

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

- President's Message....3
- Welcome New Council...3
- ED's Message....4
- Volunteers Needed...5
- Fiscal Year End Change...5
- Health Promotion Initiatives...6
- JEM ...7
- Upcoming CCP...8
- RDH Spotlight...9
- Perio Centre...10
- Ultrasonic: Lateral Pressure...11
- Information Update...12-13
- SK Poly Update...14-15
- CDHA Update...16
- Wellness Experience SK...17
- Dental Clinic—SK Poly...18
- SDHA Sponsors...19-20

Congratulations!

Annually, we celebrate those registered dental hygienists who have been part of the profession for over 30 years. It is an honor to recognize those who have provided dedicated service over the years, achieving this tremendous milestone.

On behalf of the SDHA members, Council and staff, thank you for all you have done over the years in your efforts as caring health care professionals. You have made a difference and significantly contributed to the improvement in the overall health of the people of Saskatchewan, and the advancement of the dental hygiene profession!

Your dedication to the health of your clients and community is something to be very proud of. This milestone represents a true and lasting commitment and we applaud you and your achievements.



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.



Lori Cyca
35 years



Shelley Ruiters
35 years



Marianne Costron
30 years



Karen Jukes
30 years



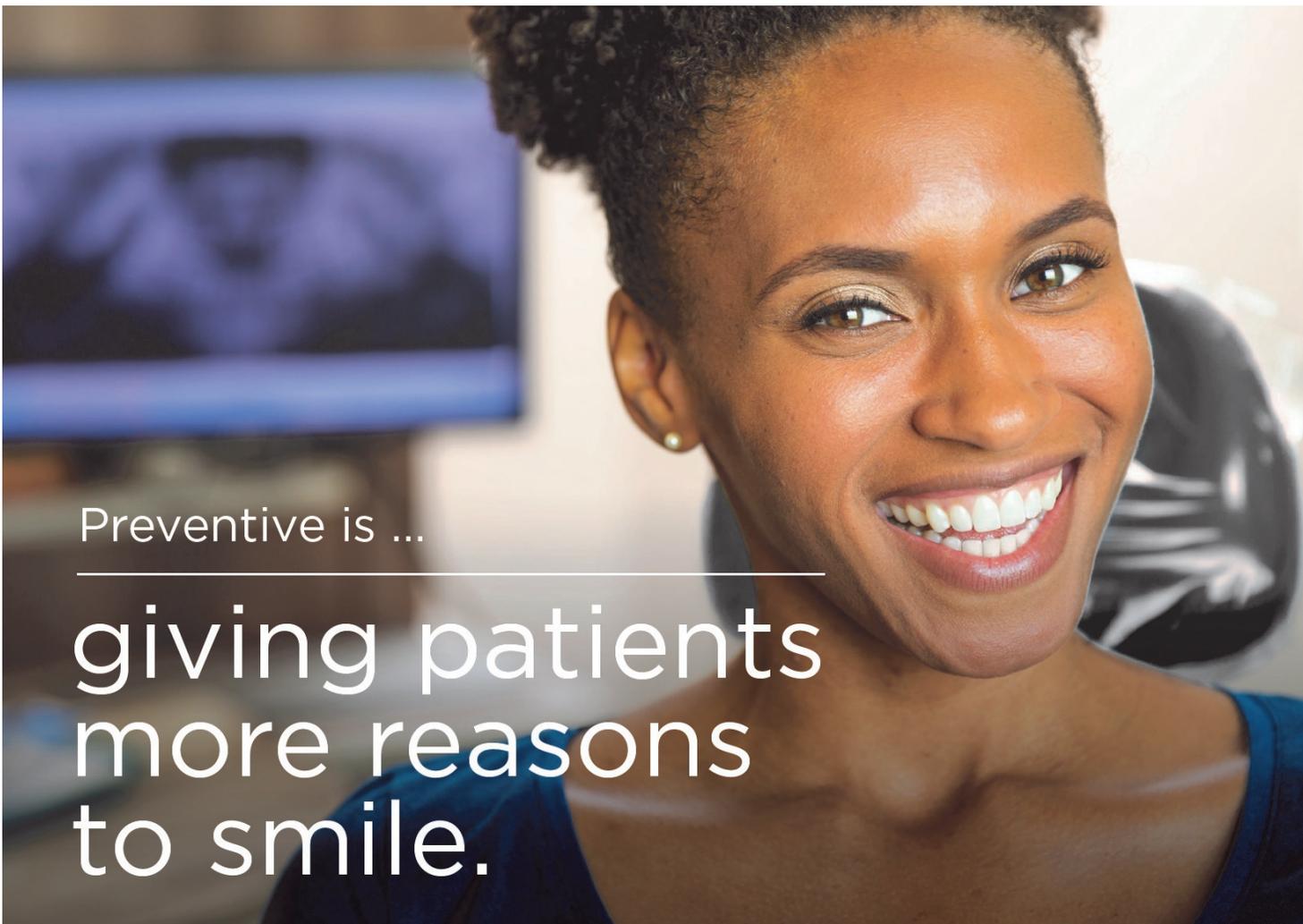
Karen Kuntz
30 years



Darlene Lonseth
30 years



Lynn Pachal
30 years



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President's Message

Alyssa Boyer, RDH

I am both honoured and excited to be representing the Council as SDHA President for the term of 2017-2018. During my term, I hope to maintain SDHA's vision of advancing the profession of Dental Hygiene and creating a positive, bright future for our career. I am happy to announce that Council successfully filled 3 vacant positions at the SDHA AGM this past October. The exciting part of a revolving board is the fresh perspective offered by new members on a regular basis.

