



Issue - #14
Summer 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.



this issue

- SDHA AGM & SOHP Conference....1
- President's Message....3
- ED's Message....4
- Did you know??....5
- Working in Northern SK....6
- SDHA Health Promotion...6
- CDHA Rep Message...7
- NDHW...8-9
- Communication Strategies.10
- CDHA/P&G PD Day....11
- RDHs Bill to NIHB....12
- Mindfulness....13
- Dental Hygiene Day....14
- Mary Geddes Award....14
- Dental Day ...15
- CC Corner....16
- RDH Spotlight...17
- SDHA Sponsors....18-20



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.

**ANNUAL
GENERAL
MEETING**

**PLEASE JOIN US at the
2016 SDHA AGM
September 17, 2016 at 1pm
TCU Place
as part of the SOHP Annual Conference**



**SASKATCHEWAN
ORAL HEALTH
PROFESSIONS**

SOHP ANNUAL CONFERENCE

**SEPTEMBER 15 - 17, 2016
TCU PLACE, SASKATOON, SK**

For more information on all conference events, presenters, hotels and detailed schedule visit: www.saskoralhealthconference.com

***We are looking for scanners for the conference.
If you plan to attend a certain session, and are
willing to scan please email at sdha@sasktel.net.***

INTRODUCING CAVITRON TOUCH™ WITH STERI-MATE® 360 -

A REIMAGINED UNIT THAT OFFERS UNPRECEDENTED¹ COMFORT AND CONTROL THROUGHOUT EVERY PROCEDURE.

The Cavitron Touch™ Ultrasonic Scaling System features:

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CAVITRON TOUCH PACKAGE (8161426)



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CAVITRON JET PLUS PACKAGE (8161428)



1 Scaler/Air Polisher, 3 Jet-Mate Handpieces, 1 Tap-On Wireless Foot Pedal, 2 Air Polishing Inserts, 1 Prophy Jet Sodium Bicarbonate Powder (13oz. Bottle), 1 Jet Fresh Aluminum Trihydroxide Prophy Powder (13oz. Bottle), 1 Cavitron FitGrip 30K slimLINE10S Ultrasonic Insert, 1 Redemption Form for (3) Additional Ultrasonic Inserts, 1 Cavitron Care Maintenance Plan Registration Form and a 3-Year Warranty



EVERY APRON HAS A BIRTH DATE — WHAT'S YOURS?

According to the ADA¹:
 "All protective shields should be evaluated for damage (ie. tears, folds, and cracks) monthly using visual and manual inspection."

Note: A crack in the outer layer could expose the lead inside, which could transfer to the patient. We recommend replacing your aprons every 3-5 years.

You're Invited!

TO DENTSPLY SIRONA CANADA'S APRON BIRTHDAY PARTY!

SOOTHE-GUARD AIR® LEAD-FREE X-RAY APRONS SOOTHE-GUARD® LEAD-LINED X-RAY APRONS



Contact your local Dentsply Sirona representative today for more information about our Apron Trade-In Program.

For more information on Cavitron Packages or our Dental Apron Trade-In Program, please contact your local Dentsply Sirona representative - Paula Webb
 E-mail: Paula.Webb@dentsplysirona.com | Cell: 306-201-5302



President's Message - Kaylen Anholt

With summer flying by, it's that time to remind everyone of license renewal time! Maybe it's just me but this year has just sped by - I guess that means I've either been having too much fun or been too busy! Either way, I hope you all had a chance to relax and spend time with your loved ones over the last few months.

Often we work too much without any rest but I think it's safe to say that taking a mini time-out to enjoy the moment or putting up your feet to relax is allowed. I know I've definitely been putting up my feet more than usual the last few months as I prepare for a new addition to my family! You can never really recharge if we don't allow time for it and summer is the season that conveniently provides longer days to allow more time to do just that. I hope I can remember this when I'm sleep deprived and adapting life to having a little one around!

Over the last few months, the SDHA held their annual conference in Regina and it was another great success. We've listened to your feedback and tried to provide you with a weekend you can both learn new knowledge and have a little fun. It's great to have speakers with a hygiene focus that are both up to date and captivating at the same time. If you haven't joined us for a conference I urge you to support the association that you are all members of and be proud of the profession you belong to. It's because of you that the SDHA exists and continues to grow and accommodate our ever changing profession.

Something that has been on my mind lately and is important to fully understand is that you, the members, should take pride and ownership in your association - get to know who your council is, they represent you. You have a choice and a voice to choose your representatives and it's important to pick the right people to stand for you that have similar end goals or visions that you have. It's easy to talk about making a difference but it's another thing to be apart of the action and decision.

Kaylen Anholt, RDH

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Save the Date!!

April 28 & 29, 2017

Travelodge Hotel
Saskatoon



Live, Love, Learn

SDHA - Dental Hygiene Conference

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

}



The Importance of Periodontal Probing

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

Recently, within a complaint investigated by the SDHA, periodontal probing and the use of the PSR was reviewed. Although regular full mouth probing is taught within dental hygiene schools and is the standard of care for the profession, it has come to light that the PSR is being used instead of periodontal probing, or that probing is not being completed on regular intervals.

