



Issue - #15  
Fall 2016

# 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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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](mailto:sdha@sasktel.net).*

## Registration is now Open!!

# Live, Love, Learn

### 3rd Annual SDHA Conference

### April 28 & 29, 2017

### Travelodge Hotel, Saskatoon

#### Keynote Speaker:



#### Dr. Tim Donley:

Dr. Donley is a leading expert in the treatment of gum disease and dental implants. He is a sought-after international speaker, teaching dentists and dental hygienists around the world. He co-authored the first-ever textbook on modern ultrasonic treatment for gum disease.

#### **Keynote presentations will include:**

- Turning the hygiene visit into a wellness visit: the role of the dental hygienist
- A protocol to maximize periodontal debridement

#### **Mini-session presentations to include:**

- Inclusive Dentistry: Empowering Independence through Effective Communication Strategies: [Michelle Engele](#) and [Dallas Tetarenko](#)
- Work-Life Balance & Wellness; Making it a Reality: [Jenn Minor Johansson](#)
- Professional Practice Discussions: [Kellie Watson](#)
- Tobacco and Diabetes: A Focus on Oral Health Considerations: [Jenna Anderson](#)
- A Review of Local Anesthetic Administration: Mysteries and Realities: [Salme Lavigne](#)
- Cultural Responsive Health Services Delivery: [Open Door Society](#)
- A Practical Approach to Prevention of Workplace Injuries: [Kregg Ochitwa](#)
- Long-Term Care: [Dr. Bhargava](#), [Chris Gordon](#), [Kerrie Krieg](#), [Terrie Donald](#)



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## President's Message

Janel Parkinson, RDH

"Many hands make light work" (John Heywood). As your current President for the next year, I am not able to do everything on my own and therefore as a council consisting of 9 other people we work hard and do our best to collaborate and represent our wonderful profession.

We are very fortunate to have an excellent Executive-Director/ Registrar, Kellie Watson who works hard with her staff Karen MacDonald, to fulfill the ENDS that council sets forth to guide SDHA into the future and beyond.

I look forward to acting as the voice for council over the next year and serving my last year on Council with great honour. "To have long term success as a coach or in any position of leadership, you have to be obsessed in some way." (Pat Riley). I translate obsession as passion, as you must have great passion for oral health to become a dental hygienist as I have never met another dental hygienist who does not enjoy their career.

Kind Regards,

Janel Parkinson, RDH  
SDHA President 2016-17

### **A big thank you to those Council members at the end of their terms:**

*Harmony Boisjoli and Jackie Kozlow*

*Your dedication to the SDHA Council is extremely valued and appreciated.*

*thank you!*

Harmony Boisjoli



Jackie Kozlow



### **And a warm welcome to our newest Council Members:**

*Kaitlyn Fieger & Alyssa Reimer - We very much look forward to working with you!*

*Kaitlyn Fieger*

Kaitlyn obtained a Diploma in Dental Hygiene from SIAST Wascana Campus in 2010, serving in various private clinic settings throughout her career. Recently, she has gained some experience in long term care and northern reserve community delivery methods. This Spring, Kaitlyn convocated with a Bachelor in Health Studies from the University of Regina. Areas of interest include advocating for underserved populations within Saskatchewan as well as continuing education delivery for Registered Dental Hygienists. She is pleased to be serving with the SDHA and hopes to learn from her peers on council to play a successful role within our professional organization.



*Alyssa Reimer*

Alyssa was born and raised in Swift Current, Saskatchewan. She obtained her undergraduate degree in Psychology at the University of Saskatchewan before continuing her studies in Dental Hygiene at Saskatchewan Polytechnic in Regina. After completing her Dental Hygiene Diploma in the spring of 2016, she began working as a Registered Dental Hygienist in Warman. Alyssa has a passion for volunteer work and is excited to be a SDHA Council Member.



## Maintaining Currency in Health Care Practice

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

At the SDHA AGM in 2014, a presentation and discussion occurred around ***Currency of Practice***; how do health care professionals stay current with skills and knowledge throughout one's career?

The SDHA Council has been discussing the concept of currency for many years now and considering options to ensure dental hygienists not only meet entry-to-practice standards upon initial registration, but also are able to maintain a certain standard throughout the years. As the regulatory body for dental hygienists in SK, the SDHA's mandate is to protect the public by ensuring that registered dental hygienists practice in a safe, competent and ethical manner.

In our discussions, some of the things that were considered:

- Are the SDHA CCP requirements sufficient to ensure safe, competent dental hygiene care throughout one's career?
- If not, what will? What does the research indicate as reliable in ensuring currency of practice? And what can we learn from other health professionals or by other dental hygiene organizations throughout Canada?

