



Issue - #24
Winter 2019

The SDHA *Edge*

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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...

SDHA's 50th Anniversary

*6th Annual Conference & AGM
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

SDHA Members Hit The CDHA Lottery!

Thank-you to the SDHA members who have renewed their license by September 30th!

Congratulations to our members!

- ◆ Shuang Ma
- ◆ Lindsey Cobb
- ◆ Ashlie Buhler
- ◆ Ashley Eischen

Coming Soon:

- ◆ SDAA Conference: April 25, 2020
- ◆ Women in Dentistry Gala : April 24, 2020

Say Hello to the Cavitron® 300 Series Ultrasonic Scaling System

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Request a demo at dentsplysirona.com/cavitron300

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Message from the President Alyssa Boyer, RDH

Dear SDHA Members,

I hope this message finds you happy and healthy, enjoying the Christmas season. The SDHA Council always has projects in motion, and I look forward to updating you on what's new and happening. As Council President for the SDHA, I have been working closely with our new Registrar- CEO to offer support and guidance as she navigates her new position, as she began with the SDHA this past May. As a council, we are so pleased with Catherine's first eight months in this position. She has been working extremely hard on behalf of both the public and our membership to advance our profession. We are incredibly proud to have such a hardworking individual in this position with strong SDHA Staff members alongside her.

I'm pleased to inform you the SDHA has made a submission to the Saskatchewan Government with the goal of amending Section 25 of the *Dental Disciplines Act, 1997*. Although innovative in its time, parts of the Act now need to be updated to keep up with our provinces current needs, specifically regarding underserved populations. This includes seniors over the age of 65, Indigenous people, new immigrants, special-needs, and low income population.



Our request is simple; amending section 25 of the Act pertaining to the need for a contract with a dentist for professions complementary to dentistry.

Our organization strongly feels that it's time to align the Saskatchewan Dental Disciplines Act to the Acts in majority of Canadian jurisdictions, and promote equal treatment of professions considered complementary to dentistry.

According to Statistics Canada, we know that dental day surgery rates for children from Indigenous communities are almost 9 times higher than those for non-Indigenous children. New immigrants have limited coverage and resources when it comes to oral health care. Seniors are no longer primarily edentulous, and retain teeth for their entire lifespan. Unfortunately, preventative Dental Hygiene services and programs are not readily available for these populations. The changes in legislation proposed by the SDHA would open the door for those dental professionals wishing to work in these specific areas without regulatory barriers.

The SDHA successfully hosted a MLA reception on November 19th, attended by 31 MLA's, including the Minister of Health, Jim Reiter and the Minister of Rural Health Warren Kaeding. There was great engagement and the Minister of Health requested a meeting for further conversation in the new year.

Your SDHA Council continues to meet 4 times per year. Remember, the SDHA Council is elected by **our** membership, and is always looking for new faces at the table. Want a voice in your profession? Consider putting your name forth for council. Watch for the call for nominations and send us your application, we'd love to have you join us!

Warm Regards,

Alyssa Boyer, BA(Psy), RDH
SDHA Council President

Call for Nominations

At this time, the SDHA is extending a Call for Nominations for **three (3)** Registered Dental Hygienists who are interested in serving on the SDHA Council for a three (3) year term -

March 2020 through to March 2023. The election to fill the Council vacancies will occur at the SDHA AGM on Saturday, March 28th, 2020.

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

Now is the opportune time to consider the difference your participation could make on the SDHA Council. If you or someone you know is interested in contributing their time, talent and wisdom to the profession,

please submit the Biography Form (enclosed) to the SDHA office (sdha@sasktel.net) no later than Friday, January 25th 2020.

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 CFDRHE

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

SDHA 2019/2020 Council Members

President — Alyssa Boyer (3 years March 2020)

1st Vice-President — Leah Wells (3 years March 2021)

2nd Vice-President — Karen Ollivier (3 years March 2021)

Past President — Kaylen Anholt (6 years March 2021)

Councillor — Nancy Newby (3 years March 2022)

Public Rep — Jared Dunlop (3 years April 2020)

Public Rep — Raymond Sass (3 years June 2021)

Public Rep — Jyotsna (Jo) Custead (3 years September 2022)

SK Polytechnic Rep — Sharman Woynarski

CDHA Rep - Leanne Huvenaars

Council mailing address:

SDHA Council
1024 8th Street East
Saskatoon SK S7H 0R9

Welcome Jyotsna (Jo) Custead Appointed Public Represented to Council

Jyotsna (Jo) Custead is the newly appointed Public Member on Council. The SDHA is very lucky to have Ms Custead join our Council. She earned her Bachelor of Commerce degree from the University of Saskatchewan in 1975. In addition to her career responsibilities she volunteered extensively in the community through leadership positions in organizations that include the United Way of Saskatoon, the YWCA National Board, India Canada Cultural Association, the Centennial Auditorium and Convention Centre and the Saskatoon Police Advisory Committee on Diversity. She continues to serve on several boards including the Saskatchewan Registered Nursing Association and the Saskatchewan Arts Board, and has served in dozens of volunteer capacities.



Ms. Custead has been nominated for Saskatoon's YWCA Women of Distinction Award in 1997, was a recipient of the Queen's Jubilee Medal, was a recipient of Governor General of Canada 125 Medal in recognition of work and dedication to Revenue Canada in the area of employment equity and women's issues, and was named the Saskatoon Council of Women's Hall of Fame Inductee for 2015. We welcome Jo to the organization and look forward to her participation on our Council.

Registrar-CEO Report

Catherine Folkersen, MBA

Season's Greetings Saskatchewan Registered Dental Hygienists

I hope each and everyone one of you enjoy health, merriment and the love of family and friends as we enter this festive season. For each of you who work hard to elevate this profession, improve oral health and overall health of our population and volunteer within communities across Saskatchewan I hope you can find a small window of time to reflect on the past year and pat yourself on the back for the good deeds you've done and personal victories you have achieved. May 2020 be your best year ever!