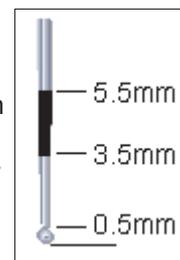
Full mouth probing and recording is prudent practice and the standard of care - it must be incorporated in your regular practice.

Certainly, periodontal charting is an important part of diagnosis of periodontal disease. However, many dental hygienists think of periodontal charting as a burdensome part of their average day and find it easy to omit. In a 45 or 60 minute appointment, it is often hard to find the time to complete or record what is assessed. Hodges (1998), quoting McCullough, relates a study published in the Journal of Periodontology that "showed that out of 2,488 records chosen at random in 36 dental practices, only 16 percent were complete or adequate in regard to periodontal information" (p. 524). Although this is an American statistic, I would challenge you to review the charts in your practice to determine what percentage of records have complete periodontal charting.

What is complete or adequate periodontal charting? The standard of care for periodontal charting is a full mouth, six-point probing with ALL numbers recorded at a minimum of once per year for all adult patients, that includes bleeding on probing, recession, furcations, mucogingival involvement, and mobility. The reason it is recommended that ALL numbers be recorded, rather than only a PSR being done or even a comment stating "WNL" (within normal limits), is that if an investigation occurs and an examination of your periodontal chart is done, it will be determined that it is an incomplete chart. Remember, in the eyes of the law, if it's not written in the chart, it never happened.

What does "PSR" mean? It means "Periodontal Screening and Recording." It is designed to indicate a patient's periodontal status in a rapid and effective manner, and motivate the patient to seek necessary complete periodontal assessment and treatment. It is used as a screening procedure to determine the need for a comprehensive periodontal examination. It is a screening device, not intended to replace a full-mouth periodontal evaluation, and thus has very limited use in dental hygiene practice.

How is it done? The dentition is divided into sextants, and with the use of a probe specifically designed for the PSR, each tooth is examined. Codes are used, 0 through 4 that describe the condition of the periodontal tissues, with Code 0 representing healthy tissues, and 4 a probing depth deeper than 5.5mm. The highest code observed in each sextant is then recorded. Asterisks are used to note a clinical abnormality such as mobility, furcations, recession or a mucogingival issue.



When a code of 3 or 4 is identified, a comprehensive periodontal examination is immediately indicated.

PERIODONTAL SCREENING																	
RECORDING																	
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SEXTANT SCORE	MONTH	DAY	YEAR														

I know what it is like to work in a hectic, time-pressed environment, and am sympathetic to your dilemma of using a screening tool like the PSR, or only recording areas deeper than 3mm. To chart solo and write all the numbers down from a full-mouth probing would take at least 10 minutes and possibly longer with some patients. But it is the standard of care and must be done!

Here are some suggestions to ensure this is happening for all of your adult patients:

- Have an assistant by your side recording numbers in the computer or on the patient chart. This person could be the front office staff, a dental assistant, or a dental hygienist that isn't otherwise occupied at that time.
- Use voice-activated periodontal charting systems. These systems allow the dental hygienist to speak the probing values while probing, and they are recorded digitally.
- Be proactive in scheduling. Which means when you know your patient will be due for a full-mouth probing on the next visit, allow more time in the schedule for that to happen. An extra 10 minutes can make all the difference in whether the probing is done or not.

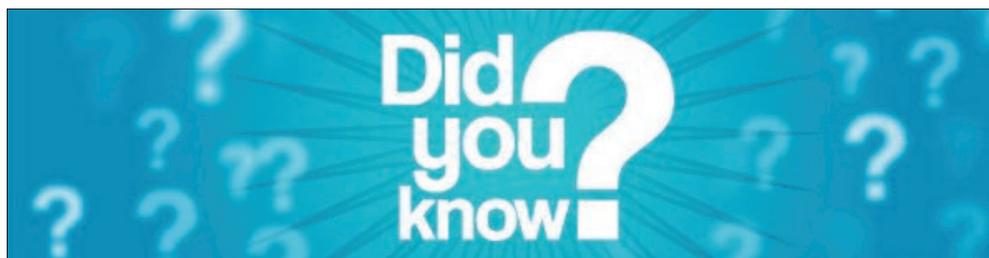
There may be challenges in implementing these suggestions into practice, but they can be overcome:

- Have regular staff /dental hygiene meetings to discuss how systems and processes can be changed within your practice.
- Educate the dentists and other staff on the importance of periodontal assessment and charting and together develop a plan on how on high quality, comprehensive care can be provided to your patients. Once they understand the standard of care and the implications of it not being done, the solution will be evident.

You cannot treat a condition unless it is diagnosed, and periodontal probing is the way it is detected. If you have any questions regarding this or need help within your practice to incorporate changes, please feel free to contact me.