In the fall, I was able to attend the national CDHA Conference: Translating Knowledge to Action on Council's behalf. I took part in some very interesting CE courses on topics such as caries risk management, evidence based decision making about periodontal care, in addition to meeting fellow dental hygienists from around the world. I also had the opportunity to network with other Council Presidents from across Canada. The CDHA hosts an amazing conference, and I hope each of you has the opportunity to attend at some point in your career.

Council has already met once over the course of this term in November 2017. Along with our Registrar-Executive Director and SDHA staff members, the SDHA continues to make headway into the future of dental hygiene. Currently, Council continues to review the Regulatory Bylaws in place for revisions and additions, and is in the process of forming a working group to review the research and literature regarding the use of dental lasers.

I invite you to register for the 4th annual SDHA Live, Love, Learn Conference in Regina, taking place on March 16 & 17, 2018. The SDHA staff has been working tirelessly to plan another knockout conference for dental hygienists across the province to enjoy! Continuing education is an important aspect of our career. Staying current with trends, technologies, and working to improve our skills as a provider are ways that dental hygienists can provide the best care possible for our clients.

Be well,

Alyssa Boyer, BA, RDH
SDHA President 2017-18

A big, warm welcome to our new SDHA Council Members!!



Leah Bédard



Karen Ollivier



Council & Staff 2017-18: (Back row) : Leah Bédard, Kaylen Anholt, Alyssa Boyer, Kellie Watson, Kaitlyn Fieger. (Front row) : Ray Sass, Tracy Hoey, Tolu Oyebode, Karen MacDonald, Karen Ollivier, Leanne Huvenaars, Mike San Miguel





Registrar-Executive Director's Message

Kellie Watson, RDH, MBA

Good Character and Fitness to Practice

As part of our registration and licensure requirements, the SDHA bylaws state that a person is granted registration if that person can provide proof of good character. What does this mean?

Good professional character can be defined as the integrated pattern of personal, academic, and occupational behaviors which indicates that an individual is able to consistently conform his/her conduct to the requirements of the Dental Disciplines Act, bylaws, and generally accepted standards of practice. An individual must maintain good professional character to ensure that he/she is able to consistently act in the best interest of patients/clients and the public. In all cases, it is the individual's burden to provide evidence of good professional character in order to obtain or retain licensure.

The SDHA has chosen to include good character and fitness to practice questions as part of the registration, licensure and renewal processes. Other regulatory

bodies may choose to have registrants supply criminal records on a regular basis, or reference letters from trusted sources. When it comes to our declaration process/questions that you see on application forms -

It is critical that these questions be read carefully and answered truthfully when renewing your dental hygiene license.

If they are not, a member can be referred to the Professional Conduct Committee for investigation. All responses to these questions are reviewed during renewal.

Of course, answering "yes" to one of these questions may mean a more complicated or cumbersome renewal process, but honesty and integrity is crucial. If you have questions about this section of the application form, or find yourself needing some consultation with me as you complete it, please don't hesitate to contact me.

Take a look at the questions below...

GOOD CHARACTER and FITNESS TO PRACTICE

1. Have you ever been convicted of a criminal offence in any jurisdiction? If yes, please explain: Yes
 No
2. Has any registration or license entitling you to practise dental hygiene or any other health profession in any province, territory, state or country ever been limited, restricted, suspended or cancelled? If yes, please explain: Yes
 No
3. Are you currently the subject of any reviews, investigations, disciplinary hearings or proceedings (including criminal proceedings) in any jurisdiction? If yes, please explain: Yes
 No
4. Have you ever been denied registration or imposed conditions on your dental hygiene practice in another jurisdiction? If yes, please explain: Yes
 No
5. Have you ever had a finding in the nature of professional misconduct, unskilled practice, incompetency or incapacity, or a like finding made against you as a dental hygienist or in a health profession other than dental hygiene? If yes, please explain: Yes
 No
6. Are you affected by a physical, mental or emotional condition or disorder that may impair your ability to provide dental hygiene services in a safe and competent manner? If yes, please explain: Yes
 No
7. Are you affected by an addiction to alcohol, drugs, or other chemicals that may impair your ability to provide dental hygiene services in a safe and competent manner? If yes, please explain: Yes
 No

Volunteers Needed!!

SK Polytechnic Dental Hygiene Day – April 14th, 2018

The dental hygiene students at Saskatchewan Polytechnic are the co-organizers of Dental Hygiene Day 2018 and are looking for Registered Dental Hygienists to volunteer their time to help provide free hygiene services to underserved groups in Regina at our 3rd annual Dental Hygiene Day. All treatment will be completed at the Dental Clinic at Saskatchewan Polytechnic in Regina. Details will be determined at a later date. We expect that the event will take place from approximately 8:00 a.m. to 3:00 p.m. Each dental hygienist will see approximately two clients in total. Continuing education points will be provided.

