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SDHA EDGE

SPRING ISSUE

APRIL 2021

Welcome 2021/2022 SDHA Council



President
Leanne Huvenaars
(3 year March 2024)



1st Vice- President
Stacie Beadle
(3 year March 2023)



2nd Vice-President
Lisa Pollock
(3 years March 2024)



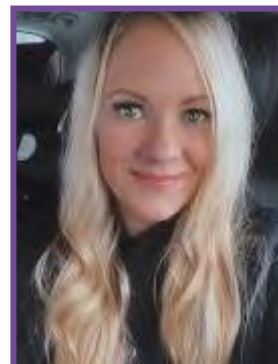
Member Elect
Nancy Newby
(3 years March 2022)



Member Elect
Barbara Lacourciere
(3 year March 2023)



Member Elect
Brooke Pidwerbesky
(3 year March 2023)



Member Elect
Tessa Creary
(3 year March 2024)



Public Rep
Raymond Sass
(3 years June 2021)

SDHA President Report - Leanne Huvenaars, RDH

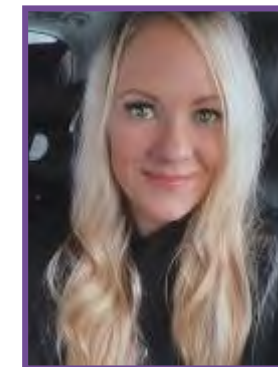


Thank you to all who attended the first virtual AGM and conference for the Saskatchewan Dental Hygienists' Association and to the speakers and the generous sponsors. Without your continued support, we could not make these events happen. We are overjoyed with the number of members that took part in both. During the AGM, new board directors were elected; we are happy to welcome three new board directors Tessa Creary, Lisa Pollock, and Leanne Huvenaars.

The Council met on March 23, 2021, to welcome the new directors and elect the executive. I was elected to the president position, the first vice-chair is Stacie Beadle, and 2nd vice-chair is Lisa Pollock. We appreciate the entire Council for their desire to represent the members/owners of SDHA. The board will represent you the membership to the best of our abilities and look forward to the coming year. We will be having a meeting of the Council on May 28 & May 29, 2021.

We would like to take this time to thank Kaylen Anholt, Leah Wells, Karen Ollivier and Alyssa Boyer for their contribution to the association on behalf of the membership. This past year has been especially hard and exhausting for all. They led our association safely through uncharted territory. We are a stronger profession in Saskatchewan because of you all.

Welcome New 2021 SDHA Elected Board Members



Member Elect
Tessa Creary



Member Elect
Lisa Pollock



Member Elect
Leanne Huvenaars

CEO Report - Catherine Folkersen



Welcome to the Spring Issue of The EDGE! And there is a spring in my step because we have battled through winter and are looking at a future where vaccinations may change the trajectory of this pandemic. We have heard from many of you who want the vaccine – NOW! I truly understand your frustration and desire to get protected. Each of you has worked so hard on protecting your clients and your health and your family’s health during this pandemic. I believe that lack of COVID-19 transmission in dental hygiene treatments means the protocols you followed did work. Last March – if we can dial back to that time, we had no evidence-based proof that our protocols would be effective. A year later we can

say that they worked in the prevention of transmission of COVID-19 in dental clinics across Saskatchewan. But with new variants we are back to last March and cannot provide evidence that the same practices will work with variants that transmit more easily. We have been working with the oral health professions to have oral health care workers moved on to the list of health care practitioners that should be vaccinated now! We have made the case for this sector of health workers and hope that you are included.

On another note, the virtual conference was well attended and I wish to thank speakers and sponsors and everyone who showed up to listen, learn, question and participate. Oral Science brought Karen Davis live from Houston, Crest Oral B introduced the group to Dr Siavash Hassanpour and Dentsply Sirona had Dani Botbyl engaging with the attendees and providing a virtual hand’s-on experience with the magic of her camera. The survey completed by our members that attended indicate that it was a valued event. In future, conferences may have a dual stream of live attendees and zoom attendees. The SDHA was not able to record the session due to Intellectual Property issues so next year plan to attend live!

