



Fall Issue - #12
November 2015

The SDHA Edge

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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.

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- **Betsy Reynolds:** Inflammatory Remarks and Nutrition News
- **Dani Botbyl:** Ultrasonics from Start to Finish! Hands - On Course
- **Joanna Asadoorian:** Reconsidering the Client Role in Oral Health: A New Approach to Stimulate Positive Behavioural Change
- **Dean Lefebvre:** New Products and Dental Hygiene Trends
- **Periodontist Dr. Jill Bashutski:** Modern Periodontal Disease: What You Need to Know
- **Kellie Watson:** Professional Practice Discussion: Recordkeeping, Dental Hygiene Billing and SDHA Q & A
- **Jennifer Minor Johansson:** Introduction to Work Life Balance
- **Jenna Anderson:** Tobacco Cessation: A Focus on Oral Health Considerations

Registration :

- ⇒ **Full Conference Fee (2 Days)**
\$190 (before March 1st) or \$225 (between March 2 and April 10)
- ⇒ **One Day Fee (Friday or Saturday) \$130**
- ⇒ **Students: \$50**
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RECENT RESEARCH SUGGESTS...

- 75% of RDH's use magnetostrictive technology¹
- RDH's are not using current ultrasonic technology optimally²
- Slim straight inserts are used most of the time or all the time¹
- Ultrasonics can do just as much as hand scaling can do²

References: 1 George, Marie D., Donley, Timothy G., & Prshaw, Philip, M. (2014). Ultrasonic Periodontal Debridement Theory and Technique. (pp. 34). John Wiley & Sons Inc.
2 Asadorian, J., Bobyl, D., Goulding, M.J. (2014). Dental Hygienists' Perception of Preparation and Use For Ultrasonic Instrumentation. International Journal of Dental Hygiene. DOI: 10.1111/ijdh.12092. John Wiley & Sons Inc.

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President's Message - Kaylen Wiens

It's that time of year again - Fall, my favourite season. A time to get back into routine, to go back to school, to clean off the garden, to dust off the boots in the back of the closet, to venture through a corn maze, and lastly (and perhaps most importantly) it's a perfect time to eat pumpkin spice everything! Indeed, the transition into a new colorful season has begun, and for myself, this has also brought a transition into a new exciting role as President with the SDHA. I am very thankful for the opportunity to work on behalf of the dental hygienists in Saskatchewan.

In early September, the SDHA held its Annual General Meeting in Regina. Aside from the usual reviews and approvals necessary to ensure order and progress within our group, we took some time to reflect upon and acknowledge the key contributions of some important people. Denise Wong of Saskatchewan Polytechnic (formerly known as SIAST) was congratulated on her recent retirement from a tremendous career. Additionally, Diane Moore was thanked for her many years of service as an integral part of the SDHA Council.

Certainly, it is always a bit sad to say farewell to those that have served our profession for long periods, but we also had the great pleasure of welcoming three new public representatives to our board - Tolu Oyeboode, Ray Sass, and Mike San Miguel. We all look forward to having Tolu, Ray, and Mike at our upcoming meeting in November 2015; we are eager to hear their perspectives and hope to learn from their varied past experiences.

As part of the standard procedures that occur shortly after the SDHA AGM, I was nominated by members of the board to take over the role of President for our association for the 2015-16 term. With a true blend of pride and humility, I accepted this role and have since assumed the duties of the amazing Leanne Huvenaars whom has been re-elected to Council for a second term. I must be sure to thank Leanne for contributing countless hours of hard work to better our profession. Leanne's passion for dental hygiene is infectious and I feel like I have caught the bug; undoubtedly, I have some big shoes to fill but I believe in myself and I always love a challenge! I love to learn and have recently come to realize that I learn most effectively when stepping out of my comfort zone. I won't hide the fact that this is foreign territory for me but I look forward to the adventure - an adventure that is sure to include great challenges such as public speaking!