References:

- *RDH Magazine, Volume 28, Issue 4, The Importance of Probing*
- *College of Dental Hygienists of Ontario (CDHO) Milestones, March 2015.*



1. The Members Only Section of the SDHA Website at 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

- 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

2. Submit your CCP Credit requests to Karen at 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

Working up North - Dental Hygienists Needed!!

*Have you ever considered working up north?
Are you passionate about making a difference in people's lives?*

A tremendous opportunity exists to work in contract with a dentist that serves many northern communities. Dr. David Climenhaga, currently travels to Cumberland House, Hatchet Lake, Prince Albert, Red Earth and Shoal Lake reserves. He sees the needs of this vulnerable population group, is passionate about making a difference in these communities, and is very much wanting dental hygienists to join him to provide comprehensive, preventive services to these people.

According to Dr. Climenhaga, it does take someone who is not afraid to leave their comfort zone in order to make a difference in an area that has been notoriously underserved in the past and most definitely in the present. It is an exceptionally rewarding experience.

With the recent negotiation of NIHB allowing dental hygienists to bill directly for their services, this is an opportunity for an independent contractor agreement with Dr. Climenhaga. Dental hygienists would have the option to be remunerated by direct billing to NIHB themselves or to establish a commission based agreement. Travel and accommodations will be provided.

If you are interested, please contact Dr. Climenhaga at: d.climenhaga@sasktel.net



Health Promotion Initiatives

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

With the recent arrival of refugee families from Syria, the SDHA alongside one of our members, Tahere Ansari, worked with the Open Door Society and The Global Gathering Place to provide an education session and oral health supplies. Tahere, who originally immigrated to Canada from Iran 10 years ago, knows first hand what being a newcomer is all about. A translator was provided to ensure the families had an opportunity to understand the information and to ask questions. It was a great opportunity to connect with and welcome these people to Saskatchewan, and they were extremely appreciative.

On an ongoing basis, the SDHA provides oral health supplies to the Acute Care Pediatric Ward at RUH. These supplies are passed on to children and families that unfortunately find themselves staying at the hospital.

The SDHA has also partnered with Kids First to supply a community oral health education kit and oral health supplies. KidsFirst is a home-based early childhood development program offered to families who would benefit from additional support in areas that have an impact on child health and development and family well-being. The vision of KidsFirst is that all children enjoy a good start in life and are nurtured by caring families and communities.



We are pleased to be making a difference in the communities and would welcome any members to join in.



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

CDHA CORNER

Greetings from CDHA! Since my last message, CDHA has made great advancements with First Canadian Health. Dental hygienists can now bill the Non-Insured Health Benefits (NIHB) program for our services directly. While we still require a contract with a dentist for such work, this announcement is a step in the right direction for the First Nations people of Saskatchewan.



For those of you who are new to Saskatchewan, CDHA membership is included in your annual license fee. CDHA has many great programs and services on offer, including professional liability insurance and webinars, which allow you to meet your continuing education requirements from the comfort of your home. CDHA also offers discounts through the Perks program and free access to the desktop and mobile versions of the eCPS.

I hope that all who attended the second annual Saskatchewan Dental Hygiene Conference were able to meet Donna Scott, CDHA's current president. Donna was originally from Saskatchewan and now lives in the North.

I look forward to catching up with many dental friends at the Saskatchewan Oral Health Professions Conference in Saskatoon, September 15-17. Please be sure to attend SDHA's annual general meeting on the afternoon of the 17th.

Keep smiling!

*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

Webinars coming soon:

Get Smart about Employment Contracts, July 22

www.cdha.ca/webinars

Leadership summit, professional

development session, & AGM

Edmonton, Alberta, October 21-22

www.cdha.ca/2016Edmonton

TAKE A STAND FOR SENIORS

CDHA has developed several advocacy resources to help reinforce the need for improved public health policies relating to seniors' oral health. Use these when you meet with government officials or long-term care administrators in your area. www.cdha.ca/advocacy

NATIONAL TELEVISION ADVERTISING CAMPAIGN

If you didn't see our ads on CBC, Slice, Showcase, and SérieS+ during the week of April 9-15 you can still view them here: www.cdha.ca/ndhwinthenews. These ads reached an audience of more than 3 million.

NATIONAL DENTAL HYGIENISTS WEEK™

Thousands of members participated, showing their #dhpurplepride. Prime Minister Justin Trudeau and Health Minister Jane Philpott sent greetings, and we had a proclamation read in the House of Commons. Landmarks across Canada, including the Calgary Tower, and Niagara Falls, were all lit in purple. More than 500 photos were submitted to www.cdha.ca/pypogallery; overall social media reach was 2.9 million. Join us next year: April 8-14, 2017!