The CDHA has a billboard campaign across Saskatchewan celebrating Dental Hygiene week and the SDHA was proud of our social media campaign and salutes those who participated in the activities. Congratulations to Darrellynn Gaudet lucky winner of the SDHA NDHW giveaway!

Stay healthy and continue helping others to achieve their optimal oral health.

Sincerely,

Catherine Folkersen, CEO

CDSS Welcome Registrar

The SDHA welcomes Dr. Gerry Uswak to the team of Oral Health regulatory bodies and wishes Dr. Mitch Taillon well on his next adventure as he leaves his role with CDSS.

We are all unique, and together we are Amazing

In March of 2020 I was asked to work with a committee to help update the **Entry-to-Practice Canadian Competencies for Dental Hygienists** that were initially developed in 2010. The project was sponsored by the Federation of Dental Hygiene Regulators of Canada (FDHRC), a federation of organizations which have a statutory responsibility to regulate the profession of dental hygiene within their respective provinces.

The competencies are a detailed description of the knowledge, skills, attitudes, behaviors, and judgement required at entry-to-practice, regardless of the practitioner’s level of education or previous experience. They integrate both clinical and non-clinical statements and are relevant to dental hygienists in all settings and contexts, including dental hygiene practices, dental offices, public health agencies, dental industries, educational, and research institutions.

Along with this working group of practicing dental hygiene professionals, there were other contributors to this project, an advisory panel and a consulting company with a subject matter expert. A Canadian national survey was done to help ensure the profile accurately reflects the day to day work and current trends of our profession.

I have to admit, I was nervous. I was representing our province and I was considered an EXPERT but think of myself as a hygienist who loves her profession.

At our first meeting in Toronto (before the Pandemic) as we introduced ourselves, I came to realize that we were all the same. We love our profession and are proud to be hygienists. The members of the group represented each of the provinces, various occupations (e.g., clinician, educator, regulator, business owner) and work environments (e.g., dental clinic, private practice, public health, hospital).

We had three very long days of work with many discussions in order to develop a comprehensive document that:

- ◇ Is simple and easy to understand and use;
- ◇ Represents the complexities of the profession as clearly as possible;
- ◇ Covers all major areas of competency, without being restricted to clinical aspects or those unique to the practice of dental hygiene;
- ◇ Establishes a document which addresses the dental hygienist’s career span and all major job roles
- ◇ Addresses all areas of practice and contexts that may be required at entry-to-practice, including competencies which may just be emerging.

We continued to meet via Zoom over a year to complete this work.

We are all unique, and together we are Amazing

Here are a few things I learned from this experience;

- ◇ We are SMART and very well EDUCATED.
- ◇ We are PRIMARY HEALTH CARE PROVIDERS.
- ◇ We SAVE LIVES. The Oral Systemic Link was discussed many times during meetings. Reducing inflammation linked to systemic disease is how we improve overall health outcomes.
- ◇ We are EDUCATORS. We must not only educate our patients how important their hygiene appointments are, but everyone. We acknowledged that the general public think we “clean” their teeth to look better and we need to change this image. Consider changing your greeting to “You are here for your hygiene appointment; I will do an oral cancer screening and I will check to make sure you have no inflammatory disease.”
- ◇ We are CARING CLINICIANS and great listeners.

Working on this project, it became apparent that each of us were UNIQUE but, working together we were AMAZING as we were able to represent all RDH’s across Canada.

(This Entry to Practice document will be ready for you soon. I think you will be impressed with the content and how easy it is to use.)