My first major duty as President is rapidly approaching. I will be attending the CDHA conference at the end of October on behalf of Saskatchewan where I will have the pleasure of meeting my peers who serve on provincial dental hygiene associations across Canada. It is anticipated that this conference will allow me to determine areas in which the SDHA can improve in the coming years. I trust that I will also be able to compose a long list of things that we do comparatively well. At an absolute minimum, I plan to listen intently and bring back notice of trends that are being felt in other regions. Canada is a big place and I'm sure that many issues are shared from province to province.

Here at home, this year has been a year of significant change and tremendous growth for the SDHA. A new licence renewal date has been implemented; this is a small, but important change that has been in the works for many years. With regard to growth of our association as an entity seeking to serve its members, we must not overlook the magnitude of the development and implementation of the inaugural SDHA Dental Hygiene Conference. This event was a tremendous success and I hope you have all already scheduled the next SDHA Dental Hygiene Conference (Regina) in your calendars. This conference is planned for April 15-16, 2016 and you can expect to hear keynote speaker Betsy Reynolds (RDH, MS) and numerous other excellent speakers over the course of the two-day conference. To register for the conference, please visit the SDHA website at www.sdha.ca; for information on conference details as they develop, be sure to follow our association's Facebook page.

It is an exciting time to be a part of the SDHA! The association, strives to lead rather than follow. To ensure that we, as a group, are successful in that goal, I encourage all members to become involved in the advancement of the profession. It is our responsibility to help raise the dental hygiene profile to a higher level. I look forward to meeting and working with you all to better our professional and personal, lives!

Best regards,

Kaylen Wiens



SDHA News and Updates

Kellie Watson, RDH, MBA - SDHA Registrar - Executive Director

I recognize that with change often comes challenge. Thank you for persevering through the changes that occurred with license renewal during 2015. I am certain there will be benefit for everyone with the new year being November 1 to October 31 annually. There sure was for Larissa Tamminga, who was the lucky winner of an iPad from the CDHA earlybird membership renewal contest. Because of our January renewal deadline in past years, SDHA members were not eligible for CDHA draws. With the change to October 31, it became possible for anyone who renewed prior to September 30th to be entered and it was so wonderful to see someone from Saskatchewan win. Congratulations Larissa!!

Here is a summary of what we have been up to at the SDHA since July and also what is on the horizon for 2015/2016:

New Office:

Because our lease at the current SDHA office was coming to the end of its 5 year term on December 31, 2015, we performed a search of similar spaces throughout Saskatoon this spring to ensure an ongoing effective use of our resources. We were fortunate to find new office space offering more square footage, a staff area and washrooms for less money than we are currently paying. Minor renovations are being done this fall and we expect to move in officially at the end of November. The new address is: 1024 8th Street E., Saskatoon, S7H 0R9.

**THE SDHA OFFICE WILL BE CLOSED FROM
NOVEMBER 23 TO 27 FOR MOVING!**

Member Services Coordinator Position

Over the past several months, I have been taking a good hard look at the goals of the SDHA, as well as strategizing to meet our future needs. As a result, I made the difficult decision to eliminate the Member Services Coordinator Position.

The workload of this position had its ebbs and flows; at some times during the year being very busy, and at other times, not at all. As well, I believe that in order to best accomplish the goals set before me, I will be engaging more members to complete project work on a contract basis. I believe first and foremost that this will build capacity within our profession by utilizing many individuals in work/projects that they have the experience, skills and attributes to succeed at. We have many dental hygienists that work in public health, have bachelors or masters degrees, and may be very valuable in developing resources and projects for our members and the public. I am also excited to be able to have a stronger presence and build connections in communities throughout the province.

I foresee reaching out to Regina dental hygienists for example, to assist with the SDHA Conference when in Regina, or community outreach, which we do well at in Saskatoon, but less of in Regina because we don't have active representation there. This may allow for an even stronger connection with SK Polytechnic as well.

This was obviously a very difficult decision to make, but one that I needed to in the best interest of the SDHA. It is certainly sad to see Chris Gordon go, but I would like to sincerely thank her for all she has done with the SDHA in her time on Council, as well as her work as Member Services Coordinator. Chris continues to be contracted for health promotion and community outreach work in Saskatoon as well as projects relating to Long Term Care, which she has a tremendous amount of experience with.