If interested, please contact:

Alison: leinweber6925@saskpolytech.ca 403-809-2245 or Edyn: keith7767@saskpolytech.ca 306-948-6566

Northern Dental Event

The SDHA is working collaboratively with various northern stakeholders to organize a Northern Dental Event, similar to Dental and Dental Hygiene day at SK Polytechnic. Details and a firm date are yet to be confirmed, but likely the event will take place over 2-3 days this summer, when it best suits the northern community. We are looking for oral health professionals that are interested in volunteering their time to give back to the people of Saskatchewan that struggle to access dental care.

If interested, please contact: sdharegistrar@sasktel.net



Fiscal Year End Change

Effective 2018, our fiscal year end will change from June 30 to October 31 annually to better coincide with our license year.

In 2015, our license year changed from January 15 to October 31, but the fiscal year end remained June 30. For the following reasons, we believe it would be prudent to align all of the year ends to be October 31st:

- With our annual license renewal date being October 31st, and whereby we receive the majority of our revenue at this time, the auditor must recognize in the financial reports, deferred revenues in the months July through October.*
- Our bylaws require us to hold an AGM within 6 months of fiscal year end. In past years, the collaborative September conference offered by all oral health professions allowed us to easily include the AGM during that weekend. With the SOHP conference no longer existing, the SDHA must now plan a separate event in the fall just for the AGM to be in compliance with the bylaws. If an October 31st fiscal year end was adopted, we could hold the AGM at our large SDHA conference event in the spring.*

How will this affect SDHA members?

⇒ The change will require the SDHA to complete 2 financial reviews in 2018 - one in June 2018 and then again at October 31, which will result in the need for 2 AGMs as well.

Please mark your calendars for upcoming SDHA AGMs:

September 30, 2018—Regina with SDAA/SDHA joint PD event

March 29 & 30, 2019—Saskatoon with the Live, Love, Learn Conference

Health Promotion Initiatives

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

Since the last issue of the SDHA Edge:

CAREER FAIR: On Tuesday, November 28th, 2017, Tommy Douglas Collegiate, in collaboration with Bethlehem High School, hosted a career fair. Over 1800 students from grades 9 to 12 had an opportunity to stop by and ask questions about the profession of dental hygiene. Chris Gordon, Nancy Newby and Karla Yarie represented the SDHA at this event to provide students information about oral health, sugar, and our great profession.

GLOBAL GATHERING PLACE: As part of the semi-annual Women's Wellness Program, the SDHA was asked to provide an oral health presentation to a group of new Canadians. A fantastic presentation was provided by Karla Yarie, and oral health supplies and resources were given to those attending.

OKSAYAK HIGH SCHOOL: As part of a parenting class, an oral health presentation was provided by Karla Yarie to a group of students that have children from infancy to kindergarten age. The session included learning about sugar, and proper oral care for young children.



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!

It's not too late! Register now!

Live, Love, Learn

4th Annual Conference
March 16 & 17, 2018
Delta Regina

Conference Fees:

Full Conference: \$190 (before February 16) or \$225 (February 1 to March 9)

One Day Fee : (Friday or Saturday): \$130 Students: \$50



Dr. Tim Donley:

Nutrition, Lifestyle and
Perio: Real World Strategies
to Reduce Inflammation



William Nippard:

Winning at Work: The 5
Pivotal Questions for Oral
Health Care Professionals

The SDHA Jurisprudence Education Module (JEM): An Opportunity to Learn

Why take the JEM?

Successfully completing the JEM will be required of the following individuals:

- A new registrant, including those moving to SK from another province and new graduates;
- Current RDH's as part of their Continuing Competency Program requirements.

It is anticipated that the JEM development will be completed in the spring of 2018, and the following is our implementation plan:

- New grads/registrants will be required to complete the JEM beginning the spring of 2018.
- For current registrants, it will be phased in like the CPR requirement was years ago, and will begin in the fall of 2018.
 - CCP Reporting period ends October 2018:
JEM required between Nov. 1, 2018 and Oct. 31, 2021
 - CCP Reporting period ends October 2019:
JEM required between Nov. 1, 2019 and Oct. 31, 2022
 - CCP Reporting period ends October 2020:
JEM required between Nov. 1, 2020 and Oct. 31, 2023

What is the JEM like?

The JEM will be an online, interactive, open book learning module that will be accessible any time via the SDHA website using most current internet browsers. It will be organized into sections/modules, with mini quizzes at the end of each chapter to review key highlights from that chapter. All questions must be answered correctly prior to advancing to subsequent chapters.

At the end of the JEM, the registrant will be guided through the process of confirming completion of the module, which will then provide the SDHA with evidence of a registrant's successful completion of the JEM.

Depending how familiar you are with the material, the JEM can take between 1 and 2 hours.

2 CCP credits in Category A will be provided to each member upon completion.

What information should I be familiar with or review prior to the JEM?

There are many laws, rules, standards and bylaws that govern dental hygiene care in Saskatchewan. The JEM provides education and information on the legal framework that governs us.