As a new graduate, in order to be registered/licensed as a dental hygienist in Saskatchewan, one must meet entry-to-practice standards: graduation from an accredited dental hygiene program and successful completion of the National Dental Hygiene Certification Exam. To maintain skills and knowledge throughout one's career, members of the SDHA must meet the requirements as set out in the Continuing Competency Program (CCP) Guidelines: 50 CCP credits and completion of a CPR course in each 3 year period.

***What is Currency of Practice?*** I tend to think of it from the patient's standpoint. If I was going for heart surgery and my surgeon hadn't done that type of surgery for 5 or 10 years, would I be concerned? I graduated over 20 years ago from the University of Manitoba and within that curriculum, I completed a restorative module whereby I learned to do plugging and carving of restorations. It is now 2016 and I haven't used those skills since 1995 - I am not current.

We all can likely think of skills/procedures like my restorative example, but it is more than that. It means being current in the skills and knowledge to do the job you are required to do. Being competent, and having the skills, knowledge, and experience to ensure that your patient is safe, will receive the best care possible to achieve the best possible outcome - optimal oral and overall health.

One of the biggest questions we asked, was whether the current SDHA CCP program ensures currency throughout one's career. We looked to the research to help us with this one. Although our program has good qualities - it uses self-reflection to look for gaps in skills/knowledge, it addresses gaps through learning activities, and it is geared for members to incorporate new information into practice, in general, research finds that Continuing Education (CE/CCP) programs based on points have the following flaws:

- We tend to do a poor job at self-reflection. We look at ourselves through rose colored glasses to protect our self image and portray ourselves to others (patients/employers) as competent experts.
- Although the ability to self-assess is vital to the concept of professional self-regulation, our ability as humans to self assess is relatively poor. Poor performers rate high and high performers rate low, and everyone thinks they are above average, yet research has found that for any given skill 25% of us are in the bottom quartile of performance.
- We assume that adult learners are motivated to fill in gaps. Think about the recent conferences – how did you choose the sessions you attended? Did you say when you looked at the program – “wow thank goodness they have a session on that. I am really poor at that and should find out how to come back up to speed”? Rather evidence suggests that health care professionals attend CE events that confirm what they already know. Areas where we excel or areas we are interested in. We don't choose sessions on areas where we struggle or areas that don't interest us. Why? Because learning is not that fun. Learning fun things is fun, learning hard things is hard, learning boring things is boring.
- Most CE learning fails to change practice.

Research also describes the stages of competence that we go through during our careers as having an effect on currency of practice. When we begin as a first year dental hygiene student, we are unconsciously incompetent-we don't know what we don't know. As the dental hygiene curriculum progresses, we become consciously incompetent-now we know what we don't know (and it is overwhelming). However, within a couple years post-graduation, we are consciously competent-we know how to do something, and demonstrating the skill or knowledge requires concentration and thought. This is the most ideal stage, as we are both competent and mindful while performing a task. As an experienced dental hygienist we become so skilled and experienced that we no longer even think about what we are doing, and researchers believe there is a risk that we become consciously incompetent. - we think we know everything, even though we don't.

**What are other health professionals and dental hygiene regulatory bodies doing?**

|                      | <i>Dental Hygiene</i>                                  |                |           |                        |
|----------------------|--|----------------|-----------|------------------------|
| Province             | <i>BC</i>  | <i>AB</i>      | <i>SK</i> | <i>MB</i>              |
| CCP Reporting Period | 5 years  | 3 years        | 3 years   | 1 year                 |
| Credits Required     | 75   | 45             | 50        | NA                     |
| Practice Hours       | 0  | 600 in 3 years | 0         | 600 in 3 years         |
| Other                | QA Tool/Exam every 5 years that directs CCP activities |                |           | Goal based. No credits |

|                      | <i>Medical Radiation Techs</i>        | <i>Speech Language Paths</i> | <i>Physical Therapist</i> | <i>Occupational Therapist</i>           | <i>Paramedics</i> | <i>Dieticians</i>                     | <i>Dentists</i> | <i>Nurses</i>    |
|----------------------|---------------------------------------|------------------------------|---------------------------|---|-------------------|---------------------------------------|-----------------|------------------|
| CCP Reporting Period | 1 year                                | 3 years                      | 1 year                    | 1 year                                  | 1 year            | 1 year                                | 3 years         | 1 year           |
| Credits Required     | 10                                    | 45                           | NA                        | NA                                      | 20                | NA                                    | 90              | NA               |
| Practice Hours       | 500 in 5 years                        | 1250 in 5 years              | 1200 in 5 years           | 1000 in 5 years or 600 in 3 years       | 0                 | None presently but considering adding | 0               | 1125 in 5 years  |
| Other                | Increasing to 1200 in 5 years in 2017 |                              | Annual Jurisprudence Exam | Goals based with guided self-assessment |                   | Goals based - 2 goals per year        |                 | Competency based |

As you can see, currency requirements vary throughout most groups, but certainly a combination of credits and practice hours seem to be the most commonly utilized.