AREAS OF INTEREST ON OUR WEBSITE

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



WWW.CDHA.CA



info@cdha.ca



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



www.facebook.com/theCDHA

The SDHA Congratulates the Work of SK Dental Hygienists During NDHW

As you know, April is Oral Health Month, with National Dental Hygienists Week celebrated from April 9th to 15th this year. A few years ago, the SDHA purchased 6 Community Oral Health Education kits from Canada's Tooth Fairy and have had them available for loan. This April, all 6 kits were being used by SK dental hygienists for community presentations, and there was a waiting list by other members looking to use them. This demonstrates the dedication and commitment of our professionals to volunteer in our community to educate young people on the importance of oral health! Congratulations!!

Members shared their experiences with us:

- Tahere Ansari went to Dondonald school on April 15th to do a presentation for grade 3/4 students. There were 25 boys and girls. She used the Community Oral Health Education Kit from the SDHA as well as CDHA resources. The pamphlets and fun questionnaires from CDHA were very interesting for the students. Highlights of the presentation were discussions about how plaque and calculus form in the mouth, how to prevent cavities and gum disease, braces and oral care during and after orthodontic treatments, photos of some mouths of smokers, oral piercing complications, primary/ permanent teeth pictures and how they actually erupt and fall out, and a fun game about healthy and unhealthy food choices. They were pleased to receive toothbrushes, sponsored by the SDHA.



- Nicole Pingert was approached by her son's preschool teacher about her doing an oral health session for the children in his class. After some networking and very creative lesson planning, Nicole developed a very interactive morning for the class that included stations for healthy snacks, learning about the jaws and teeth, brushing, taking a ride in the chair, and even one where they got to be dental hygienists—using the air and water to pretend to clean their teacher's teeth. In addition to Nicole, several dental hygienists volunteered their time that day including Heather Hubbard, Serena Matai, Erin Loewen, Dana Palmer, and Chris Gordon.

In talking with one of Nicole's patients, Jeremy Dodge (news anchor and father of two small children), her vision for a simple field trip started to morph into something that got the CTV news team interested. With the SDHA sponsoring the Morning Live spotlight, Maleeha Sheikh brought her crew to Midtown Dental on April 11th and filmed segments at each station with Maleeha getting involved with the kids and activities. It was a great morning that provided the opportunity for health promotion in this age group, as well as shining a light on the profession during NDHW.

Nicole's Oral Health Presentation Ideas and the Morning Live segments can be found on the SDHA website. The Oral Health Presentation Ideas provides activities for children preschool to Grade 1. Each session is designed to accommodate 2 children and rotate to the next station after 5-7 minutes. Modification to time and content can be made to accommodate different age groups.

Congratulations to everyone who went out into their communities to promote health and wellbeing!

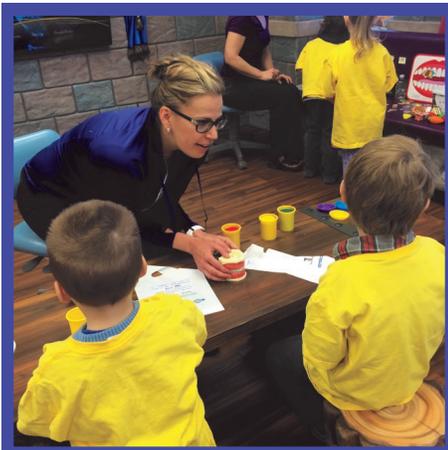
We would love to hear about what you are doing, so please email us at sdha@sasktel.net to keep us posted.



Total
**Your Health Begins
With Your
Dental Hygienist!**

National Dental Hygienists Week™ is coming! Mark your calendars - April 9 - 15

Visit www.cdha.ca/NDHW for details, printable resources, and more!



Communicating Successfully with Patients with Communication Difficulties

Michelle Engele, MA, (C), S-LP (CCC) - Speech-Language Pathologist, Registered SK
Owner Communication Innovations, Saskatoon, SK



Have you met any of these patients?

- *Susie, (6), has difficulty with noise and strangers. Her mother gets her to the waiting room, but she refuses to go to the operatory and the crying begins! (Susie cries, not the dental health professional!)*
- *Mr. S (63) checks in for his hygiene appointment. The office receptionist hands him the intake form and suddenly he announces, "Oh, I forgot my glasses, I'll get my wife to fill this out at home".*
- *Mr. J (35), a new Canadian, came back complaining of pain post extraction, as he did not seem to understand the home care instructions.*

You may have experienced similar situations in your practice. Communication breakdowns may occur for a variety of reasons. From the above examples:

- Susie may have *autism spectrum disorder (ASD)* and related *sensory concerns*,
- Mr. S may have *low literacy skills* and
- Mr. J may be learning *English as an Additional Language (EAL)* and may have an *undiagnosed hearing loss*.

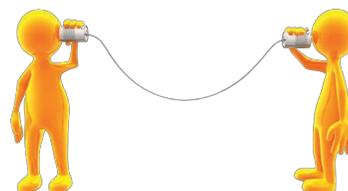
Patients, both children and adults, may experience these conditions or others, such as: anxiety, learning disabilities, intellectual differences, etc. It is important that we as health professionals make every effort to be as easily understood as possible.

Good communication has two equally **essential** parts:

1. sending a message

AND

2. receiving a message; being understood.