The JEM will include an overview of:

- The Dental Disciplines Act,
- SDHA Bylaws
- Practice Standards and guidelines
- Competencies & Scope of Practice
- Ethical obligations of members

Although the JEM is an open book exercise, you may want to familiarize yourself with the legislation in advance. All of the documents listed above are available on the SDHA website at: <http://www.sdha.ca/index.php/legislation-and-resources/>

Is there a fee to take the JEM?

There is no direct charge at the time of completing the JEM. Costs associated with the development, implementation and ongoing administration costs have been built in to annual license fees.

The JEM is intended to be a valuable learning activity and not meant to be punitive in nature.



Continuing Competency Program Corner Supporting Professional Development



Due to the changes relating to the September Oral Health Professions Conference, the SDAA and SDHA will be partnering for future professional development events. The format for each event will include multiple speakers and topics specific to each profession. Events organized by the SDAA are listed in green below, and SDHA events, blue. Registration will be through each respective organization.

SDHA



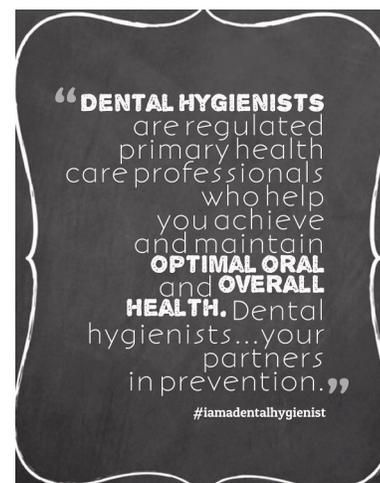
SDAA



2018/2019
Live, Love, Learn Conference - March 16 & 17, 2018 <i>The Delta, Regina</i>
April 20 & 21 2018 PD and SDAA AGM The Travelodge, Saskatoon
September 28 & 29, 2018 PD and SDHA AGM Evraz Place, Regina
Live, Love, Learn Conference (SDHA AGM) - March 29 & 30, 2019 The Radisson, Saskatoon
April 26 & 27, 2019 Regina, venue to be determined

Are you looking for Online CCP Opportunities and Resources?

- 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
- DH Quarterly for Dental Hygienists: www.dentalhygienequarterly.ca
- 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/>





RDH SPOTLIGHT: *Carla Ofstie*

Education:

SIAST Dental Assisting Diploma (Regina, Saskatchewan); Canadian Academy of Dental Hygiene, Dental Hygiene Diploma (Mississauga, Ontario)

Professional Highlights:

Starting my own Independent Dental Hygiene Business that provides a much needed dental hygiene service to seniors in our community.

Greatest Joy:

My Family, Husband (Jarod) + Children: Pfeifer (5) + Finn (3) + Baby #3 (April 2018).

Greatest Challenge

Maintaining a healthy work life balance and keeping my body and mind active! Being in the dental health professional, I often struggle with working the perfect amount of hours in the profession I love and having the same amount of time dedicated for my family. I find that working part-time in a variety of different dental hygiene settings keeps my schedule flexible and allows me time to spend with my favorite people.

Outside Work we love to:

When not working or spending time with my family & friends, you can find me at a spin class at Ryde YXE or drinking a Starbucks.

Favorite inspirational quote:

"The one thing that you have that nobody else has is YOU! Your voice, your mind, your story, your vision. So write and draw and build and dance and sing and live only as you can!"

Final words:

From the time I started in the dental industry, I always felt I wanted to do more than just the traditional dental hygiene role. I love being a dental health advocate for my patients, colleagues, coworkers and community. Whether it be helping vulnerable patients access the dental care they not only need but deserve, working with the SDHA and introducing a Pilate's program for Dental Professionals, or educating Preschoolers on "sugar bugs", I am always up for a new challenge. I'm passionate about our profession and fully embrace new experiences and education. My goal for the future is to collaborate with all dental health professionals to promote dental hygiene awareness in our community!





DR. TRUDY NWACHUKWU

BDS,MFD RCSI,MRCPS(Glasg),Dip(PDS),MDPH,MDent(Perio),FRCD(C)

CERTIFIED SPECIALIST IN PERIODONTICS

Tel: 306-933-2777 Fax: 306-933-2790
Email : info@periocentre.ca www.periocentre.ca
302 Midtown Towers, Saskatoon S7K 1J5

December 11th, 2017.

Dear colleague,

I hope this letter finds you well.

It has come to my attention that there might be some confusion regarding the location of my periodontal practice. I maintain an office (PerioCentre) located at the Tower at Midtown Plaza, Saskatoon.

Address: Dr. Trudy Nwachukwu
PerioCentre
#302 Midtown Towers, Saskatoon. SK S7K 1J5

Referrals can be emailed, faxed or mailed to my office.

Please feel free to call us at 306-933-2777 if you have any questions.

I really appreciate and thank you for your support.

I also want to thank the 130 members of the Saskatchewan dental community who attended my CE course on November 23rd 2017. For those who couldn't attend the course due to the fact that the course was fully booked, please stay tuned for new course updates in 2018.

Merry Christmas and best wishes for the new year!

Let's keep getting excited about Perio!

Dr Trudy Nwachukwu
Certified Specialist in Periodontics

Absolute Dedication To Outstanding Patient Care !!!