**We also asked you, the members at the 2014 SDHA AGM what you thought.** Thank you for providing your feedback and opinions. It was definitely taken into consideration during Council’s discussions.

As a result of all the research and review that was done, the SDHA Council has decided that implementing an Ethics and Jurisprudence requirement would be a good place to start. It is critical that both new and existing members be knowledgeable about ethical and professional issues, as well as what our legislation allows in Saskatchewan. This requirement will be similar to that of CPR, whereby completion of an Ethics & Jurisprudence course/tool will be required once every 3 year period for ALL members.

Successful completion of a jurisprudence examination is currently the standard for new registrants by many other Canadian dental hygiene regulatory authorities, and thus the addition of an Ethics and Jurisprudence tool here in SK for at least new members is a must. Legislation and scope of practice differs significantly from province to province and in order to keep the patient and the dental hygienist safe and protected, knowledge of these things is imperative.

Consultation with the National Dental Hygiene Certification Board (NDHCB) as well as the regulators from Manitoba and New Brunswick has begun, with options being presented to the SDHA Council this fall. It is expected that once a tool is selected, there will be time needed for development and implementation. It is anticipated that this requirement may take effect in 2018 for all new and existing members and be phased in like the CPR requirement was, when a member starts their new 3 year reporting period after the tool’s implementation date.

More information will follow in future SDHA correspondence to keep you abreast of developments, and certainly ongoing discussions by the SDHA Council will occur to continue considering other currency models.

## Health Promotion Initiatives - Chris Gordon

*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.*

On behalf of the SDHA, I recently provided an informative oral health presentation to a group of immigrant women as part of The Global Gathering Place WELL program. The Global Gathering Place (GGP) is a non-profit drop-in centre that provides services for immigrants and refugees in Saskatoon. The GGP helps these newcomers to Canada adapt to life here by offering support and skill development, acceptance, and a welcoming environment. The WELL program specifically provides for an informal and comfortable environment in which the participants are able to practice their English and ask many questions regarding oral care and the health of their families. We provide information on the oral systemic link, oral hygiene instruction, the importance of visiting their oral health care provider and making an appointment. The participants are always so appreciative for the information we provide along with the toothbrushes, floss, toothpaste and mouth rinse that is provided. The day that I met with this group this year, Saskatoon had just received our first snowfall. Some of the ladies were not able to come due to the inclement weather, but those that did, were very excited to see snow for the first time. Their eyes were so bright with amazement that it was a good reminder for me to embrace the season. Each of them introduced themselves and that they had been in Canada for only 2 to 6 months. They were from China, Africa, The Netherlands and Iran. The questions they asked were not only for themselves but for their family members and friends. The SDHA continues to build a lasting relationship with The Global Gathering Place and the new immigrants in our community.



I was recently able to provide an information session and then a denture labeling clinic for a group of seniors that live independently at Ilarion Place in Saskatoon. Our presentation of "Oral Health Issues that Seniors Need to Know About", attracted many of the residents to attend. Information provided included nutrition (sugar content in drinks), medications and the risk for dry mouth, the oral/systemic link and the importance of continuous good oral hygiene throughout their lives. The seniors had lots of stories and many questions. I then encouraged those with dentures to ensure their names were on them. Many had never heard or even considered the importance of this. Often during medical emergencies, dentures can be misplaced or lost. We have heard many stories of this happening which results in a great expense to have them replaced. We provided a denture labeling clinic the following week and have been asked to do another in November. I provided toothbrushes, denture brushes, floss and toothpaste to those who attended and each of them expressed so much appreciation. To my surprise I was able to re-connect with my Uncle Dan who will be 90 years old in November and my mom's friend Hazel. We all had a little cry and then a great visit. I cannot express how grateful I am to be able to connect with so many seniors that have contributed to make our lives better. The teachers, doctors, nurses, lawyers, moms and dads and the stories that they share are incredible. One couple I met, have been married for 67 years, have 11 children, 29 grandchildren and 22 great grandchildren. I feel so privileged to spend time with these people!