If you are interested in contract positions with the SDHA, please contact me. In the immediate future I will be looking for dental hygienists that have an aptitude for research, policy development, and excellent written communication skills to assist in the development of member guidelines. As well, I will need a team of about 5 people from Regina to assist us with the SDHA Conference in April 2016. Please email me at sdha@sasktel.net if you are interested.

CCP Update and Future Changes

On the SDHA website, you can now find editable CCP Credit Request Forms and PL Tools. These forms can be typed right into, saved on your computer and then attached to emails to submit. Any other form that is needed for the CCP, can be found on the site as well.

In the President's message in the 2014-2015 Annual Report, Leanne described a new currency requirement that will be implemented in the next few years. At the AGM in 2014, we asked the membership how to best maintain currency throughout one's career and Council took the opportunity to review the research on this topic.

As a result, the SDHA Council has decided to implement a new requirement as part of each member's CCP Reporting Period: Completion of an Ethics & Jurisprudence course once per 3 year reporting period. This requirement will also be required for all new applicants within the first several months of registering. This course will include information on our legislation, scope of practice, competencies, standards of practice, ethics, dental hygiene billing, record keeping, and so on.

Development of this course will be completed over the next couple of years, including the consideration of how it will be offered (online, in-person, etc).



Sheila Torrance & Diane Moore

For your dedication and experience given to the SDHA Council the past many years.



Sheila Torrance
Public Rep
2012 to 2015



Diane Moore
SK Polytechnic Rep
2009 to 2015

Denise Wong

For all your hard work and assistance as part of the SK Polytechnic (formerly SIAST) dental hygiene program.
Happy Retirement!!

It was a pleasure working with you!



Congratulations to Samantha Gajda—2015 Mary Geddes Award Recipient

In 1980, the first class of dental hygienists graduated from Wascana Institute, Regina. In 1991, the SDHA initiated a **“Mary Geddes Memorial Award”** for a graduate of the program.

Mary Geddes (nee Brett) was the first dental hygienist to register in Canada, with the College of Dental Surgeons of Saskatchewan (CDSS) on April 1, 1950. She graduated from the University of Minnesota on June 12, 1948 and resided in Regina.



This award is granted annually by the SDHA to new graduate of SK Polytechnic that reflects the skills, attributes, and attitudes we recognize and want to promote in our future members.

- *Demonstrate 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*
- *Be compassionate and empathetic - reflective of the role of the dental hygienist as a health professional.*

Congratulations to Samantha Gajda, chosen as the 2015 recipient of this award. Samantha was presented with her award at the SDHA AGM on September 12.

Samantha was born and raised in Regina, SK. After graduating from Thom Collegiate, she attended the University of Saskatchewan for 2 years before entering the dental hygiene program at SK Polytechnic. After graduation, she took the summer off to travel around North America. She is now looking to enter the field in a part-time capacity with the intention of completing her degree in hopes of becoming involved in the dental hygiene program at SK Polytechnic in the future.



Health Promotion Initiatives

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



The Global Gathering Place (GGP) is a non-profit drop-in centre that provides services for immigrants and refugees in Saskatoon. Global Gathering Place helps these newcomers to Canada adapt to life here by offering support and skill development, acceptance, and a welcoming environment.

The organization works in partnership with community and immigrant-serving agencies, Citizenship and Immigration Canada (CIC), and a wide network of private and government funders. Several times a year the SDHA provides an informative oral health presentation to a group of newcomers served by the Global Gathering Place. It is an informal and comfortable environment in which they are able to practice their English and ask many questions regarding oral care and the health of their families. We provide information on the oral system-ic link, oral hygiene instruction, the importance of visiting their oral health care provider and making an appointment. The participants are always so thankful for the information we provide along with the toothbrushes, floss, toothpaste and mouth rinse that is provided. The next presentation is scheduled for October 28th.