November 19 2019 was a date night for the SDHA and the Members of the Legislative Assembly in Regina. The Council and Staff of SDHA, registered dental hygienists from SaskPolytechnic and representatives from the SDAA and the SDTA met at the Legislative Building to learn from each other. The SDHA has provided the government with a comprehensive study completed by the Omni Research Group that outlines the need to amend the Dental Disciplines Act (1997) to allow RDH's, RDT's and RDA's to work in their scope of practice without requiring a contract with a dentist. No other self-regulating health care professional is held to this type of work arrangement. Nurses, LPN's, physiotherapists, chiropractors (and others) all practice within their scope as self-regulated professionals and the SDHA's say that it is time for the dental professions to embrace this model.

The Minister of Health Jim Reiter opened the event with remarks to the guests and was followed by Alyssa Boyer, SDHA President; Leanne Huvenaars, CDHA President and Dean Lefebvre, SaskPolytechnic Instructor and Business Owner discussing our request to amend the Dental Disciplines Act (1997). Over 30 MLA's attended to hear the message and discuss our profession. We hope to keep moving this file forward until our request is a reality in law. Saskatchewan Registered Dental Hygienists are in the minority with respect to the issue of truly independent practice when compared to other jurisdictions in Canada. We support access to care!

Our membership is now 650 practising and non-practising members and 2.1% of the dental hygienists in Canada. Table 1 shows the number of hygienists practising in each province and the number of hygienists per person in that province. Saskatchewan is above the national average of persons needing treatment per hygienist.

Province	Population	# of Hygienists	Persons/ Hygienist
NL & Labrador	521,542	237	2403
PEI	156,947	118	1330
Nova Scotia	971,395	727	1336
New Brunswick	776,827	523	1485
Quebec	8.485 M	6625	1280
Ontario	14.57 M	14000	1040
Manitoba	1.369 M	841	1627
Saskatchewan	1.174 M	651	1803
Alberta	4.371 M	3150	1388
British Columbia	5.017 M	3754	1336
Average			1340

preparations for our evening with the Members of the Legislative Assembly we learned that Saskatchewan has the third highest rate of day surgeries for treating oral disease in Canada – only behind Nunavut and the Northwest Territories. The shortage of preventative oral health care personnel such as dental hygienists may be creating higher costs to our health care system.

As I said previously – I will have much to learn in this role. It has been an interesting 6 months and I look forward to celebrating 50 years of Dental Hygiene in Saskatchewan with you in March. I hope you enjoy this newsletter – as I said last time we will be going to an electronic format for the next issue.



Have a wonderful festive season.

A handwritten signature in black ink, consisting of a stylized 'C' followed by a long horizontal line that tapers to the right.

Catherine Folkersen, CEO/Registrar

Welcome New SDHA Staff Karalee Emmerson

Karalee Emmerson joined the SDHA on September 23 and has been getting the books ready for year end. You will get to know her voice since she is answering all your questions about renewals and continuing competencies.

She has some exciting new projects on the go and is looking at getting our website ready for an upgrade and will also be getting us back to Facebook and introducing us to Instagram.

She has called Saskatoon home for 11 years and will be a big part of our team with her administration and accounting background.

Welcome Karalee!



Changes to the Continuing Competency Guidelines

CCP Requirements:

- ◆ 1.a — Activity requirements will appear as 45 total requirements on your learning page to reflect that 5 credits are granted for PL Tool Completion
- ◆ 1.c — All CCP's must be self-submitted on the SDHA member portal with a supporting document
- ◆ 3.a — JEM credits qualify as 2 CCP credits in Category A credit once per 3-year reporting period and 2 CCP credits Category B if completed again in that reporting period

General Policies:

- ◆ 1.a — New registrants: the 3 year reporting period will begin the previous November 1st. Activities/ courses completed in other jurisdictions during that time period may be submitted for credit.
- ◆ 3.d — There is no limit to online courses completed, however only one credit per hour can be earned online. Therefore, if multiple sessions are taken within the hour only one will qualify for credit.

Reporting of Continuing Competency Program Credits (CCP)

- ◆ 1.a - Supporting documentation may include:
 - i. Upload certificate of completion
 - ii. Upload conference scan-in / scan-out report
 - iii. Upload photo of sign-in/ sign-out sheet
 - iv. Course schedule and outline of course content
 - v. Upload copy of CPR wallet card
- ◆ 1.b - Support documentation must include:
 - i. The date of the event
 - ii. Hours of attendance/credit
 - iii. Signature of session provider for verification
 - iv. Name of description of activity
- ◆ 1.c - SDHA Conference will not require supporting documentation (note: self-submission is still required but no supporting documents are necessary)
- ◆ Please note the form titled **Request for Continuing Competency Program Credits** is discontinued and is not considered supporting documentation.
- ◆ The SDHA member portal displays each member's CCP Transcript. It is the member's responsibility to inform the SDHA of discrepancies within a timely manner.

Things to remember when entering CCP online:

1. Name of activity matches your sign in / sign out sheet
2. Speaker
3. Sponsor (who hosted the event)
4. Date of completion
5. Credits claimed for event
6. Supporting Document is uploaded
 - ◆ Sign In / Sign Out Sheet (must have signature of session provider for verification)
 - ◆ Certificate
 - ◆ Transcripts

NOTE: All RDH's need to remember to take a photo of the sign in / sign out sheet. The SDHA office **does not** enter in CCP for members. If you are having issues entering in CCP call the office and we will be able to walk you through the process to ensure they are entered in correctly.

Privacy with SDHA Member Information

The SDHA must retain information about each member: your renewal receipts, correspondence related to your registration, complaints (if any) that have been filed with our office, and documents if/when you are no longer a member. Additionally we are required to provide some data to other organizations and The Dental Disciplines Act also requires a register to be kept in the office of the SDHA.

Excerpt from the Dental Disciplines Act (1997)
Register 19(1)

In accordance with its bylaws, the council of each association shall keep a register in which the name and address of its members are to be recorded. (2) The register is to be: (a) kept at the head office of the association; and (b) open for inspection by all persons, without fee, during normal office hours of the association.

The Information Services Corporation requires an annual list of Saskatchewan registered dental hygienists as outlined in the Dental Disciplines Act (1997):
Annual Register 49

On or before February 1 in each year, each association shall file with the Director of Corporations a list, certified by the registrar to be a true list, showing:



(a) the names of all members as at December 31 in the preceding year;
(b) the addresses of the members mentioned in clause (a) as shown by the records of the association; and
(c) the respective dates of admission of the members mentioned in clause (a)."