The Spotlight On Seniors Conference that was held in October in Saskatoon was a great success. I was able to represent the SDHA along with the Saskatoon Health Region Oral Health Program at the trade show. Approximately 400 seniors attended the day that was sponsored by the Saskatoon Council on Aging. This is an annual event where seniors can gain information of the services available to them in the Saskatoon area, network, enjoy the fashion show and entertainment, have coffee, a snack or lunch. There were also free blood pressure and glucose testing clinics. We had many professionals and seniors alike, stop by our booth to get information relating to seniors and their oral health. They were amazed at the display about the sugar content in drinks. They had many questions on their medications and their dry mouths. We were able to network with other agencies and inform them that we could provide information/presentations to their groups on the importance of oral health for seniors. The toothbrushes, toothpaste and floss that we handed out were greatly appreciated by all those that attended. Being able to talk to so many people about who we are, what we do and to promote our profession made the day go by so quickly. There were many stories I was told of how much people love visiting their dental hygienist. The day was a reminder that we do make a difference in the lives of so many people.



Is there something you, as an individual dental hygienist can do in your community? A presentation, screening, or donate 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!



## CDHA CORNER

To all the registered  
dental hygienists of  
Saskatchewan,



*I am Leanne Huvenaars, and I am the elected representative for Saskatchewan on the Canadian Dental Hygienists Association (CDHA) board of directors. I will have completed my first year on the board in October. It has been a busy year with meetings, a national conference, government lobbying in Ottawa, and learning a new style of policy governance. In addition to my role as a voting board director, I serve on CDHA's audit committee.*

*I am humbled at the talent on CDHA's board, as well as the talent of the CEO and staff at CDHA. All of these people are working tirelessly for the advancement of the dental hygiene profession throughout our great nation. We are well known on Parliament Hill, and our profession is being recognized in social media and in forums we have never been in before.*

*Please join us in Edmonton on October 21 and 22, 2016 for CDHA's leadership summit, professional development session, and annual general meeting. It will be a great opportunity to reconnect with old friends and meet new dental hygienists from across Canada. I remember last year when the awards for years of service were presented, and the member at our table said, "I don't know why I am getting an award. I have just practised for 25 years." My response was, "Without you and the dental hygienists who paved the way for us, we would not be where we are right now." CDHA is strong, thanks to each and every one of you.*

*See you soon.*

*Sincerely,*

*Leanne Huvenaars, RDH  
saskatchewan@cdha.ca*

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

Webinars now on demand:

Navigating the Labyrinth of Procedure Codes & E-Claims

The Mysteries of the Peer-Review Process

Get Smart about Employment Contracts

Webinars coming soon:

Fluoride Varnishes, September 28

*Sponsored by 3M*

Strategies to Supercharge Students & Clients, October 28

Bugs, Drugs and Food Fads, November

*Sponsored by Johnson & Johnson*

Gastrointestinal Diseases and Their Dental Implications, December

*Sponsored by Colgate*

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

Leadership summit, professional

development session, & AGM

Edmonton, Alberta, October 21-22

*Sponsored by Philips Sonicare*

[www.cdha.ca/2016Edmonton](http://www.cdha.ca/2016Edmonton)

### MEMBERSHIP RENEWAL

CDHA membership provides access to CDHA Perks, GoodLife Fitness, the CPS e-suite, CDHA Protect professional liability insurance for active (practising members) and more! Check out the updated [www.cdha.ca/benefits](http://www.cdha.ca/benefits) area of our website. Your CDHA membership is renewed when you complete your annual SDHA registration.

### IMPORTANT UPDATE ON CDHA PERKS

If you have noticed a "This offer is no longer available" message on all CDHA Perks offerings, it means that your subscription has expired (one year from your last membership renewal date). As soon as you renew your CDHA membership, you will automatically be re-enrolled in this popular discount program.

### AREAS OF INTEREST ON OUR WEBSITE

- Update Your Membership Profile:  
[www.cdha.ca/profileedit](http://www.cdha.ca/profileedit)
- Fact Sheets and Resources:  
[www.cdha.ca/factsheets](http://www.cdha.ca/factsheets)
- Media Releases, CDHA and our Members in the News:  
[www.cdha.ca/press](http://www.cdha.ca/press)



## Open Cup, NOT Sippy Cup Starting at 6 Months of Age

### OPEN CUP

Babies should start practicing drinking from an open cup at 6 months of age. Most of baby's nutrition will still come from breastmilk or formula and the baby will start to eat solid foods around this age as well. If baby is formula feed, wean the baby off the bottle at 12 months. A baby should no longer be using a bottle by 18 months. When starting with an open cup only use water. As the baby's skills improve, caregivers can consider offering expressed breastmilk or formula in addition to water. Whole cow's milk can be offered when their baby reaches 9-12 months of age.



Babies do NOT need juice, pop, iced tea or other sugary beverages.

### HOW TO HELP MOMS

Teach them to seat the baby securely and comfortably with baby's bottom well back in the chair. When baby is ready to try drinking, add a small amount of water. Increase the amount as he/she gets better at drinking from the cup. If needed, they can help by gently tipping the cup from the bottom as he/she learns. Always use the baby's name and encouraging words.