Principles of Ultrasonic Instrumentation: LATERAL PRESSURE

Information designed to help clinicians maximize their ultrasonic instrumentation technique.

Dani Botbyl, Dentsply Sirona

The second article in a series designed to help clinicians maximize their ultrasonic instrumentation technique.

In the first article of this series (SDHA Edge Issue Fall 2017), the importance of instrumentation grasp for successful ultrasonic debridement outcomes was discussed. Once a balanced ultrasonic grasp is achieved, clinicians need to next look towards positioning a finger rest or fulcrum. Once again, the principles of hand and ultrasonic instrumentation do not mimic each other in the case of lateral pressure.

The necessity of applying moderate to heavy forces of lateral pressure to remove calculus when using hand instruments is widely understood. The same understanding cannot be said for lateral pressure and ultrasonic debridement. Yet, the principles of lateral pressure as they related to ultrasonic instrumentation is a critical prerequisite as it will have an influence on successful deposit removal, preservation of tooth/root structure, clinician musculoskeletal health and client comfort.

When using ultrasonics, the application of light lateral pressure is the suggested approach for safe, effective, efficient deposit removal. In the case of hard deposit, pressure contrary to what is suggested is likely to lead to ineffective, inefficient deposit removal (remaining calculus, remaining burnished calculus or increased time for calculus removal) plus an increased risk for client sensitivity. An increase in lateral pressure may also require the tightening of one's grasp with this combination plus the repetitive motion of debridement weighing in negatively on musculoskeletal health. When using ultrasonics for the removal or disruption of biofilm or the removal of early stages of its calcification, the same light lateral pressure is also implemented. A variance from this recommendation once again can increase the risk for client and clinician discomfort. Furthermore, adherence to light lateral pressure when the ultrasonic instrument is in contact with dentin or cementum has greater potential for preservation of root structure and conversely, too much lateral pressure can unnecessarily remove cementum or dentin.

How much pressure is the right amount of pressure? Some guidelines quantify the answer to this question. In the textbook, *Ultrasonic Periodontal Debridement Theory and Technique* (Wiley Blackwell 2014), the authors report a lateral pressure range for ultrasonic debridement at 0.5- 2N (N=Newtons). Clinically, achieving this objective measurement is challenging. More descriptive words may resonate with clinician: slight pressure, light pressure, feather-light-touch, pressure similar to an exploratory stroke or enough pressure just to keep the tip of the ultrasonic instrument in contact with the surface being treated.

Stay tuned for future issues of the SDHA Edge as this ultrasonic instrumentation series continues and we explore:

- Fulcrum/finger rest
- Insertion
- Adaptation
- Activation.





Information Update - Dean Lefebvre

As self regulated dental professionals, it is our responsibility to stay current and follow best practices to provide safe and effective care for our patients. There have been a few new updates that you should be aware of in hypertension protocol, documentation of local anesthetics and radiation quality assurance.

Hypertension Protocol

In 2017, the American Heart Association had changed its guidelines for the management of high blood pressure in adults. Traditionally in Canada, we have followed those same guidelines. In an effort to identify individuals at risk for high blood pressure, the systolic and diastolic upper limits have been reduced. The previous elevated numbers were 140/90. Please see the chart below for your reference.

Category	Systolic	Diastolic	Protocol
Normal	< 120	< 80	Proceed with care
Elevated	120-129	< 80	Hypertension protocols
Hypertension- Stage 1	130-139	80-89	Position in supine for 5 mins and retake BP. If still in category, refer to physician, follow hypertension protocols and proceed with care
Hypertension- Stage 2	140 or >	90 or >	Position in supine for 5 mins and retake BP. If still in category, refer to physician, follow hypertension protocols and proceed with care
Hypertensive Emergency	> 180	> 110	Position in supine for 5 mins and retake BP. Refer to physician, follow hypertension protocols and proceed with care only if <180/110. If still high and history of heart/stroke conditions, refer to hospital. If no history of heart/stroke conditions, refer to physician.

- ◆ **The second readings are important to see if the blood pressure is improving or becoming more elevated. It is good practice to compare readings at each appointment and to record for the patients to track for themselves. These readings are sometimes the only sign you may have of a potential emergency in your dental chair.**
- ◆ **Hypertension protocols include measuring blood pressures at each appointment, use stress reduction protocols, limit epinephrine if using local anesthetic to 0.04 mg and seating the patient upright slowly and allowing them to sit for a few minutes before exiting the chair.**

References

American Heart Association. (2017). Guidelines for the prevention, detection, evaluation and management of high blood pressure in adults. Retrieved from <http://hyper.aha.journals.org/lookup/suppl/doi:10.1161/HYP.000000000000065/-/DC1>.

CDAOasis. (2018). Guidelines for the prevention, detection, evaluation and management of high blood pressure in adults. Retrieved from [oasisdiscussions.ca/2018/01/09/bp-9/](https://www.oasisdiscussions.ca/2018/01/09/bp-9/)

Little, J., Falace, D., Miller, C. and Rhodus, N. (2013). Dental Management of the Medically Compromised Patient. St. Louis: Elsevier.

Zahedi, S., Marciniak, R. (2012). The hypertensive patient. (A review of the latest joint national committee on prevention, detection, evaluation and treatment of hypertension as it applies to the dentist.) Oral Health, 102 (2), 42-46.

