



# SASKATCHEWAN DENTAL HYGIENISTS' ASSOCIATION

## Personal Learning Tool

The Personal Learning Tool is used to assist you in goal setting for your Continuing Competency Program and to reflect upon the knowledge and skills acquired in order to individualize the process to suit your own educational needs.

<b>Date</b> February 25, 2012	<b>Presenter/Facilitator</b> Prof. Salme Lavigne	<b>SDHA Registration #</b> 433
<b>Activity/Topic</b> Periodontitis, Inflammation & Overall Health		<b>Hours:</b> 5.5
<b>Please describe the knowledge/skills gained from this activity.</b> <ul style="list-style-type: none"><li>• How to evaluate research and apply it to my practice</li><li>• Review of periodontitis from an inflammatory perspective</li><li>• How oral inflammation is related to systemic inflammation</li><li>• Knowledge of the effects of general inflammation on chronic systemic diseases like heart disease, diabetes, stroke, etc.</li><li>• Importance of taking blood pressure</li><li>• Risk factors for periodontal disease</li><li>• Oral interventions that produced positive changes in risk reduction</li><li>• Role of the dental hygienist in overall health</li></ul>		

**Of the knowledge/skills gained from this activity, which will you implement into practice?**

- I am now doing a more thorough health history with every client and discussing how my periodontal findings/treatment can affect their overall health
- I am doing a presentation at the next staff meeting at my office regarding blood pressure and the importance of doing it on my clients.

**What constraints (if any) do you foresee in implementing your new knowledge/skills?**

I discussed with my employer, the importance of taking blood pressure on all clients I see in my chair. She was concerned with the time that it would take. She suggested that we discuss it further at an upcoming staff meeting and asked me to present information to the other staff on how we might be able to incorporate it into our practice.

**Please retain the completed Personal Learning Tool forms for your full reporting period.**

The audit process takes place at the end of reporting periods and if asked, you will be required to submit copies of each PL Tool form that corresponds with your applications for CC Credits (including group applications).