Since the CDHA is the insurance provider for Saskatchewan RDH's, we do provide them with the name, address, email and home phone number of each member so that they may contact you directly for any information required for their membership file. CDHA members are able to update their privacy information the CDHA website.

Your information is within our Alinity system and is shared with Brightspace for the completion of the Jurisprudence Module (JEM).

Recently the Council approved a Privacy Statement that guides the SDHA in the procurement and usage of your member information.

The SDHA will not:

1. Collect information for which there is no clear necessity.
2. Use methods of collecting, reviewing, transmitting, or storing recipient information that fail to protect against improper access to the material collected.
3. Operate facilities without appropriate accessibility, confidentiality and privacy.
4. The SDHA does not provide member information to any other organization without the members express permission.

Dental Hygiene Program Graduates' Experiences with Transition into Private Practice: A Phenomenological Study

In the last few years, I have worked to complete my thesis entitled: "Dental Hygiene Program Graduates' Experiences with Transition into Private Practice: A Phenomenological Study." Within this work, I sought to understand the new graduates transition into practice. As we were all new graduates at one time or another, I wanted to highlight the challenges new graduates experience as they seek to find their way into practice. The following provides a brief summary into their experiences, and suggestions for improving the graduates' transition into private practice.

In the qualitative study, I recruited six recently graduated dental hygienists to participate in journaling their experiences and followed up with semi-structured interviews to help illustrate their stories. Through these strategies, I was able to develop an understanding of their challenges as a new dental hygienist:

1. Time management strategies.
2. Lack of a full understanding of the process of other dental procedures, or the way to explain them to patients.
3. Lack of knowledge of digital charting systems"

While graduates are taught these concepts within the educational program in varying degrees, it can be challenging to understand the full scope of private practice until fully immersed in it. School requires a high standard of care with adequate time dedicated to learning and developing dental hygiene skills. As new graduates step out into private practice, it is evident that they experience disconnects. First, time is extremely valuable in private practice as time is production. As a professional, less time is available to second-guess debridement, ask for guidance, or to go over oral hygiene instruction in the short one hour appointments. In essence, recent graduates reported struggling to keep the pace even when extra time was added to their appointments.

Second, graduates experienced some disconnect between school and private practice when incorporating the dentist exam into appointments. The graduates were used to providing dental hygiene care and providing a dental hygiene diagnosis, but did not have opportunity to add a full dentist exam in school. Further, some graduates reported needing to educate patients on other dental procedures which some found challenging if they had never experienced the procedures. Finally, at the time of the interviews, the graduates were exposed to paper charting which was different than the digital software charting found in many dental offices. Navigating digital charting was considered as stressful in the initial months of practice.

As with any challenge, the educator in me wanted to understand what strategies could be used to ease these transition experiences. Further, I wanted to explore what the program could do to help produce practice ready graduates, and what the profession could do to empower its new peers. Throughout their journals and interviews, participants made several suggestions that were further developed into the themes outlined here.

1. *The importance of having a mentor or supportive work environment.* Those with a support person in the office reported an easier transition than those without. The challenge is that private practice can be varied which does not guarantee a more experienced practicing dental hygienist or support system. Strategies to assist this process would be to have new graduates be paired with an experienced dental hygienist to be able to seek guidance from. This could be done at the association level to aid in the ease of transition.
2. *The importance of a workplace practicum.* While a practicum is currently done within the dental hygiene program, participants suggested a longer practicum with a mentor to improve their transition experience.

3. *The importance of curriculum development to enhance graduate transition.* Graduates suggested some further education on all facets of dentistry and to make the work flow more congruent with private practice. The challenge here is that the program must focus on dental hygiene and follow accreditation standards; however, developing strategic assignments to develop a more varied dental knowledge can be accomplished at the program level.
4. *The importance of self-assessment and self-directed learning in the development of competence.* All of the participants demonstrated some level of self-assessment in their skills. This is a direct result of their education as they are asked to self-assess their skill development and plan for their own practice improvement. In the study, participants took it upon themselves to make notes, or look up unfamiliar drugs or health protocols to plan for any skill or knowledge gap.

Key points that came from the research suggest that it is important to remember new dental hygienists as they begin practice, and how the profession has a role in further supporting their growth and development.

While educational institutions and the regulatory bodies are dedicated to this cause, every member can make a contribution by welcoming a practicum student, serving as a positive role model, and by fostering a supportive workplace for the new professionals.



Sharman Woynarski BDS Sc. RDH, RDA
Program Head Dental Programs
Saskatchewan Polytechnic

An advertisement for the Member & Family Assistance Program. It features the logos for The Canadian Dental Hygienists Association (CDHA/ACHD) and Homewood Health | Santé. The main title is "Member & Family Assistance Program". Below this, it lists three services: "Counselling" (including workplace, stress, and family issues), "Coaching" (life balance and health issues, or support for career management), and "Online Resources" (interactive tools and a library of health, life balance, and workplace articles). At the bottom, it says "For access, visit cdha.ca/Homewood". The background of the ad shows a smiling family (a woman, a child, and a man) sitting on a table next to a cardboard box and a small potted plant.

SDHA 50th Anniversary Conference



An Evening to Celebrate!

Come join us March 26th @ 7pm at the
Saskatoon INN
(Conference Pre Registration is available)

Bring a team of co-workers, colleagues or
friends to participate in a fun filled evening of
trivia, prizes, drinks & appetizers.