If there has been NO understanding, there has been NO communication.

There are simple techniques to consider that can help ensure your patient has understood your message.

Steps to Improve Communication

- **Slow down.** Please speak slowly and give additional time if needed.
- **Use plain, non-medical language.** Explain things to patients as you would to a family member.
- **Show or draw pictures.** Visual images can improve the patient's recall and understanding of ideas.
- **Limit the amount of information—and repeat it.** Information is best remembered when provided in small pieces that are pertinent to the task at hand. Repetition further enhances recall.
- **Use the "teach-back" or "show-me" technique.** Confirm that patients understand by asking them to repeat your instructions.
- **Create an open environment.** Make patients feel comfortable asking questions. Enlist the aid of others (patient's family, friends) to promote understanding (adapted from Rao, 2007).

Techniques to improve communication with older patients:

- prepare an agenda for the appointment,
- exhibit warm, nonverbal behavior,
- listen attentively,
- ask open-ended questions,
- use simple language,
- present key points one at a time and
- provide patients with written instructions (adapted from Stein, et al, 2014).

As a speech-language pathologist with 24 years of experience, I have a vested interest in fostering successful communication between patients and professionals. Therefore, I have started my business, Communication Innovations, and am developing patient education materials about dental procedures for individuals with communication difficulties. It is my intention to **create materials that are easily understood, effective and helpful for both patient and professional**. Implementation of the above ideas and the use of my materials can help promote clear understanding between you and your patient. Providing these supports may result in less time needed overall and successful treatment ultimately.

My products are near completion and are in alignment with the Inclusive Dentistry project principles developed by the *Saskatchewan Dental Hygienists' Association (SDHA)* and *Saskatchewan Association for Community Living (SACL)*. I am excited about their interest and support of my products.

If you are interested in learning more about using these communication supports in your practice, please contact me at 306.222.8292. Additionally, both the Saskatchewan Dental Hygienists' Association (SDHA) and Saskatchewan Association for Community Living (SACL) have offered to hold focus groups, fall 2016, in Saskatoon, SK ----to get feedback about my current patient education materials. If you are interested in participating, I would certainly value your feedback. For more information, please contact:

Kellie Watson, SDHA, at 306.931.7342 extension 4,

Dallas Tetarenko, Community Inclusion Consultant- Self-Advocacy 306.220.9280 or,

Michelle Engele, SLP Communication Innovations at 306.222.8292.

Please watch for upcoming dates and locations.

Strategies for communicating with older dental patients, February 2014, Pages 159–164 [Pamela S. Stein, Joanna A. Aalboe, Matthew W. Savage, Allison M. Scott](#)

Health Literacy: The Cornerstone of Patient Safety Paul R. Rao *The ASHA (American Speech-Language-Hearing Association) Leader*, (2007), Vol. 12, 8-21.



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

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

Registration will be available soon at
www.cdha.ca/Education



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

NIHB Welcomes Dental Hygienists as Independent Service Providers

The Non-Insured Health Benefits Program (NIHB) is pleased to announce that effective June 1st, 2016, NIHB will allow dental hygienists to submit claims to the Program as independent service providers. Enrollment with the NIHB Program as independent service providers in provinces and territories where scope of practice allows will begin April 15, 2016. NIHB welcomes dental hygienists to the Program and is confident that expanded access to oral health care will lead to improved health outcomes for First Nations and Inuit.

We would like to take this opportunity to thank the Canadian Dental Hygienists Association (CDHA), the Ontario Dental Hygienists' Association (ODHA), the College of Registered Dental Hygienists of Alberta (CRDHA) and the Chiefs of Ontario (COO), who have worked diligently over the past several years to realize this goal. We look forward to a long and productive partnership with the dental hygiene community.

For more information on how to become an independent service provider with NIHB, please contact Express Scripts Canada at <http://provider.express-scripts.ca/documents/Dental/Forms/English/Dental%20Hygienist%20Provider%20Enrolment%20Form.pdf>, the CDHA or your provincial dental hygiene association.



IT'S TIME TO RENEW WITH CDHA/SDHA!

Early Bird Contest

Renew your 2016-2017 membership by **September 30** for a chance to win \$1,000 in prizes.*

Be CDHA/SDHA strong with premium membership benefits including:

- CDHA Protect—professional liability insurance with enhanced coverage including free legal advice
- Discounted registration fee for CDHA's 2017 global conference
- Publications, resources, and other professional development opportunities
- e-CPS/RxTx—your primary source for the most current drug and therapeutic information
- CDHA Perks—entertainment discounts that have already saved members over \$140,000

View the complete list at www.cdha.ca/Benefits
Renew your membership at www.sdha.ca

*One grand prize will be awarded, consisting of a \$500 shopping spree. Five secondary prizes will be awarded, each consisting of a \$100 shopping spree.



STRENGTH IN MEMBERS

THE CANADIAN DENTAL HYGIENISTS ASSOCIATION

RENEW NOW



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

Mindfulness: what is the hype all about?