In 2015, we formed a relationship with the Education Coordinator from the **Saskatoon Industry-Education Council**. The SDHA was asked to be part of a high school student career day to provide information on a career in dental hygiene. Since that time, we have been asked to provide presentations at a high school in December 2015 as well.

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

The SDHA Website - DID YOU KNOW?

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

- **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.
- **Updating your contact information**
- **Updating your SDHA Password**
- **Printing a duplicate receipt** - at any point during the current license year, you can access your 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 #2 or sdhaadmin@sasktel.net



Seeking French Speaking Health Professionals



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

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



Lunch & Learn

In cooperation with Sun Life Financial and the SDHA, we are proud to announce a CE credit approved lunch and learn opportunity for your office. Please consider one or all of the following seminars:

- **Health benefits 101**
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References:

*Bruce Schemehorn, Final Report "Fluoride Release from a Fluoride Varnish Over a Two Hour Period" Study Number 12-230, 11/09/12

**AADR 2014, Evaluation of Fluoride Release of Fluoride Varnishes, X. HUO*, T.SIMONTON, S. PATEL, & B. KOLTISKO

***Dimensions User Study, December 2012

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RDH SPOTLIGHT:

featuring a member that you need to know about!



DEAN LEFEBVRE, B.Sc. RDH

Education: Dean attended the U of S from 1989-1994 where he obtained an Advanced Bachelor of Science Degree with a major in Human Anatomy. He attended SIAST from 1994-1996 where he received his Diploma in Dental Hygiene. In 2014, Dean completed the Faculty Certificate Program with great distinction through the University of Regina and SK Polytechnic. In 2016, Dean plans on starting his Masters in Adult Education through the University of Fraser Valley.

Greatest Professional Highlight: It is difficult to select just one because my profession has provided me with so many opportunities throughout my life. I have met so many great people at conferences, community events, and the clients I provide care to draw me back to private practice in the summer when I am not teaching. I love being a Dental Hygiene Instructor where I am able to share my knowledge and experience with the future of our profession. Another highlight is the business I started in 1999, Regina Preventative Dental Services. I recognized a need for mobile mouthguard service that was affordable and convenient and it keeps me busy every year. Clients appreciate the service I provide and their referrals are the best feedback I can receive. Finally, I cannot forget about Dental Day. Dental Day started as an idea one day when I was at the Regina Food Bank in 2010 and has grown into an annual event where dentists, dental assistants, dental therapists, dental hygienists and denturists unite to provide dentistry to individuals within our community who have multiple barriers to dental care. Every year since 2011, Dental Day has grown in how many clients receive treatment and how many volunteers participate. It is a great example of how collaboration and teamwork can make a difference.

Greatest Joy: No question - my family. My wife, Pam, has put up with my busy schedule for 20 years. I would not be able to do what I do without her love, support and encouragement. My children, Chantelle and Michael, are my greatest joys. They are great kids and I love watching them experience life's challenges and successes. We have been fortunate to go on a few family vacations over the years and these are memories that make me smile when I reflect back on them.

Greatest Challenge: The biggest challenge I have is balancing my work, business, studies, and family life. I try not to let work take time away from my other commitments but it is hard at times. I coach my kids sports teams which keeps me involved in their activities. I am our Youth Director with the Knights of Columbus at Resurrection Parish. As a student, I never realized how hard instructors work but now I know! To maintain my physical and mental health, I continue to work out both at home and the Saskatchewan Polytechnic Fitness Center. It helps me deal with the stresses of each day and gives me the energy I need to keep up with my busy lifestyle.

Outside Work, I Love To: Travel. I love escaping winter whenever I can and going to a beach destination where I can snorkel or scuba dive. I enjoy going to my in laws cottage at White Bear Lake where I can golf, drink my morning coffee on the deck as birds are chirping, or swim in the lake. I continue to make time visiting family and friends whenever I can. I love watching sports! Last year, Pam and I took the kids to Disneyworld and we were able to drive to Tampa Bay to see an NHL game. My Toronto Maple Leafs were playing and I turned into a little kid again which made Pam laugh and realize how obsessed I really am. I love watching the Toronto Blue Jays on TV and I try to go to as many Saskatchewan Roughrider games as well.