Tickets: \$20/person

Conference Sponsors (to date):




SDHA 50th Anniversary Conference Schedule

Friday March 27, 2020

8:00 - 8:45 AM Registration, Breakfast & Exhibitors Booths			
9:00 - 10:30 AM When Good Dentistry Isn't Enough <i>Keynote Speaker: Katrina Sanders</i>		9:00 AM - 12:00 PM HANDS-ON MASTER CLASS Ultrasoncis (Session One) <i>Speaker: Cheri Wu</i>	
			
10:30 - 10:45 AM Bio Break			
10:45 AM - 12:00 PM The Future is Now: Modern Techniques for the Control and Prevention of Disease <i>Speaker: Katrina Sanders</i>	10:45 AM - 12:00 PM Knows of Myofunctional Therapy <i>Speaker: Irene Iancu</i>		HANDS-ON MASTER CLASS Ultrasoncis (Session One) <i>Speaker: Cheri Wu</i>
12:00 - 1:00 PM Lunch (Sponsored by Oral B) & Exhibitor Booths			
1:00 - 4:00 PM MINI SESSIONS			
An Overview of AAP Classifications and Changes for Optima Disease Management <i>Speaker: Beth Ryerse</i> 	Sleep Apnea a NOT so Silent Killer <i>Speaker: Kathleen Bokrossy</i> 	Sports Consideration for Athletes <i>Speaker: Beth Parks</i> 	HANDS-ON MASTER CLASS Ultrasoncis (Session Two) <i>Speaker: Cheri Wu</i> 

Saturday March 28, 2020

7:30 - 8:00 AM Registration			
8:00 - 9:15 AM Breakfast SDHA AGM			
8:00 - 9:15 AM Breakfast Session (Sponsored by SDAA) Henry Schein: Dental Equipment Maintenance			
9:30 AM - 12:00 PM MINI SESSIONS			
Local Anesthesia: New Techniques, the Latest Trends and Troubleshooting <i>Speaker: Katrina Sanders</i>	Violence and Abuse: What Will You Do? <i>Speaker: Beth Ryerse</i> 	SDHA Regulatory Body Q & A	HANDS-ON MASTER CLASS Ultrasoncis <i>*Only offered if previous two sessions sell out*</i> <i>Speaker: Cheri Wu</i>
12:00 - 1:00 PM Lunch			
1:00 - 2:30 PM The Life is Worth Living Way			
2:30 - 2:45 PM Nutritional Break			
2:45 - 4:00 PM Oral Complications from the Perspective on an Oncology Patient <i>Speaker: Lisa Currie & Carla Ofstie</i>			

SDHA 50th Anniversary Conference - Speakers Bios

Katrina Sanders RDH, BSDH, M.Ed, RF

The landscape of dentistry is changing. It is imperative that dental education rise to meet the demands of the community.

Research is identifying increased oral-systemic links and patients are seeking improved understanding of their oral care needs. As a dental professional with a drive and passion for the advancement of preventive care within the community, Katrina Sanders, RDH, BSDH, M.Ed., RF believes it is the responsibility of dental education to produce competent, skilled and empathetic providers who possess the psychomotor and affective skills required to meet the growing demands of the dental industry. A clinical dental hygienist, author and international speaker, Katrina is a vibrant, passionate and charismatic award-winning educator with a unique approach to delivering continuing dental education.



A keynote speaker for Smiles At Sea and a distinguished speaker with many dental hygiene study clubs, Katrina's lectures incorporate a caring, comedic and supportive style. She is passionate about educating, empowering and instilling compassion within the dental hygiene industry. Katrina's zest for dental hygiene is infused throughout her content as she lectures on provocative topics while leaving participants with a call to action and an abundantly renewed sense of pride for their industry. Katrina is the founder and keynote speaker for Sanders Board Preparatory, a comprehensive program designed to supplement student learning and enhance understanding of concepts, terminology and procedures commonly discussed in preparation for the National Board Dental Hygiene Examination. Katrina is the Clinical Liaison, Hygiene Excellence and Innovation for AZPerio, the

country's largest periodontal practice. She works alongside Diplomates to the American Board of Periodontology to instruct on collaborative professionalism and standard of care protocols while delivering education through hygiene boot camps and study clubs.

Katrina is a member of Dental Speaker Institute and Dental Speakers Bureau. She is also on the advisory board and is a columnist for ModernHygienist.com, and is a writer for Dentaltown Magazine and Today's Hygienist. Katrina has published articles on the topics of injection failure, local anesthesia techniques and practice management techniques for the millennial patient and has been featured on multiple industry podcasts

Beth Ryerse, RDH

Beth Ryerse RDH, has been actively and meaningfully involved with the dental hygiene profession for more than 30 years. Her passion for her career has led to a depth of experience and accumulated knowledge gained through; clinical experience, educating, lecturing, consulting, authorship and mentoring. She is the Director of Dental Hygiene Programs at Dental Office Consulting Services, an active member in provincial and international dental hygiene associations, is the elected CDHA Ontario Board Director, Canadian Delegate to the International Federation of Dental Hygienists, a key opinion leader and a certified soft-tissue diode laser trainer.

Beth is an engaging, enthusiastic, dynamic professional educator who has fun when she interacts and takes joy in growing with her peers in their commitment to life-long learning.

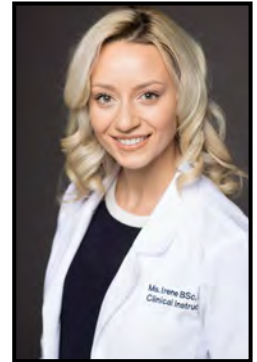
A business card for Beth Ryerse, RDH. The card features her name in large red letters, her title 'Professional Educator' in black, and her contact information: phone number 905.515.7570 and email addresses beth@bethryerse.com and bethryerse.com. A small photo of Beth Ryerse is on the right side of the card.

Beth Ryerse, RDH
Professional Educator
905.515.7570
beth@bethryerse.com • bethryerse.com

SDHA 50th Anniversary Conference - Speakers & Bios

Irene Iancu,

Irene Iancu is a Toronto based practicing Independent Dental Hygienist who owns her own practice Toothlife Studio and provides Myofunctional Therapy to patients of all ages. Along with providing patient care Irene is also a Clinical and theoretical Dental Hygiene instructor at Oxford College, Quality Assurance and Peer Mentor with the College of Dental Hygienists of Ontario, International Speaker, Author and Social Media Micro Influencer.