Jenn Minor Johannson



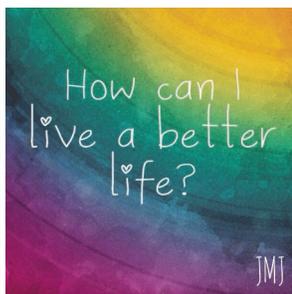
The practice of living more mindfully has proven extremely valuable for people in so many areas of life. It is not a new concept, however, it is certainly spoken of more often now in western culture than ever before.

Mindfulness is deliberately paying attention, being fully aware of what is happening both inside and outside of yourself. How is your body feeling, what thoughts is your mind exploring, and what is your heart telling you? Mindfulness is awareness of such with an absence of criticism or judgment.

How can we incorporate mindfulness in our life, so as to assure proactive wellness? Our lifestyle is often one that means we are going at an unhealthy pace and spending more time doing than being. This is simply not serving us well. We can accomplish as much or more when we are living mindfully. Single-tasking versus multi-tasking often means a higher quality output and a more grounded and clear mind. Getting outside means connecting with nature, and the great outdoors are so good for our mind and soul! When we are mindful at work, we can actually increase productivity, improve focus and enhance concentration. Have you ever read a page in your book only to realize you have no idea what you just read? It could be that you were planning your evening, thinking about that last conversation, or worrying about the upcoming meeting. When we are mindful, we are focused on the present. When we are not, we tend to be visiting the past or predicting the future.

Our relationships benefit greatly from our ability to be more mindful. A mindful parent enjoys the luxury of being more aware of the child. A mindful partner experiences a physical, mental and emotional connection that drives greater enjoyment of the relationship and their encounters together. When we are mindful we are better able to forgive, have a better awareness of what truly 'is', and we decrease the chances of reacting versus responding to the other. This means reduced regret in terms of what we might say when we react! The connection is more authentic as well as deep, rich and soulful.

How can we be more mindful, and does it just mean paying more attention? We need a true focus on our breath. Not just breathing to stay vertical, but deep, conscious belly breathing! If we can take even short pauses throughout the day, we will increase mindfulness and by checking in with self we can gauge if we are aware or on autopilot. Meditation is a wonderful mindfulness practice, and by regularly incorporating even short meditation to our day, we increase our mindfulness in all areas. We can get outside and just 'be'. Savoring pleasures enhances our awareness and mindfulness, bringing greater peace and calm to our everyday. Please know, that the ability to empty all thoughts from our head, is NOT the only way to measure effectiveness with meditation. If we can notice, without judgment what is happening, we are being mindful. One step at a time...enjoy, be, practice and reap the benefits!



*Interested in spending time with other women on topics such as mindfulness, proactive wellness, self awareness, stress management and living one's purpose? You might like to participate in a series I facilitate twice a month called the **Women's Wellness Tribe**. Two more tribes start up this fall- the evening Tribe will start Wednesday October 19, 7-8pm, and the lunch hour Tribe starts Friday September 16, 12-1pm.*

If interested I can email you a brochure.

*Ready to give YOU some time to recharge, renew, reflect and learn about how to nourish your body, mind and spirit? We have our next W4; **Warrior Women's Wellness Weekend retreat** this September 23-25 at the beautiful Christopher Lake, SK. For more information on the retreat, simply email me at jenn@jnjcoaching.ca *at the point of writing this article the retreat was over half full, so be sure to check in soon if you might like to join us!*

Wanting to share, discuss and incorporate proactive wellness into the workplace? I would be happy to come out and offer lunch hour, partial day or full day learning sessions with your staff. Email me to discuss topics and logistics.

Facebook user? You might want to 'like' my page to learn more about all things wellness. To be added to my email list, assuring you hear first about upcoming events, series programs and more, email me requesting to be added to my email list, jenn@jnjcoaching.ca

JMJ Coaching - Jenn Minor Johannson

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FREE DENTAL HYGIENE DAY 2016

On May 7, 2016 Saskatchewan Polytechnic hosted the first annual Dental Hygiene Day at the Saskatchewan Polytechnic Dental Clinic in Regina. Offered in partnership with the Regina Open Door Society, volunteers from the dental hygiene community and Saskatchewan Polytechnic Dental Hygiene Program provided dental hygiene care to people who were unable to access treatment due to lack of income, transportation or child care. A lot of new immigrants were seen who had never seen a dental hygienist before and translators were used to help with any language barriers.



First year dental hygiene students were able to assist and observe practicing dental hygienists provide care to clients who really needed it. It provided students with a great learning opportunity while fulfilling a need within the community. Dental Hygiene Day was run in conjunction with Dental Day.