Information Update - Dean Lefebvre

Local Anesthetic Documentation

When administering local anesthetic, instead of documenting the number of carpules used the number of milligrams should be used. Depending on the anesthetic you use in your office, the carpules contain either 1.7 ml or 1.8 ml per carpule. If you use 3 carpules of a 1.8 ml carpule, you should indicate you administered 5.4 ml including the type of anesthetic and amount of epinephrine. I recommend you make a reference chart like below. This change is used by many provinces now and is best practice to ensure accuracy of doses.

Amount of Carpules	Amount in 1.7 mL	Amount in 1.8 mL
1/6 (1 rubber stopper amount)	0.28	0.30
1/2	0.85	0.90
1/3	0.56	0.59
1/4	0.43	0.45
2/3	1.13	1.20
1	1.70	1.8
1 1/2	2.55	2.70
2	3.40	3.60
2 1/2	4.25	4.50
3	5.10	5.40
3 1/2	5.95	6.30
4	6.80	7.20

Radiation Quality Assurance

If you are using digital sensors in your office, you need to follow the directions below when using step wedges to evaluate artifacts on your sensor. This will ensure your digital radiographs are high quality, your sensor is working properly and no artifacts are being created that can affect diagnosis. Artifacts are white or black spots on your images that may be generated from the sensor. If this does appear, you will need to contact your manufacturer for repair or replacement.

- **Solution 1:** Take two images for each sensor/plate and rotate the step wedge 180 degrees for the second exposure. Artifact analysis is then carried out on half the image for each exposure.
- **Solution 2:** Leave a small part (1-2 mm) of the sensor/plate uncovered by the 2 step wedge as illustrated in Figure 2.

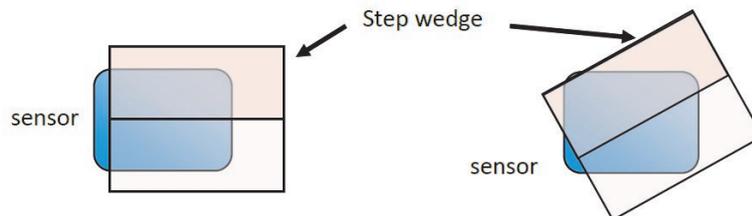


Figure 2: It has been observed that by leaving a small part of the sensor uncovered by the step wedge that contrast is restored to the thin step.

I will be discussing all of the quality assurance testing included in our Saskatchewan Manual at our upcoming SDHA conference in March in Regina. I hope to see you there! If you have any questions, please feel free to contact me at pdlefebvre@accesscomm.ca.

Saskatchewan Polytechnic Dental Hygiene Program Update



For your information, we thought we would share interesting information and updates about our SK Polytechnic Dental Hygiene Program.

Faculty & Staff Update

- Donna King and Elaine Li retired in 2017.
- Brenda Udahl is a member of the Documentation Committee, Commission on Dental Accreditation of Canada and the CDHA Education Advisory Committee.
- Brenda participated in a research survey, commissioned by CDHA, to investigate educational models to include dental therapy abilities in dental hygiene.
- Dean Lefebvre participated in an accreditation visit in 2017.
- Lynn Johnson has offered to continue to write program updates for the SDHA.

Full Time Faculty

- Irene Buzash, RDH, BV/Ted – teaches microbiology, preclinical, clinical, manages the dental office visitations
- Dean Lefebvre, BSc, RDH, FCP – teaches preventive dentistry, community health, radiology theory and clinical, dental tech, local anesthetic, case studies
- Deidra Anderson Doll, RDA, RDH – teaches pedodontic and geriatric dentistry, dental hygiene practice, clinical, dental tech
- Sharman Woynarski BSc, RDH, FCP---teaches dentinal hypersensitivity, preclinical, dental tech, preventive techniques, clinical, implants and orthodontics, case studies

Part Time Faculty

- Lynn Johnson – teaches radiography labs, clinical, sharpening and fills in where needed
- Jacqueline Desgagné, Tanya Springinatic – casual clinical instructors
- Dr. Liz Constantinides, BSc, DMD, MHRD – teaches periodontology, oral pathology, pharmacology and provides clinical support regarding health histories and oral cancer screenings
- Dr. Brenda Scarfe, CDA, DMD, MHRD – medical leave. Other faculty members have stepped in to fill in her teaching obligations.

Equipment Purchases

Capital equipment purchased in 2016-2017 included a pressure mouthguard former, sterilizer, x-ray machine, the continued replacement of dental carts in the preclinical area, laptops, tablets and dental carts for the dental hygiene clinic. In the academic year 2017-18, sixteen new dental chairs have been approved for purchase for the preclinical area (with another 10 chairs to be purchased next academic year, 2018-19), laptops and tablets. Other items on the list for the next two years include a second x-ray scanner for the lab.

Program Update

Saskatchewan Polytechnic has adopted a new Academic Model. It focuses on the inclusion of employability skills, work-integrated learning opportunities, indigenization of the curriculum, standardization of course and term lengths and applied research.