Cheri Wu, BDSc (DH)



Cheri Wu holds a BDSc(DH) from the University of British Columbia and is a registered dental hygienist with 28 years dedicated to clinical practice and education, including 10 years in non-profit dental care. In 2011, Cheri opened her own independent dental hygiene clinic in Victoria, B.C. - 'Focus On Dental Hygiene' and holds a faculty position with Camosun College. In partnership with DENTSPLY SIRONA, Cheri presents scientific, evidenced-based information and hands-on education for ultrasonic instrumentation and air polishing. Her accomplishments include the UBC 2003 Gold Medal for Academic Excellence, the 2012 Camosun College Distinguished Alumni Award and the 2014 Barbara Heisterman Award for Innovation and Commitment to Care.

Kathleen Bokrossy, RDH

Kathleen has been bringing engaging energy to the dental profession for over 30 years. Kathleen is the president of *rdhu* Inc., a Professional Development company which provides team events, hands-on education and onling learning. She is the publisher for *Dental Hygiene Quarterly* and is on the Speakers Bureau for P & G, Crest & Oral B and a K.O.L for Bisco Canada and Ivocla Vivadent. She has written many articles for Dental Publications and has participated in writing a chapter on 'Instrumentation' in a U.S. textbook. Her vision is to help 'Transform the Dental Hygiene Experience' for the clinician, the practice and their patients/ clients. Kathleen works closely with dental practices to help them thrive in today's marketplace.



Beth Parkes



Beth is an engaging presenter who has been a Registered Dental Hygienist for 15 years. She has worked in General practice, Independent Dental Hygiene Practice, Orthodontics and Periodontics. She is proudly the Educational Director of *rdhu* in Burlington, Ontario, and a Quality Assurance coach at *rdhu*. Her vision is to help create leaders in the Dental Hygiene Profession, empowering them with knowledge and skill sets that will set them apart.

SDHA 50th Anniversary Conference - Speaker Bios

Life is Worth Living

Life is worth living is non-profit project dedicated towards spreading the awareness and decreasing the stigma surrounding mental illness and suicide. Our hopes are to prevent other families from ever having to go through what we did through sharing Brianne's story. Our presentation focuses on sharing our story, education, awareness, and encouraging individuals struggling to reach out.

Lisa Currie, RDH & Carla Ofstie, RDH



On March 5, 2014 – Lisa was diagnosed the adenoid cystic carcinoma of the Lung. Since that time, Lisa has undergone radiation therapy, chemotherapy, multiple surgeries, immunotherapy and now targeted drug therapy. She is currently on a number of medications to help manage symptoms caused by oncology treatments. Like many other oncology patients - Lisa has struggled with uncomfortable oral side effects, including xerostomia. Lisa will discuss the oral manifestations of oncology treatment and the optimal solutions that have worked best for her to manage these oral complications.

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Presenter: Betsy Reynolds, RDH, MS

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A large graphic featuring two leaves. On the left is a green cannabis leaf with serrated edges. On the right is a red maple leaf, also with serrated edges. The leaves are positioned side-by-side, overlapping slightly.

SDHA 50th Anniversary Conference - Topics

WHEN GOOD DENTISTRY ISN'T ENOUGH: A Heartfelt Analysis of The Patient Experience

In an industry where challenges with third party payers, non-compliant patients, and physical burnout run rampant, dental providers are met with increasing patient demands, compassion fatigue and consistent stressors. While we continually strive to elevate the standard of care, improve procedural protocols and reflect on patient communication techniques, patients still decline dental treatment, disagree with treatment recommendations and question standard protocols. Despite our training, patients experience undue postoperative pain. Although we research policies, patients become upset with poor third-party reimbursement, and even though we look forward to treating patients, most do not fancy a visit to the dental office. Despite our best efforts, there are times when the dentistry we have studied and implemented is simply not enough to elevate the care we provide to our patients. With wit, charm and a profound skill in storytelling, Katrina shares her most intimate patient experience. Discover the poignant lessons that only a mother can teach in not only elevating but also rehumanizing the patient experience

LEARNING OBJECTIVES

- ◆ Reflect on the importance of committing to the patient experience
- ◆ Recognize the opportunities for the dental professional to deliver an impactful patient experience
- ◆ Identify actionable steps for elevating the role of the dental provider in providing a valuable experience for the dental patient

VIOLENCE AND ABUSE: What will YOU do?

The statistics are staggering. The victims are in your treatment room. 75% of physical Woman Abuse is directed at the head and neck area. That is our territory as dental professionals. As primary healthcare givers, we have a responsibility to respond. How will you recognize abuse, communicate effectively and refer appropriately? Learn what you need to know to respond with compassion and confidence.

LEARNING OBJECTIVES

- ◆ Have an increased understanding of the different types of abuse.
- ◆ Be able to recognize the signs of abuse.
- ◆ Identify possible barriers to assisting victims.
- ◆ Develop a protocol for documentation, reporting and referral.
- ◆ Learn the requirements for workplace violence written office policy.

THE FUTURE IS NOW: Modern Techniques for the Control and Prevention of Disease

This course will discuss the foundational components required in the implementation of disease prevention and infection control. Course includes a robust discussion of modern techniques available to the dental preventive expert in controlling, preventing and managing the sequelae of disease transmission. Participants walk away with advanced knowledge of futuristic techniques in disease prevention including but not limited to: silver diamine fluoride, oral & systemic interventions, orofacial myofunctional therapy, air polishing techniques and use of advanced periodontal procedures including perio endoscopy. Course is appropriate for dental hygienists and all members of the dental team. Course credit hours: 3.

LEARNING OBJECTIVES:

- ◆ Evaluate the evolution and current landscape of preventive dentistry
- ◆ Discuss modern trends, techniques and advances in the prevention and control of disease transmission
- ◆ Identify available techniques and products for use in the disease prevention as well as futuristic trends for the dental hygienist

Supporting Professional Development



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

- The Dental Hygiene Process of Care **4 CE** (\$149)
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- To Polish or Not To Polish? That is the Question!! **4 CE** (\$66.50)
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- Ethics & Discipline **1.5 CE** (\$35)
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- Oral Health & Dementia: A Deeper Look Inside **1 CE** (\$25)
- Medical Emergencies in the Dental Practice **1.25 CE** (\$35)
- Instrument Maintenance & Creating A Unique Tray Set-Up **1 CE** (\$25)
- Halitosis is Nature's Way of Telling You Your Mouth is Sick **1 CE** (\$25)
- New Classifications for Periodontal and Peri-implant Diseases **.5 CE** (\$25)
- The Three Pillars of Prevention: Risk Factors, Bacterial Reduction and Host Modulation **1 CE** (\$25)

Visit www.rdhu.ca to Learn More!