By Chris Gordon SDT, RDH, BAC

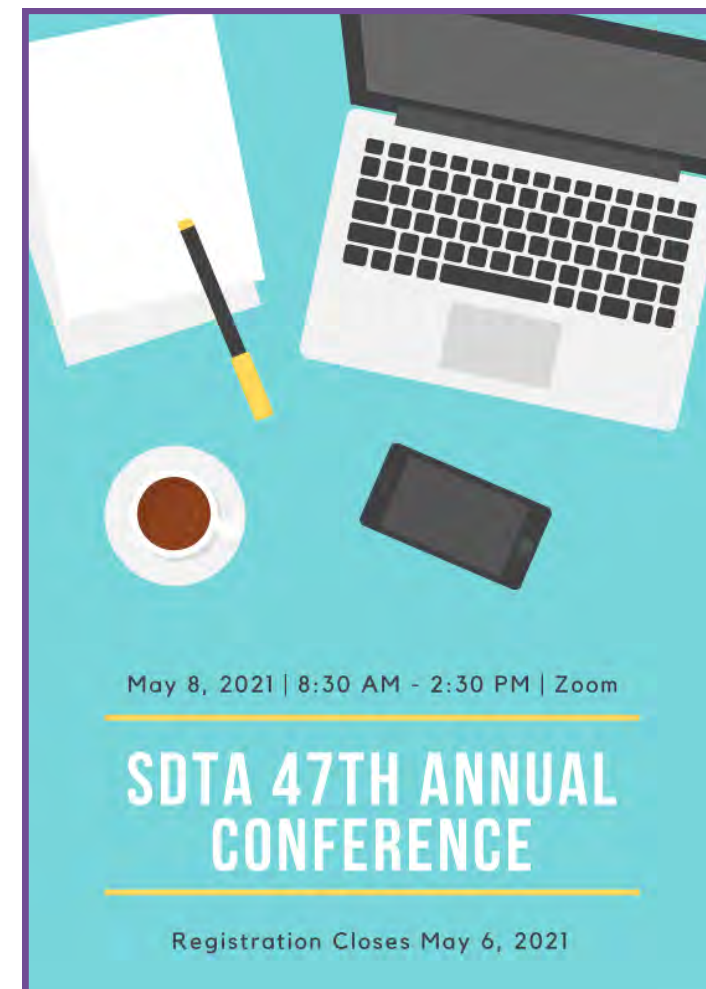


September 25-26, 2021

The conference has gone VIRTUAL! 2021 is going to be another great year for learning for everyone on the dental team. We have 27 sessions that will be offered in a combination of live and pre-recorded sessions so you have flexibility with your schedule!

[View Schedule](#)

[Register Now](#)



CDHA
CORNER

Hello colleagues & friends,

We know that everyone had a hard time with COVID-19 in 2020, as it brought sudden change and new beginnings to every aspect of our lives. CDHA experienced many firsts as well: virtual board meetings, a virtual annual general meeting, and Zoom galore! It has been hard for dental hygienists in Canada to keep up with the ever-changing information regarding COVID-19 and our required public health and safety regulations.



CDHA has worked tirelessly on behalf of all dental hygienists in Canada to provide current, reliable information to assist you both professionally and personally. We hope we have been able to answer all the questions you have had with the many webinars and resources available on our website.

We all hope that 2021 will bring even more evidence and new approaches to help us manage the pandemic and cope with all the changes that we continue to make.

Most of all, we hope that you have gained a new appreciation for the important work that you do with your clients and for the people in our nation. Please know that you are appreciated by your clients, your peers, and CDHA.

Thank you for all that you do! Keep safe and healthy!

In appreciation,

Leanne Huyenaars
CDHA past president & board director, Saskatchewan
pastpres@cdha.ca



WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

NEW webinars recently released:

Acid Erosion: Prevention & Management, sponsored by GSK
Social Media Engagement for the Dental Hygienist
Unravel the Truth Behind Flossing, sponsored by Waterpik
Cannabis Use: Symptoms & Risks

Webinars coming soon:

Keys to Synergistic Relationships in the Dental Office, April 21, sponsored by Crest + Oral-B
Dental Hygiene Ergonomics, May 19
www.cdha.ca/webinars

OTHER NEWS

Updated CIHI Data

New 2019 data from the Canadian Institute for Health Information show the profession continues to grow, with the number of registered dental hygienists in Canada increasing from 29,251 to 30,219. www.cdhi.ca/CIHI

Searching for Superheroes

Our fourth annual #dentalhygienesuperhero competition, sponsored by Sensodyne, is now open with cash prizes and travel grants to a CDHA national conference. Share with your clients and employers or nominate a colleague. Help us unmask the superhero dental hygienists across Canada who are essential members of the primary health care team. www.dentalhygienecanada.ca/healthcaresuperheroes