We are currently implementing year one of the three year Dental Hygiene program and aligning the program with the new academic model. The year one students are currently taking Psychology 102, Chemistry 102, Statistics 100, Biology 100, and English 101 for the fall semester, and will be taking 5 more 100 level classes next term.

Sept 2017 – 26 students in the new three year Dental Hygiene program, and 26 students in year 2 of the 2 year program

Sept 2018 – 26 in Yr 1, 26 in Yr 2 and no students in Yr 3 **(NO GRADUATING DENTAL HYGIENISTS)**

Sept 2019 – 26 students in each of the three years

The Dental Hygiene program underwent a successful accreditation site visit in May 2017.

We are implementing digital charting into the dental hygiene clinic this year. D. Anderson Doll was instrumental in facilitating student and faculty learning for the changes.

Comptracker, an electronic grade management system, is being utilized to manage student performance evaluations, and clinical skills, as well as manage student's clinical documents.

All program courses are implementing Brightspace for classrooms to facilitate student learning. Brightspace is an electronic learning management system, designed to include course calendars, quizzes and discussion boards, assignment dropboxes, etc.

S. Woynarski and faculty from the Simulation Centre facilitated Medical Emergency Simulation Workshops for faculty and students. Patient-actors were used to simulate various emergencies. Small groups of faculty and students, and students from the Paramedic program collaborated to manage each emergency.

A Faculty Assessment program was implemented at Saskatchewan Polytechnic. It includes self, peer and student assessments, plus the development of an annual learning plan and a discussion of the plan and survey results individually with the program head.

On Saturday Sept 30, 2017, students participated in SPICE – an Amazing Race-type - Saskatchewan Polytechnic Interprofessional Challenge Event. Students from Nursing, Psychiatric Nursing, Paramedic programs, Practical Nursing and Dental Hygiene worked together to complete challenges. These included driving an ambulance, providing CPR effectively, assisting an individual with dementia from a 'taxi' to the dental clinic and using research skills in the library.

Students continue to celebrate National Dental Hygienists Week with games and contests to win the coveted Golden Toothbrush Award.

Dental Hygiene students again participated in many health promotion activities outside of the clinical setting. These are some of the client groups they worked with: Elementary school students, Staff and residents in long term care homes , Pregnant and nursing teen mothers, Individuals at addiction treatment centres, COSMO Industries, Carmichael Outreach, disabled individuals, diabetes clinics, SEARCH, supported living facilities
The partnerships with Mother Theresa Middle School, Leboldus High School, William Booth Special Care Home, and the Regina Food Bank are continuing.

The 6th Annual Dental Day, organized by Cassie Seguin and Alanah Mueller, was held May 6, 2017, at the SK Polytechnic Dental Clinic. Over 100 dentists, denturists, dental assistants, dental therapists, dental hygienists, faculty and staff collaborated to deliver oral health services to individuals who do not routinely have access to dental care. Most were clients of the Regina Food Bank or Regina Open Door Society.

The 2nd Annual Dental Hygiene Day was held in conjunction with dental day and organized by Ashley Laturus and Kristin Jerkovits. The clients received care from volunteer dental hygienists. Sponsors for both events included: Saskatchewan Oral Health Professions, Henry Schein, Dentsply, Sinclair, Patterson, Saskatchewan Dental Hygienists Association, Saskatchewan Polytechnic (offered free parking), Starbucks (donated coffee), Safeway, and Costco.

Award winners from May 2017:

Dental Hygiene Year 2	Recipient
Dr. W.F. Johnson (Lorna Dalziel)	Jalisa Fendelet
Mary Geddes	Taylor Olson
Saskatchewan Polytechnic Achievement Scholarship	Ashley Laturus

CDHA CORNER

Dear friends and colleagues,

I hope that each and every one of you is having an amazing winter.

CDHA wants to recognize how amazing we are as dental hygienists in Canada. We are a unique profession.

As clinicians we go above and beyond for our clients every day. This begins at the first greeting and ends the moment they leave the office. It happens in other settings as well. We are educators who take extra time to ensure our students graduate well educated and proud of their chosen profession. We are researchers who provide the most up-to-date information and resources for the profession and the public. We are consultants who offer our expertise where needed. We are dental primary health care providers—the prevention experts.

CDHA is running a contest until April 30 to recognize the “superheroes” in our profession, and there are great prizes to be won. If you know a superhero dental hygienist who goes above and beyond in his or her community, then nominate them for this contest. The public and employers can nominate superheroes as well. Further details are available at www.dentalhygienecanada.ca/healthcaresuperhero.

There are so many silent heroes among us who do amazing things and think nothing of their efforts. Small things to some are so very large to others. Continue the great work that you do, as it is so important to the people you serve.

I hope that we are all proud to be dental hygienists. We truly are superheroes.

*Leanne Huvenaars, RDH
CDHA board director, Saskatchewan*



WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development so we're thrilled to announce that **all webinars are now available to members for FREE**, saving you hundreds of dollars.