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LOCAL ANESTHESIA: New Techniques, The Latest Trends, and Troubleshooting

Injection failure not only causes unnecessary patient discomfort and apprehension, it can also frustrate providers, as well. The causes are varied; patient specific considerations, varied anatomical modifications, and injection technique. As a practicing clinician for over a decade, Katrina has never delivered an Inferior Alveolar Nerve Block yet she consistently achieves successful mandibular anesthesia. Learn how you can, too! Now for the good news. In this interactive, engaging course, Katrina Sanders, RDH, M.Ed. guides participants through the common causes of injection failure, including anatomical and physiological conditions. Explore techniques used in private practice, including appropriate doses of anesthesia, anatomical and armamentarium considerations. We'll also discover alternative injection techniques and discuss new trends in the provision of pain management. Building on a solid basis of anatomy, attendees will learn how to deliver and troubleshoot local alternative injections— safely and effectively.

LEARNING OBJECTIVES

- ◆ Review indications, relevant anatomy and technique factors of common dental injections
- ◆ Identify the physiological and anatomical considerations that may lead to inadequate anesthesia
- ◆ Develop critical thinking skills for troubleshooting local anesthetic delivery
- ◆ Gain strategies for addressing inadequate local anesthesia during patient care
- ◆ Discover alternative delivery techniques
- ◆ Learn about new trends in the delivery and reversal of local anesthesia

An Overview of AAP Classifications and Changes for Optimal Disease Management

Are you struggling to understand and/or implement the new perio classifications?

This course reviews/introduces the AAP Classifications of Periodontal and Peri-implant Diseases and how they improve diagnosis and treatment of periodontal disease. In order to help patients have overall wellness, there needs to be an emotional connection to having a healthy mouth. Verbiage suggested for case presentation will be simple, concise and powerful. Attendees will work through activities with supplied case scenarios to practice how to determine the disease Stage and Grade for different types of patients. Dental health care professionals need to understand that a successful practice is a mix of good science and good business.

LEARNING OBJECTIVES

- ◆ Be familiar with the categories within the AAP Classifications of Periodontal and Peri-Implant Diseases and Conditions.
- ◆ Be able to identify the parameters which determine the Stage and Grade of periodontal disease and practically apply them to supplied case scenarios.
- ◆ Better understand the inflammatory response involved in periodontal diseases and the requirement of host modulation as part of best practice.
- ◆ Have investigated adjunctive therapies and their place in better clinical outcomes.

SDHA 50th Anniversary Conference - Topics

5 things every RDH should know about Myofunctional Therapy

This sought-after specialty is growing, as awareness for the connection between breathing, eating and sleep disorders becomes spotlighted in dentistry. Dental hygienists provide valuable time with patients which can give us a greater opportunity to assess the oral cavity, habits and changes in the dentition. Have you wondered why anterior open bite cases post orthodontic treatment relapse, or why the oral cavity poses an increased risk for gingivitis and periodontal disease with mouth breathers? Those answers are in this course along with some solutions. This course will discuss 5 of MANY important things you as a dental hygienist can look for and help with related to orofacial myofunctional disorders (OMDs) and orofacial myofunctional therapy (OMT).

LEARNING OBJECTIVES

- ◆ Define OMT (Orofacial Myofunctional Therapy) and OMDs (Orofacial Myofunctional Disorders).
- ◆ Describe 5 common symptoms of Orofacial Myofunctional Disorders and their root causes.
- ◆ Describe assessment tools for the RDH while chairside with patients
- ◆ Discuss common consequences for patients with orofacial disorders
- ◆ Review further continuing education opportunities for RDH's interested in OMT and OMD's

What's on Your Tray? Enhance your Ultrasonic Debridement for Calculus and Biofilm Removal. Skill Training Workshop

Effective periodontal debridement and the reduction of oral inflammation is largely dependent on equipment choices and clinical technique. Current research shows that Canadian Dental Hygienists are underutilizing and incorrectly implementing ultrasonics. Don't be part of this demographic! This fast-paced workshop combines cutting edge teaching methods with active magnetostrictive ultrasonic equipment to focus on calculus removal and biofilm assault. Calibrate your ultrasonic knowledge and technique and achieve an improved level of clinical confidence as you are given the opportunity to use manikin heads, typodonts and a variety of inserts for complete debridement based on best practice and patient assessment. With emphasis on insert selection, adaptation, sequencing, and activation, RDHs of all levels and users of both magnetostrictive and piezoelectric ultrasonic technologies will see improved clinical performance. Patient comfort, sound ergonomics, and minimizing aerosols will be highlighted – learn to work smarter and not harder!

Limited to 15 participants – Don't miss out!

LEARNING OBJECTIVES:

At the completion of each workshop the participant will be able to:

- ◆ Learn technique oversights that hinder clinical outcomes and how to avoid them.
- ◆ Demonstrate the most effective principles of ultrasonic instrumentation, including grasp, fulcrum, lateral pressure, activation and adaptation.
- ◆ Determine best practice for insert selection, power level and sequencing.
- ◆ Describe the benefits and limitations of straight and curved ultrasonic instruments for debridement.
- ◆ Learn how to access furcations, concavities and rotations using curved ultrasonic inserts
- ◆ Increased understanding of how to achieve patient and clinician comfort while using ultrasonic technology and minimizing aerosols.

SDHA 50th Anniversary Conference - Topics

Sleep Apnea...a NOT so Silent Killer: What dental hygienists need to know to help save lives.

Obstructive sleep apnea (OSA) is a disorder characterized by upper airway collapse during sleep. OSA is one of the most prevalent sleep disorders and is potentially fatal, affecting approximately 4-9% of the adult population. Like most sleep disorders, OSA is unrecognized, underdiagnosed and undertreated with an estimated 70-90% of cases going undiagnosed. Dental Hygienists are the first line of defense in recognizing and screening for potential OSA. We play a critical role in improving the quality and longevity of life of our clients.