When babies drink from a sippy cup they are using a sucking motion like they would with a bottle. Babies will need to learn to sip. Sometimes it's messy but if they use water it will be an easy clean up. Like learning to walk or ride a bike it takes practice and encouragement. Get moms to be patient and the rewards will be fantastic!

### CUPS TO AVOID

**Avoid the no-spill training cup.** This type of cup does not spill or pour out when turned upside down. Many versions of this type exist. Some come with a small straw or spout. They have a valve which stops liquid from spilling and will require your baby to suck on either the spout or straw. A spout or straw holds the tongue down like a tongue depressor. If a child is reliant on this method of drinking, essential swallowing muscles will not develop. No-spill cups are also harder to clean and can trap germs in the spout and valve. While no-spill cups may at first seem more convenient, they are not the best choice for babies and are not recommended. Health professionals are seeing more cavities and speech difficulties or delays among young children who use a no-spill training cup.



*This information is brought to you by:*

- **Northern Oral Health Working Group (NOHWG)**
- **Saskatchewan Dental Public Health Network (SDPHN) and**
- **Northern Healthy Community Partnership (NHCP)**

## Congratulations

Congratulations to those in the Saskatoon Health Region who recently were recognized with the **Bravo Award** for their work in helping to establish Better Oral Health in Long Term Care. Working collaboratively with many others, the results have been better health, better care and great teamwork

to give residents of Long Term Care much improved overall health. **Kerrie Krieg**, is the Long Term Care Oral Health Coordinator that works closely with the Health Region and the Dental Team that provides care in many facilities. Her role also includes: training of staff to provide daily care, provide health education and promotion, communicate and liaise with family, coordinate and liaise with LTC staff to expedite effective care, and coordinate consent/medical history process as required.



Kerrie Krieg (far left) with resident and colleague at Parkridge Centre



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

### **Veronica Hermiston, RDH**

#### **Education:**

- Journeyperson in Cosmetology
- Dental Assisting with training in Orthodontics, Implants, and Whitening
- Dental Hygiene-Oral Pathology University of British Columbia
- Dental Therapy at First Nations University with training in Space Maintenance
- Year three of Pre-dentistry University of Saskatchewan

**Greatest Professional Highlight:** Initiated and received a Guinness World Record for “Most People Flossing Simultaneously”. The Guinness World Record was set at Campbell Collegiate High School in Regina on October 20, 2003 and had a total of 1,146 people flossing their teeth for 45 seconds on a single line of dental floss as part of National Dental Hygiene Week.

**Greatest Joy:** Every day I experience a miracle. Whether it is with my animals or a patient in my chair or witnessing kindness in other people.

**Greatest Challenge:** Opening ABC Dental Hygiene and Therapy Dental Clinic this year.

**Outside Work, I Love To:** Dance

**Favorite Inspiration Quote:** “The purpose of life is to love. How well you live comes down to how well you love. The heart is wiser than the head. Honor it. Trust it. Follow it”.

**Final Words:** Be positive and have faith to overcome fear or disappointment. Have courage. Most importantly, be kind to yourself.



JOIN US FOR

# DENTAL DAY YXE

*Make Saskatoon Smile!*

**SAVE THE DATE:  
SATURDAY, APRIL 8, 2017**

In one day, dental professionals from across Saskatoon will gather at the College of Dentistry to provide free treatment for families unable to access care due to financial constraints.

**We think you should be there too.  
Volunteers of all dental disciplines required.**

**Receive 1 CE credit/hour of volunteer activity.**

### What is Dental Day YXE?

On Saturday April 8, 2017, dental professionals will gather at the University of Saskatchewan College of Dentistry to provide free dental treatment for families who cannot access dental care due to financial barriers. We can impact many lives by relieving people of dental pain and improving oral health. Fillings, extractions, cleanings, and denture repairs will all be FREE!

### Where did this idea come from?

Regina Sask Polytechnic dental hygiene and dental assisting programs have been running Dental Day for 5 years. They have partnered with the Regina Food Bank and the Regina Open Door Society. Now we want to bring this excellent opportunity to the people of Saskatoon.

### How can we make this event a success?

With your contribution we can provide more materials for treatment, more educational material for patients, and make this an event that continues for years to come!