Registered Dental Hygienists volunteered their time and expertise to help people within our community. The hygienists included Lisa Shewchuk, Candace Leveille, Marie Reinbolt, Ian Kennedy, Krista Wilson, Emma Head, Kelli Warren, Brooke Geise, Amanda Friesen, Jennifer Burns, Alison Hipkin, Danielle Briere, Cathy Wright, Irene Buzash, Leslie Marlin, Diane Moore, Cheryl Laidlaw, Trish Gottselig, Brenda Udahl, Yvette Ludwig, Lynn Johnson, Sharman Woynarski and Dean Lefebvre. The passion and commitment from these hygienists were greatly appreciated and the clients left with a greater appreciation of oral care. A special thanks to Henry Shein, Dentsply, Sinclair Dental and Patterson Dental who donated the supplies used for this day. The Saskatchewan Oral Health Professions and the SDHA made a financial contribution to help with costs. Costco and Safeway donated some snacks for the day and Starbucks supplied coffee.

A total of 20 clients were seen and \$2976 worth of dental hygiene treatment was completed. Second year students Leah Bedard and Lauren Ellis helped organize the event and we are looking at running this event again next year.



Congratulations to Pardis Onvani 2016 Recipient of the Mary Geddes Memorial Award

This award is granted annually by the SDHA to a recipient that reflects the skills, attributes, and attitudes we recognize and want to promote in our future members; demonstrate leadership skills, high professional ideals and ethics, be respected by fellow students, clients and instructors, be considerate, helpful and reliable, contributes to class unity and team building; and is compassionate and empathetic - reflective of the role of the dental hygienist as a health professional.



Pardis was born in Esfahan Iran, and is the middle child of three. Growing up, she was always fascinated by health professions, and pictured herself doing something of this nature as a career. Upon finishing high school, she studied industrial engineering from Sharif University of Technology. She attended this institution on a full scholarship and obtained her bachelor's degree in industrial engineering in 2007. Shortly after this, she began applying her engineering skills in a factory that designed dental and medical tools and devices. She knew then, that if given the chance, she would pursue a health-related education in the future. Long story short, she moved to Canada in 2011 after marrying her husband the year before, and worked hard to gain entrance to the Saskatchewan Polytechnic Dental Hygiene Program and has never looked back. Since graduating from Saskatchewan Polytechnic, she has relocated to Nova Scotia where she plans on pursuing her dental hygiene career aspirations.

Dental Day - May 7, 2016

Student Organizers: Kaelyn Oberle & Alyssa Reimer

Many individuals living in Regina and the surrounding municipalities experience barriers to oral health care. Many social and environmental factors contribute to this barrier; fear, lack of money, lack of transport, lack of social support, finances, employment schedules, lack of benefits, and lack of childcare. In order to access oral health care, these barriers must be eliminated. Dental Day at Saskatchewan Polytechnic strives to break down these barriers. We provide a solution to all the factors listed above: a welcoming environment, free bus and taxi vouchers, free treatment for all individuals, treatment provided on the weekend, and a volunteer daycare center for patients. We prioritize individuals who are seeking services specifically from the Regina Food Bank and the Regina Open Door Society.



L to R: Alanah Mueller (Student organizer for 2017), Alyssa Reimer Student Organizer for 2016), Kaelyn Oberle (Student Organizer for 2016) and Cassie Seguin (Student Organizer for 2017).

Through the conduction of a community needs assessment survey completed by our peers at the Regina Food Bank, we found that 17% of individuals report lack of money as a factor preventing access to dental care, and 39% of individuals only will see the dentist for an emergency. In addition, 14% of individuals do not have reliable transportation in order to travel to a dental clinic. Vital Signs 2013 states that the poverty rate of single parent families in Regina has been measured at 30.5%.

In the second year of Dental Hygiene, it's required for all students to organize a Community Oral Health Project. Dental Day began 5 years ago, initiated by a former student and Dean Lefebvre, and has been a Community Oral Health project for second year students ever since. Both of us have a heart for volunteering and immediately became interested in this project. We are passionate about this event because it enables collaboration between dental professionals and Saskatchewan Polytechnic while allowing volunteers to give back to the community. This year, we have been overwhelmed with the volunteer response from dental professionals around the province. We are incredibly grateful for the amount of awareness this event has generated in the dental community since the project began. This year the event hosted 17 Dentists, 4 Dental Therapists, 1 Denturist, and 23 Dental Assistants on May 7. A total of 75 patients received treatment, and a total of \$41 000 of free dentistry was completed. This was the first year that Dental Hygiene Day was also run and 10 hygienists volunteered and completed \$3000 worth of treatment.

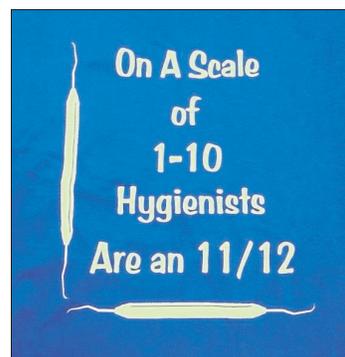
Through organizing this project, we have been exposed to plenty of unique opportunities that have enhanced our educational experience. As direct entry students with no prior dental experience, we have gained plenty of experience in understanding the complete flow of a dental clinic. In addition, this project has provided us with plenty of networking and collaboration opportunities to connect us to individuals in the dental community. The recent influx of immigrants to Canada has increased the demand for volunteer dental services, a rare occurrence in Saskatchewan. Through working with English as a Second Language (ESL) students at Saskatchewan Polytechnic, we discovered the importance of an event such as Dental Day to provide access to oral health care for these individuals. As we finish our program this June, we plan to continue volunteering with similar Community Oral Health initiatives. We hope to act as role models for other dental professionals in our career field, raising the bar to encourage others to volunteer.



