new technology that reduce the need for repetitive procedures and save time.

One advancement is the use of intraoral scanners to capture optical or digital dental impressions as an alternative to conventional alginate impressions. Although these computer-aided technologies are mainly used for dental procedures, studies have shown a time efficiency benefit, as well as increased patient comfort.³ One study found that taking computer-aided impressions was significantly faster than conventional impressions.³ Their use may reduce the need for repetitive procedures. A 2017 literature review showed optical impressions reduced patient discomfort, improved time efficiency, simplified the procedure, eliminated the plaster cast, and improved communication with the dental technician, as both have access to the impression in real-time.⁴

HEARING PROTECTION

Noise-induced hearing loss can be an occupational hazard.⁵ There are several sources of noise in the dental setting: handpieces, ultrasonic devices, heating/ air conditioning units, front office copy/ fax, and sterilization equipment. The wearing of earplugs by clinicians is becoming more popular, as more research about noise and hearing loss is conducted. Hearing protection options range from custom-made earplugs obtained from an audiologist or other hearing specialist to single-use or disposable earplugs. Hearing protection strategies should be incorporated to reduce the prevalence of occupational hearing loss in oral health professionals.⁶

WORKPLACE EVALUATIONS

Photography can be used to evaluate clinician working posture. These photos allow clinicians to actually see their posture so they can become more aware and, hopefully, maintain proper posture throughout the work-day.⁷ Partido⁷ conducted a study with dental hygiene students who used photographs to conduct ergonomic self-evaluations. Results showed improvements in their ergonomic scores and increased accuracy of their self-assessment.⁷ Photography could be used in private practice settings for periodic workplace evaluations to self-assess and work to correct poor ergonomic positioning.

TRADITIONALLY ERGONOMIC INTERVENTIONS

Saddle stools correct the dental practitioner's posture by facilitating a neutral spine position.⁸ Their use encourages the clinician to maintain an inward curve on the low back, which can help prevent back pain.⁸ Loupes may relieve pain in the hand, arm, and shoulders.⁸ The use of loupes and lights by both students and faculty in dental hygiene educational programs has been increasing as they improve vision, enhance ergonomics, and may prevent musculoskeletal disorders.⁹ The light, or coaxial illumination, augments the magnification and visibility in the field of vision.¹⁰

Cordless handpieces may help reduce the risk of injury caused by overuse. McCombs and Russell¹¹ compared one cordless coronal hand polisher to two corded coronal hand polishers to measure the muscle loads, duration of polishing, and the overall opinions of 30 dental hygienists. The study concluded that the weight of the cordless handpiece coronal polisher was significantly more comfortable, slightly reduced muscle load, decreased the duration of polishing, and made it easier for the dental hygienist to use. More research is needed on cordless coronal polishers.

Advances in technology could potentially improve efficiency and safety in the dental workplace. Ultimately, improved ergonomics could help promote health and career longevity by reducing the risk of MSDs and other occupational injuries.

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Fang you very much!

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Why didn't the astronaut bring her toothbrush?
She thought that the moon had no cavities!

Why did the male deer visit the orthodontist?
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When the dentist went to the fair, what did he like even better than the roller coaster?
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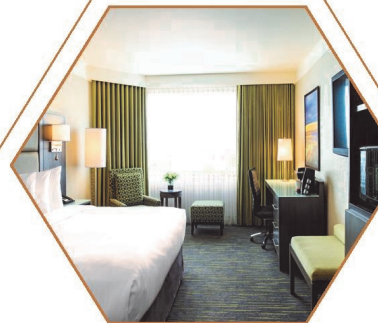
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Please note: On March 26, 2020 SDHA is tentatively planning a 50th anniversary celebration. Stay tuned!!