#### Regina Dental Day 2016 Statistics



**Save the Date**  
Saturday, April 8, 2017

**Location**  
Saskatoon - UofS - College of Dentistry Dental Clinic Building (105 Wiggins Road)

**Time**  
8 am - 4:00 pm

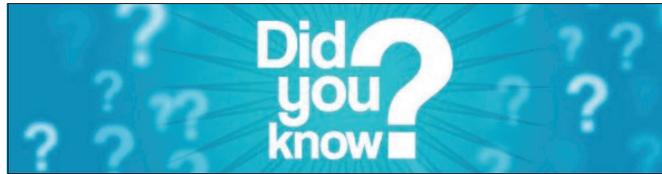
**CE Credits**  
Receive 1 CE credit/volunteer hour

**Audience**  
All (D,H,T,A), including Denturists

**If interested in this opportunity, contact**

Dr. Danielle Briere  
(306) 220-8860  
dab505@mail.usask.ca

Dr. Alyssa Hayes  
(306) 966-1407  
alyssa.hayes@usask.ca



1. The Members Only Section of the SDHA Website at [www.sdha.ca](http://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](http://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](mailto:sdhaadmin@sasktel.net)

2. Submit your CCP Credit request forms & supporting documentation to Karen at [sdhaadmin@sasktel.net](mailto:sdhaadmin@sasktel.net) or by fax to 306-931-7334.

3. We have moved: The SDHA office address is: 1024 8th Street East, Saskatoon, S7H 0R9



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

## CREATING THE ULTIMATE DENTAL HYGIENE APPOINTMENT

- **What?** Half-day morning workshop sponsored by **Crest + Oral-B**
- **When?** Friday, December 2, 2016
- **Where?** Park Town Hotel, Saskatoon
- **Cost?** \$75 for CDHA/SDHA Members

Register today at  
[www.cdha.ca/Education](http://www.cdha.ca/Education)

Registration closes November 18!



RECEIVE THE NEW CREST + ORAL-B 5000 WITH BLUETOOTH TECHNOLOGY!



## CPR Basics - Joanne Elder

### Why is CPR important?

Did you know that approx. 75 % of sudden cardiac arrests occur either at home, workplace or other public locations. Calling 911 should always be the first step, but what do we do while we are waiting for that help to arrive? When an individual suffers an out of hospital sudden cardiac arrest, that person's survival greatly depends on receiving immediate CPR from a bystander.

### But what is CPR?

CPR stands for Cardio Pulmonary Resuscitation and is a life- saving procedure that helps maintain blood flow going to all our vital organs therefore helping to keep vital organs alive until the paramedics arrive with more advanced care. CPR makes the difference between life and death for people and the more people who are trained the higher the chance of receiving life- saving help.

### Why do we always have to be recertifying?

Statistics show that only 50% of people are performing CPR correctly! This is why it is so vital to not only learn CPR but to refresh your knowledge regularly to stay confident and proficient in your skills. Every second is crucial to a body that isn't receiving oxygen, and you don't want to waste even a second trying to dig deep into our foggy memories trying to remember those crucial steps. We want you to keep your skills so fresh that when called upon to react, you don't have to hesitate.

### What's with all the different levels of CPR?

There are 3 levels of CPR – Level A, C & HCP – Below I have outline the difference between all three

**Level A** covers only Adult skills – this is appropriate for Adult work places ie: construction, elevators etc. – The material covered includes:

- The First aiders Role
- Check, Call, Care
- Recovery Position
- Choking – Adult only
- Angina & Heart Attack
- CPR – Adult only
- AED use
- Deadly Bleeding
- Assisting with Medications
- Stroke

**Level C** covers not only the Adult, but Child & Infant Skills – this is the most common level that people certify in. Ie: daycares, dental offices, schools, etc.

- The First aiders Role
- Check, Call, Care
- Recovery Position
- Choking – Adult only
- Angina & Heart Attack
- Choking – Child & Baby
- CPR – Child & Baby
- CPR – Adult only
- AED use
- Deadly Bleeding
- Assisting with Medications
- Stroke

**Level HCP ( Health Care Provider)** - this covers all the material in Level A & C in addition we go through Jaw Thrust, Pulse Checks, Rescue Breathing, BVM ( Bag Valve Mask and two rescuer CPR – this level is for individuals who are in the health care field and who would use their skills on a regular basis ie: nurses, paramedics

- The First aiders Role
- Check, Call, Care
- Recovery Position
- Choking – Adult only
- Angina & Heart Attack
- Jaw thrust
- Pulse Checks
- Rescue Breathing – Adult, Child, Infant
- BVM – Adult, Child, Infant
- Two Rescuer CPR – Adult, Child, Infant
- CPR – Adult only
- AED use
- Deadly Bleeding
- Assisting with Medications
- Stroke

**BasicPlus First aid Training** is a training partner with the Canadian Red Cross and has been teaching Saskatoon & area First aid & CPR for the past 25 years. **To register for a public course, or to book your office for a private course please call Joanne Elder @306-254-4302 or email [basicplus@sasktel.net](mailto:basicplus@sasktel.net)**