Favorite Inspiration Quote: The great Vince Lombardi said, "The measure of who we are is what we do with what we have." We all have gifts we can share with others and we are afforded opportunities throughout our life to help others and make a difference. We need to make the most of those opportunities.

Final Words: As dental professionals, we have a responsibility to our profession and the public we serve to advance our skills and knowledge to keep pace with the advancements in dentistry. Every time I attend a dental conference or continuing education seminar I am amazed at the new technologies and knowledge gained by research. We need to embrace change and challenge the status quo so we are providing optimal care and growing professionally. Good is the enemy of great!

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- Dentsply: www.cavitronworld.com
- DVD Quarterly for Dental Hygienists: www.dvdquarterly.com
- 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/>
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YOUR SDHA COUNCIL

SDHA Council 2015-16



Kaylen Wiens
President
Saskatoon, SK
1st term



Leanne Huvenaars
Vice- President,
CDHA Rep
Tisdale, SK
2nd term



Janel Parkinson
Nipawin, SK
2nd term



Kay Munchinsky
Saskatoon, SK
1st term



Jaelyn Kozlow
Warman, SK
1st term



Harmony Boisjoli
Glidden, SK
1st term



Lynn Johnson
SK Polytechnic Rep.
Regina, SK
1st term

Please Welcome our New Public Reps



Ray Sass was born and raised and has spent the majority of his life in the Yorkton area. Currently Ray is employed as a Regional Manager for a recycling company.

Ray is and has been a board member for many local, municipal, provincial and national and regulatory organizations. In March 2012 Ray received a Chartered Director (C. Dir) designation from McMaster University.

Ray believes in effective and efficient board governance through policy governance. This governance model ensures that organizations achieve the board-stated strategic goals through development of policy.

Ray is keenly interested in lending his expertise and experience in governance to the SDHA.



Mike San Miguel is currently the Executive Director for the National Affordable Housing Corporation and also worked for SK Government Insurance (SGI) for sixteen years.

Professionally trained in Business Management and Entrepreneurism Mike is an alumni member of the Leadership Saskatoon Program.

Mike has held several public service positions within the community, including the President of the Filipino Canadian Association of Saskatoon, Chair of the City of Saskatoon's Cultural Diversity and Race Relations Committee and Treasurer for Saskatoon Folkfest Inc.

Mike is a recipient of the Queen Elizabeth II Diamond Jubilee Medal and in 2010 Mike was awarded the Saskatoon Community Foundation's Leadership Award for his work in the community and volunteer efforts. Mike also sits on multiple committees for the Greater Saskatoon Chamber of Commerce and currently is the President for the Parkridge Community Association.



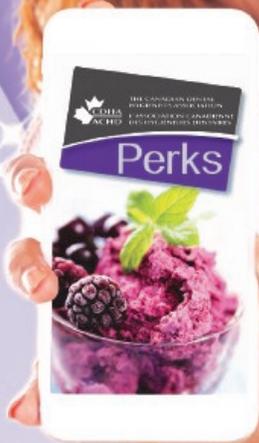
Tolu Oyebo is currently the Needs Assessment Coordinator at Sun Country Health Region, Weyburn.

Her career of more than 10 years spans government service, the financial and health industry. She was a board member of a Non-profit organization in Saskatchewan for about 2 years.

She studied Statistics (BSc) and has a Master of Business Administration degree. She is also a Certified Human Resource Professional (CHRP) and Canadian Management Professional (CMP). She holds a Masters Certificate in Health Systems Management from the University of Regina, Saskatchewan.

She currently lives in Weyburn, Saskatchewan with her husband and 3 children.

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

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



CONGRATULATIONS LARISSA TAMMINGA

Winner of an iPad for the CDHA Membership Earlybird Renewal Contest for those members who renewed prior to the earlybird deadline of September 30, 2015!

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