FREE webinars now on demand:

Community Water Fluoridation

Maintaining Dental Implants: It Takes Two, *sponsored by Philips*

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www.cdha.ca/webinars

JOB MARKET & EMPLOYMENT SURVEY RESULTS

An executive summary plus full and provincial segmentation reports of the 2017 survey are available online. www.cdha.ca/jobsurvey

IMAGE BANK

Check out CDHA's new FREE image bank offering high-quality images accurately portraying dental hygienists and reflecting proper dental hygiene practice. www.cdha.ca/imagebank

6 REASONS FOR MEMBERSHIP

There are many advantages of CDHA membership. We've highlighted the top six in our new infographic and video. www.cdha.ca/6reasons

2016-2017 ANNUAL REPORT

View and download the 2016-2017 annual report, which summarizes CDHA's progress over the past year. www.cdha.ca/annualreport

NEW BRUSHING RESOURCE FOR PARENTS

Many parents find brushing their child's teeth a struggle. CDHA has developed a new handout, offering simple tips and tricks to make the process easier for everyone.

www.dentalhygienecanada.ca/kidsbrushing

NATIONAL DENTAL HYGIENISTS WEEK™

Save the date, April 7-13, 2018. Watch for details at www.cdha.ca/ndhw

DO YOU KNOW A DENTAL HYGIENE SUPERHERO?

We're recognizing dental hygienist superheroes across Canada. Find out more at www.dentalhygienecanada.ca/healthcaresuperhero



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Are you ready for THE Wellness Experience of 2018?

Join us on May 4 & 5, 2018 at the beautiful Radisson Hotel in downtown Saskatoon for this diverse and exciting wellness experience. This 2-day event will include speakers, exhibitors and activities that cover many walks of wellness including; emotional, social and mental wellness, physical, nutritional, financial, oral health, and workplace wellness, natural and alternative medicines, and more!

Don't miss this opportunity to find clarity and connection, to grow and improve, on your journey for wellness right here in Saskatchewan!



We are thrilled to announce our keynote speaker Dr. Low Dog; a leading holistic and traditionally trained medical doctor, health expert, researcher, and member of the Center for Integrative Medicine at the University of Arizona.

Add to this, we are so excited to be joined by Ryan Leier of One Yoga, who will be offering his wisdom, mindfulness education and yoga expertise at 2 different times over the weekend.



MAKE IT YOURS!! Customize your wellness experience with speakers from all walks of wellness!
Keynote and breakout sessions offered both days!

Friday 12-8:00pm

- Dr. Low Dog – Life is Your Best Medicine
- Taunya Woods Richardson – The Money Matrix
- Caitlin Iles – Healthy Eating
- Workplace Wellness Panel
- Bridges Health – Taking Care of You! The Importance of Managing Mindfulness, Self-Care and Boundaries.
- Ryan Leier – Yoga practice

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Saturday 8:30 to 5:00

- Dr. Low Dog – Emotional Well-being
- Crystal Willms – Being your Brainy Best
- Jana Danielson – Love the Life you Lead and Unlocking the Key to a Healthy Night's Sleep
- Joseph Schnurr – Cancer Prevention and Environmental Health
- Carla Sophia – Organizing Your Life with Intention
- Ryan Leier – Mind Medicine



Dental Care

at

Saskatchewan Polytechnic Regina Campus Dental Clinic

4500 Wascana Parkway - 5th floor

The Dental Programs at Saskatchewan Polytechnic Regina Campus are offering dental services. People with dentures are welcome.

Dental care will be provided by dental hygiene and dental assisting students under the supervision of licensed dentists, hygienists, therapists and assistants.

Services Offered:

- Examinations
- Fillings
- Extractions
- Dental x-rays
- Scaling
- Mouthguards
- Pit and fissure sealants
- Fluoride treatment
- Oral cancer screening
- Denture care
- Instruction in oral self-care
- Nutrition and Tobacco Cessation information

- Clients pay \$50 for dental hygiene services; all other services are offered at a reduced cost.
- Benefit plans and insurance are accepted
- Each clinic period is approximately 2½ hours
- More than one appointment will be required
- Pay parking available

To make an appointment
please call 306-775-7531

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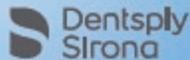


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JOIN THE ESTHER WILKINS EDUCATION PROGRAM SPECIFICALLY DESIGNED FOR DENTAL HYGIENISTS.

You will receive a Community Education Kit that can be used for presentations in your community.

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

Community Presentations are eligible for CCP credit and are an excellent way to promote oral health in Saskatchewan!

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

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



The Saskatchewan Oral Health Coalition:

Through a unified voice, the Saskatchewan Oral Health Coalition works collaboratively with dedicated partners to improve the oral and overall health of Saskatchewan residents.

As an inter-disciplinary group, we strive to identify and address the needs of vulnerable populations, and by using evidence based decision making, promote advocacy, education, prevention and standards.

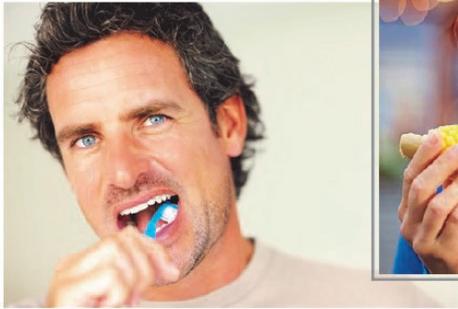
UPCOMING EVENTS:

- May 14, 2018 - Saskatoon, German Cultural Centre
- October 22, 2018 - Travelodge Regina

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