### **Standard First Aid / CPR C / AED Full Courses Dates**

Full two days - \$150.00 / person + tax – includes a book  
CPR only is day 1 - \$70.00 / person + GST - includes a manual

|                         |                            |
|-------------------------|----------------------------|
| <b>Oct. 24 &amp; 25</b> | <b>8:30a.m. – 5:00p.m.</b> |
| Nov. 9 & 10             | 8:30a.m. – 5:00p.m.        |
| <b>Nov. 19 &amp; 20</b> | <b>8:30a.m. – 5:00p.m.</b> |
| Nov. 21 & 22            | 8:30a.m. – 5:00p.m.        |
| <b>Dec. 8 &amp; 9</b>   | <b>8:30a.m. – 5:00p.m.</b> |
| Dec. 19 & 20            | 8:30a.m. – 5:00p.m.        |



### **Standard First Aid / CPR C / AED Recertification Course Dates**

**Recertification** - \$105.00 / person + tax - no book - To qualify, you must have had to have the course prior to three years ago  
**Blended Learning** - \$140.00 / person + tax – includes book & 6 – 8 hours of online training prior to course  
**CPR only** - \$60.00 / person – class time is 8:30a.m. – noon

|                |                            |
|----------------|----------------------------|
| <b>Oct. 21</b> | <b>8:30a.m – 4:30p.m.</b>  |
| Oct. 22        | 8:30a.m. – 4:30p.m.        |
| <b>Nov. 5</b>  | <b>8:30a.m. – 4:30p.m.</b> |
| Nov. 7         | 8:30a.m. – 4:30p.m.        |
| <b>Nov. 23</b> | <b>8:30a.m. – 4:30p.m.</b> |
| Dec. 7         | 8:30a.m. – 4:30p.m.        |

The above courses, you can send as few or as many into the course as you would like. If you would like to do a session for your company, you can contact me at the number / email listed below.

**Course Location: Luther Care Communities Building**  
1800 Alexandra Ave Saskatoon, Sk.  
[www.basicplusfirstaidtraining.ca](http://www.basicplusfirstaidtraining.ca)

**To Register:** Email: [basicplus@sasktel.net](mailto:basicplus@sasktel.net) or Phone 306-254-4302

**Blended Learning Program** – This is a new program that allows students to complete the full two day – Standard First Aid / CPR / AED program by doing part of the program at home / work online and then spend one day only in the classroom learning / testing their skills. You can take the Blended Learning Program, if you have never taken a class before, or if you have let your training expire, and need to do a two day training session again. The online portion takes approx. 6 – 8 hours. Upon completion of the online portion, the student then has 30 days to complete the classroom portion. The student would then choose from one of the “one day” programs listed on my schedule.

## U of S College of Dentistry - 2017 Professional Development Events

**SATURDAY, JANUARY 14, 2017**

### **Practice Management: New Game, New Rules, New Playbook, presented by the Levin Group**

**Presenter:** Roger Levin, DDS, founder and CEO of Levin Group

**Time:** 8AM - 3:30PM

**Location:** Saskatoon - UofS - Louis Loft – Memorial Union Building (93 Campus Drive)

**Link:** <http://www.usask.ca/dentistry/cpde/summaries/jan-14-2017-levin-practice-management.php>

**SATURDAY, FEBRUARY 25, 2017**

### **Removable Partial Denture Prosthesis: Basic Principles and Design for the Daily Practice**

**Presenters:** D. Ardenghi, DDS, M.A (Educ), MSc, Dip in Prosthodontics, FRCD(C) Prosthodontics - Assistant Professor, College of Dentistry - U of S; R. Kroener, CDT, RDT Carlson Dental Labs - U of S

**Time:** 8AM - 4PM

**Location:** Saskatoon - UofS- Health Sciences Building: E Wing - Leslie and Irene Dubé Theatre, Room E1150

**Link:** <http://www.usask.ca/dentistry/cpde/summaries/feb-25-2017.php>

**SATURDAY, MARCH 18, 2017**

### **Current Trends in Endodontics**

**Presenters:** Aly Phee, BSc, DMD, MSc, FRCD (C); Carlos Ochoa, DDS, FRCD (C); Blayne Thibodeau, DMD, MS, FRCD(C); David Stark, BSc, DMD, MS; Christine Berthold, Med Dent, PhD; Keith Plain, BSc, DMD, Cert. (Endo.), FRCD(C)