Supporting Professional Development



- **September 15-17, 2016 – TCU Place, Saskatoon**
SK Oral Health Professions Annual Conference
- **Saturday, September 17, 2016 – TCU Place, Saskatoon**
SDHA AGM – 1:00 pm
- **Saturday, November 5, 2016 – Evraz Place, Regina**
SDAA Full Day Conference
- **Friday, December 2, 2016 – Parktown Hotel, Saskatoon**
CDHA/Proctor & Gamble Sponsored
- **April 28 & 29, 2017 – Travelodge Hotel, Saskatoon**
SDHA Dental Hygiene Conference - *Live, Love, Learn*
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Online CCP Opportunities

- CDHA: www.cdha.ca
- www.oralhealthed.com
- www.caseyhein.com
- U of S College of Dentistry: <http://www.usask.ca/dentistry/alumni/continuing-education.php>
- Dentsply: www.cavitronworld.com
- DVD Quarterly for Dental Hygienists: www.dvdquarterly.com
- Dental Learning Network: www.fice.com
- Dimensions of Dental Hygiene: <https://ce.dimensionsofdentalhygiene.com/courses.asp> (Belmont)
- American Dental Hygienists Association: www.adha.org/careerinfo/continuing_education.htm
- Crest Oral B/Procter and Gamble: www.dentalcare.com
- I Need CE: www.ineedce.com (Penwell, Hu-Friedy)
- Colgate Oral Care (Forsyth Inst): <http://www.colgateoralhealthnetwork.com/>
- Free Interactive and Self-Study CE: www.premierdentallearning.com



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 EVENT: 8:30 to 4:30 on October 24, 2016 at the Travelodge, Regina
Everyone Welcome! Visit us at www.saskohc.ca



RDH SPOTLIGHT:

featuring a member that you need to know about!



Janel Parkinson, RDH

Education:

Certificate in Primary Care Paramedic (2005),
Diploma in Dental Hygiene, SIAST (Regina) (2008)

Greatest Professional Highlight: My greatest professional highlight has been these past 5 years as part of the SDHA council. I love that I am able to give back to my profession in this capacity but also feel inspired by my fellow council members. The future of SDHA is very bright and I am proud to be a member of this great organization.

Greatest Joy: My 2 children (Addison and Brant) and my husband (Russ). But more recently is having my 1 year old sleep through the night...finally.

Greatest Challenge: Finding a work-life balance. I want to spend as much time as possible with my kids as they grow so quickly but I also love my career. I work with a fantastic group of co-workers and enjoy my patients very much.

Outside Work, I Love To: I love to travel, garden, golf, bike ride, go camping, shopping and spend time with family and friends.

Favorite Inspiration Quote: As Dr. Seuss would say: " The MORE that you READ, The MORE things you will KNOW. The MORE that you LEARN, The MORE PLACES you'll GO."

Final Words: Never underestimate how much joy you can bring to anyone's day with kindness and a smile. After all, we are in the business of healthy smiles.



SDHA Staff & Council 2015-16

Top row (L to R): Ray Sass, Kellie Watson,
Karen MacDonald, Lynn Johnson, Kay Munchinsky,
Tolu Oyeboode, Mike San Miguel.

Bottom Row (L to R): Harmony Boisjoli,
Janel Parkinson, Kaylen Anholt,
Leanne Huvenaars, Jackie Kozlow.

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<http://www.ncohf.org/our-programs/esther-wilkins-education-program>

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



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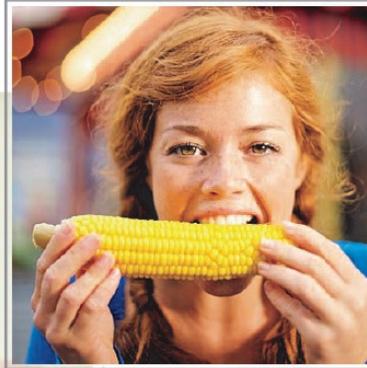
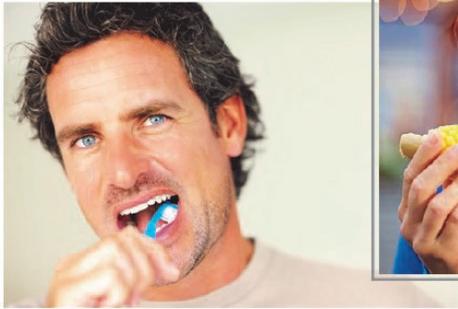
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