Understanding the Sleep Disorder, how it affects our clients, how to screen for potential OSA, and recognize when to refer is in our area of influence.

LEARNING OBJECTIVES

- ◆ Learn what Obstructive Sleep Apnea is and the physical implications it has on our clients
- ◆ Elevate knowledge of the clinical signs and symptoms
- ◆ Learn Screening Tools to assess for potential OSA
- ◆ Describe options for treatment, collaboration and when to refer

Sports Consideration for Athletes

Why do elite athletes have higher rates of oral disease and tooth loss than the average person? What has caused the seemingly healthiest among us to be so susceptible to decay? Let's look into the research and discover how these dedicated individuals are putting their oral health at risk through their daily lives, and how we can come alongside them and coach them towards obtaining and maintaining optimal oral health.

LEARNING OBJECTIVES

- ◆ Understand factors contributing to the high incidence of tooth decay, oral disease and trauma for today's athletes.
- ◆ Learn about products available to help reduce and manage the risks associated with different sports.
- ◆ Learn how to educate athletes or their care givers on the steps to take in case of facial trauma.

Canadian Dental Association jokes to share with children...

Why does Dracula clean his teeth three times a day?

To prevent bat breath.

What kind of award do teeth never want to get?

A Plaque

Why couldn't the tooth stay for dinner?

He was in a brush.

Where do teeth like to shop?

At the Gap

Who brings teeth gifts for Christmas?

Santa Floss.



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Some titles to choose from...



**NEW! 10 Clinical Tips
for Creating the Most
Comfortable Ultrasonic
Appointment** *by Dani Botbyl*

Modern ultrasonic debridement procedures can be very comfortable for you patients! Even subtle changes can make a significant difference in sensations created on tooth/root surfaces. This webinar is your link to the most clinically relevant ultrasonic debridement tips and tricks that can be implemented immediately, with ease, into your practice.

- **NEW! Maintaining Dental Implants: It's what you don't see that is important!** *Instructor: Dr. Tim Donley*
 - **Shape Matters: Curved Inserts for Perio, Part 1: Furcation Adaptation (ENG)** *Instructor: Dani Botbyl*
- ... and more!*

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Northern Dental Day 2019

The communities of La Loche and Clearwater River Dene Nation were all smiles at the Northern Health and Wellness Days presented by Cameco. The event saw Saskatchewan Polytechnic Dental Hygiene advanced diploma students and Sask Polytech/University of Regina Saskatchewan Collaborative Bachelor of Science in Nursing (SCBScN) students partnering with the Northern Inter-Tribal Health Authority, Saskatchewan Health Authority and dental health professional volunteers to host dental and health clinics in both communities.

On September 27 and 28 dental professionals and students provided oral exams, restorations, routine extractions, hygiene care and education. Nurses and students provided health screenings, education and mental health support. Local elementary and high schools received visits from Dental Hygiene advanced diploma students and SCBScN students who provided valuable information on hand washing, oral hygiene care, nutrition and mental health.

Northern Health and Wellness Days interprofessional team included six Dental Hygiene program students, five SCBScN students, seven Sask Polytech faculty members and one U of R faculty member. Volunteer dentists, dental therapists, dental assistants and dental hygienists joined the students and faculty to share their skills and knowledge to provide blood glucose checks, education, oral health assessments, hygiene care, restorations, extractions, nutritional and oral health education to 99 people and completed \$47,961.50 worth of dentistry work.

A special thanks to Registered Dental Hygienists: Shauna Henley, Bonny Marshall, Yvette Ludwig, Trish

Holland, Sharman Woynarski, Deidra Anderson Doll, Jennifer Pituley, Sylvia Marshall, Trish Gottselig, Candace Leveille and Dean Lefebvre.



Special thanks to Shelby Hamm and the SDHA for their meal planning, purchasing and packing of food for the team. Everyone was well nourished. The SDHA office was a drop off depot for the event and a great place to stop for a rest break during the journey from Regina north and back. Thanks SDHA!!!

Northern Health and Wellness Days is dependent on the generosity and financial support of many sponsors. Thank you to all of the Northern Health and Wellness Days sponsors.

Sinclair Dental, Dentsply Sirona, Kavo Kerr, Septodont, 3M and Premier donated all the dental supplies required for the dental treatments.

Conexus CU, Dr. Lorraine Crowfoot, Greystone Management, Lumecca Health, Northern Intertribal Health Authority, Northern Inter-Tribal Health Authority, Provincial Hydraulics, Sask Registered Nurses Association, Sask Union of Nurses, Saskatchewan Dental Assistants Association, Saskatchewan Dental Hygienists Association, Saskatchewan Dental Therapists Association, Saskatchewan Oral Health Coalition, the College of Dental Surgeons of Saskatchewan and Saskatchewan Polytechnic made financial contributions to assist with costs of travel, accommodation and food for the volunteers. The Saskatchewan Health Authority and the community of Clearwater supplied lunch to the volunteers each day. Thank you Bayside Guesthouse, Buffalo Narrows for generously sponsoring supper for the volunteers.

The feedback from the community and volunteers were positive and plans to offer the event next year are underway. If you are interested in volunteering next year, please let your association know. Northern Health and Wellness Days will run at the end of September 2020.



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Health Promotion Initiatives

The SDHA continues to provide many initiatives to promote the oral and overall health for the people of Saskatchewan. Just to name a few...

TOMMY DOUGLAS/BETHLEHEM CAREER FAIR: On Tuesday, November 26th, 2019, Tommy Douglas Collegiate, in collaboration with Bethlehem High School, hosted a career fair. Over 2400 students from grades 9 to 12 had an opportunity to stop by and ask questions about the profession of dental hygiene. Most if not all of the students were aware of the dental hygiene profession so we took the opportunity to share the dynamic of profession to include nutritional counselling, smoking cessation and the oral systemic link. Shelby Hamm & Carla Ofstie represented the SDHA at this event to provide students information about oral health, sugar, and our great profession. Students who visited our table were eligible to win an electric toothbrush! The booth to our right was of **Vicky Mowat** (MLA for Saskatoon Fairview). Vicki is the opposition critic for Health, Status of Women, Innovation, and Saskatchewan Opportunities Corporation. She is also the Opposition Deputy House Leader. I had the opportunity to re-engage with Vicky as she attended our MLA reception in Regina the week prior. She is very in tune with the dental hygiene profession and was happy to make the draw for our lucky winner!