**Time:** 8AM - 4PM

**Location:** Saskatoon - UofS - Louis Loft – Memorial Union Building (93 Campus Drive)

**Link:** <http://www.usask.ca/dentistry/cpde/summaries/mar-18-2017.php>

**SATURDAY, APRIL 29, 2017**

### **Geriatric Medicine and Geriatric Dentistry for the Dental Team**

**Presenter:** Michael Wiseman, DDS, DABSCD, M RCS (EDIN)

**Location:** Saskatoon - U of S- Health Sciences Building: E Wing - Leslie and Irene Dubé Theatre, Room E1150

**Link:** <http://www.usask.ca/dentistry/cpde/summaries/April-29-2017.php>

**SATURDAY, MAY 20, 2017**

### **Pharmacology and Therapeutics Update**

**Presenters:** Kabir Viridi, DMD, FRCD(C), Oral & Maxillofacial Surgery - Assistant Professor, College of Dentistry - UofS ; Jaris Swidorovich, BPS, PharmD - Lecturer in Pharmacy –College of Pharmacy & Nutrition - UofS

**Time:** 8AM - 4PM

**Location:** Saskatoon - UofS- Health Sciences Building: E Wing - Leslie and Irene Dubé Theatre, Room E1150 **Link:** <http://www.usask.ca/dentistry/cpde/summaries/may-20-2017.php>

**SATURDAY, JUNE 3, 2017**

### **Digital Guided Surgery and Impression Scanning Technology: A Lecture and Hands-on Course by Sinclair Dental**

**Presenters:** Jill Bashutski DDS, MS, FRCD(C), ABP Diplomate; Bert Rietel

**Time:** 8AM - 4PM

**Location:** Saskatoon - U of S- College of Dentistry: Room 334 & Dental Clinic for hands-on portion (105 Wiggins Road)

**Link:** <http://www.usask.ca/dentistry/cpde/summaries/june-3-2017.php>

**SATURDAY, OCTOBER 28, 2017**

### **Evidence Based Management of TMD**

**Presenters:** Lou Mercuri, DDS, MS Visiting Professor, Department of Orthopedic Surgery, Rush University Medical Center, Chicago, IL; Gary D. Klasser, DMD, Cert. Orofacial Pain, Associate Professor, Louisiana State University Health Sciences Center, School of Dentistry, Department of Diagnostic Sciences

**Time:** 8AM - 4PM

**Location:** Saskatoon - U of S- Health Sciences Building: E Wing - Leslie and Irene Dubé Theatre, Room E1150

**Link:** <http://www.usask.ca/dentistry/cpde/summaries/Oct-28-2017.php>

**SATURDAY, DECEMBER 2, 2017**

### **CPR Certification/Dental Emergencies (Hands-on)**

**Presenters:** Kabir Viridi, DMD, FRCD(C), Oral & Maxillofacial Surgery – Assistant Professor, College of Dentistry - UofS; Alyssa Hayes, BDent (Hons), MSc DPH, FRCD(C) – Assistant Professor, College of Dentistry - UofS

**Time:** 8AM - 4PM

**Location:** Saskatoon - U of S- Clinical Learning Resource Centre: Health Sciences Building: E Wing RM E2350 (104 Clinic Place Wiggins)

**Link:** <http://www.usask.ca/dentistry/cpde/summaries/dec-2-2017.php>

## INSERT RECYCLING PROGRAM

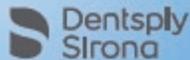


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Google Canada's Tooth Fairy  
<http://www.ncohf.org/our-programs/esther-wilkins-education-program>

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.

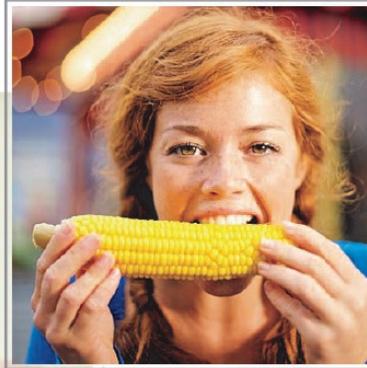
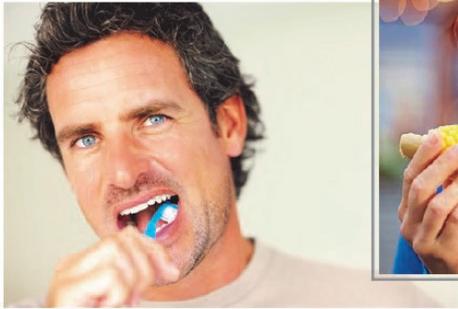
### UPCOMING EVENTS:

- *October 24, 2016*
  - 8:30am to 4:30pm
  - Travelodge, Regina
- *May 29, 2017*
  - 8:30am to 4:30pm
  - German Cultural Centre, Saskatoon

Everyone Welcome! Visit us at [www.saskohc.ca](http://www.saskohc.ca)

# NORTH 49° PHYSICAL THERAPY

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contactus@north49therapy.ca  
www.north49therapy.ca

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