KIDS FIRST SASKATOON: The program facilitator for KidsFirst Saskatoon reached out to the SDHA inquiring about donations for toothbrushes for the families in need they support. Doing as Dental Hygienists do I figured this would be a great educational opportunity. I was welcomed by their staff of 20 to help educate the team on oral health instruction, lift the lip– look and act, early childhood caries and much more. The presentation was well received and we can continue to hope that oral health care providers like ourselves will have a seat at those tables.

JPCH: Saskatoon is very lucky to have open the doors of a brand new children's hospital this fall. We have made a small donation of oral health supplies to the hospital in hopes of creating a working relationship or possible volunteer opportunities.

LIGHTHOUSE: the SDHA will be joining the Lighthouse this Christmas Eve with donations to those in need. The idea of providing brand-new goods to The Lighthouse rather than used goods is a two-stroke idea; firstly, brand-new goods provide a sense of comfort and self-autonomy to the homeless or vulnerable persons who comes use/own them. Secondly second hand good already have wear and tear. If you would like to help this cause there is a GoFundMe to raise funds to buy brand-new thermal goods (gloves, toques, winter socks, etc), feminine hygiene products and more to give to The Lighthouse Supported Living to relieve their already stressed stock needs for their mission to help our city's most vulnerable. Please contact Shelby @ the SDHA for more info.

Are you making a difference in your community...

Through presentations, screenings, or donating oral health supplies?

We encourage you to reach out and help those in need, educate others on the profession of dental hygiene and help to improve the overall health of the people of Saskatchewan.

If you need help with this, please let us know. And please share what you are doing!

We want to hear how you are making a difference!

Shelby Hamm
Deputy Registrar



How Can I Prevent Wrist Pain? (reprinted from Ask The Expert)

QUESTION: I recently graduated from dental hygiene school and started my career in clinical practice. I have been experiencing sharp, aching pain in my right wrist and arm at seemingly random intervals. The dentist suggested taking ibuprofen, but it doesn't seem to help. How can I prevent this pain from recurring?

ANSWER: Work-related musculoskeletal disorders progress in stages—from mild to severe. The repetitive motion required when providing oral hygiene services is a significant risk factor for work-related musculoskeletal disorders. Other factors that increase the likelihood of on-the-job injury include the excessive and frequent force employed during instrumentation, the tightness of the working hand's grasp, awkward body positioning, the pace of the day, and psychosocial issues.

As a new graduate, you may need to develop work-hardening practices for physical conditioning. Many recent graduates go from treating one patient or two patients per day with 3-hour appointment times to eight patients per day in 45-minute to 60-minute appointments. A strenuous workload and high stress levels can cause muscle tightening and tension in the body. Employing strategies to effectively manage these issues is key to health maintenance. Stretching throughout the day can improve blood flow and reduce discomfort. Shoulder rolls and finger stretches when changing Instruments are two strategies that can be implemented immediately.

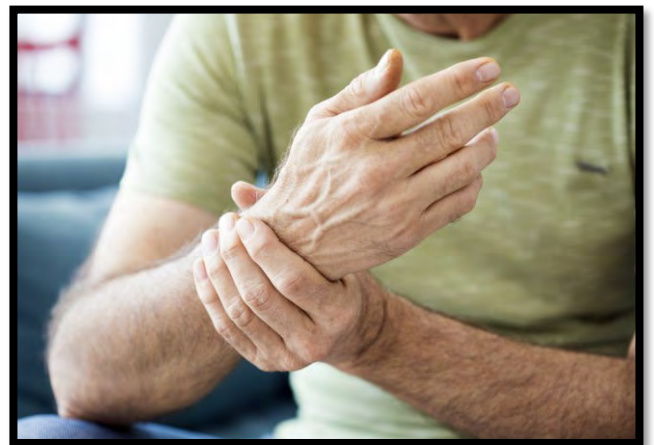
Does your body get rest and recovery time? If possible, try alternating between difficult and easy dental hygiene patients. Also, ask an experienced colleague to observe your body mechanics and suggest changes to ensure your working posture is neutral and relaxed. Periodically assess your arm posture. Relaxing your shoulders and keeping your elbows close to your body and at the working height of the oral cavity will improve circulation and facilitate a neutral posture.

Precision work with fine motor skills periodically requires the elbows to be lower than the oral cavity, which can be hard on the body. Remember to check your posture throughout the day, not only at work, but also during activities of daily living. The placement of the patient chair impacts your posture, as well. There should be clearance between the underside of the treatment chair and your thighs.

Adjusting the patient chair and the occlusal plane of the teeth you are working on will encourage the maintenance of a neutral posture. What you do outside of work may also contribute to the pain. Home duties, such as vacuuming, dusting, shoveling snow, and gardening, require the use of repetitive motion. Lifting heavy loads—from overloaded grocery bags to placing toddlers into car seats—can also exert negative effects on musculoskeletal health. Popular hobbies, including painting, knitting, and tennis, require fine motor skills and may place additional stress on fatigued hands and arms. Try to reduce or take frequent breaks from these types of activities. Sleep position may also incite pain if the hands become flexed or extended throughout the night.

If symptoms do not subside, you should see a health care provider for diagnosis and treatment. Physical therapy may be helpful in addressing the source of your pain (read "[Injury Prevention with Physical Therapy](#)" for more information).

Reprinted with permission from Dimensions of Dental Hygiene. Claudia Turcotte, CDA, RDH, MSDH, MSOSH. How Can I prevent Wrist Pain. Dimensions of Dental Hygiene, April 2014; 12(4):74.





**“ I AM A DENTAL HYGIENIST.
I EDUCATE AND EMPOWER
CANADIANS TO EMBRACE
THEIR ORAL HEALTH FOR
BETTER OVERALL HEALTH
AND WELL-BEING.”**



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