COVID-19 Impact Survey Highlights

CDHA recently conducted a COVID-19 member impact survey, seeking to understand how members have been affected by the pandemic now that many have returned to work. Watch the video or download the report summarizing the results and the impact of COVID-19 on the lives and careers of dental hygienists coast to coast. www.cdha.ca/covidlearning

Tips to Address Bullying and Harassment in the Workplace

CDHA is committed to supporting and empowering our members to address bullying and harassment in the workplace. Watch the video and download our new tip sheet, which offers guidance on how to develop healthier ways to communicate and collaborate. www.cdha.ca/colleageworkplacevideo

New! Bundled Sun Life Insurance Plan

CDHA's new pre-built bundled insurance plan covers all your insurance basics in one convenient plan at ONE affordable rate. You can now get Term life, Accidental death and dismemberment, Long-term disability, and Extended health care coverage all together, and save as much as 58% compared to buying each product separately. Find out more at www.sunlife.ca/cdha/bundle

2019-2020 Annual Report & Virtual AGM Recording

If you weren't able to attend CDHA's virtual annual general meeting (AGM), you can view the 2019-2020 annual report video presentation, financial statements, and a one-page "at a glance" report. www.cdha.ca/annualreport. A recording of the virtual AGM and the engaging COVID-19 Q&A featuring Dr. Kevin Katz is also available. www.cdha.ca/agm

New Resources

Use CDHA's latest information sheets to help educate your clients on new COVID safety protocols in the dental office and share facts on tobacco use and oral health. www.dentalhygienecanada.ca/IPACfacts | www.dentalhygienecanada.ca/tobacco

Resilience and The Dental Hygienist

As caregivers, dental hygienists become so focused on caring for others and ensuring that our clients remain happy that we often forget about ourselves. We strive to provide and encourage optimal oral health, educate on systemic health, work within our time restraints in layers upon layers of PPE, and expected to perform all of this with a smile and a cheery nature. As prevention specialists, we focus on preventing gum disease and chronic inflammation, yet many of us are chronically stressed. We need to consider what happens when those responsible for caring for the health and well-being of others becomes the ones that need care?

Resilience is a word and a quality that many of us should add to both our personal and professional resumes: a word that defines each and every dental hygienist today. We have all faced difficult moments in our hygiene career: from passing clinical requirements in hygiene school, preparing for and completing the board exam, managing difficult patients both physically and emotionally, feeling undervalued by employers, feeling undervalued in our profession, and the list goes on. Not to mention the adversities we've faced since COVID-19, including working in a profession that tops the leader board for the highest potential to be exposed to an infectious disease.

Within our profession, the pandemic has forced many of us to think differently. It has challenged us in more ways than we knew we could be challenged as dental hygienists. The pandemic has some RDH's considering a career change. For others, it has resulted in feeling emotionally and physically drained, perhaps to the point of burnout.

The World Health Organization defines burnout as a phenomenon that results as a reaction to repeated stress and manifests a loss of energy, increased desire to take mental breaks, feelings of negativity, and loss of production or/efficiency. Feelings of burnout can have a great impact on a person's

ability to perform to their maximum potential. As a dental hygienist, burnout can impact the way we provide client care and potentially cause harm to our clients by increased the risk of medical error.

Our bodies are designed to deal with stress using a fight or flight response. Fight or flight is a physiological reaction that occurs when we are in the presence of something that is mentally or physically terrifying. These reactions are meant to be short-lived, yet they require a great amount of energy. Burnout can look different depending on the individual and the situation and can have multiple contributing factors. Work-related causes, lifestyle related causes, and even personality traits can contribute to burnout. Dental hygienists often exhibit type-A personalities: they are high-achievers and have a strong tendency for perfection. These traits (while admirable in our profession) can often contribute to a feeling of lack of control and may create feelings of not being properly recognized for your hard work, both from your clients and employers.

Many health-care professionals who experience burnout, may also suffer from compassion fatigue. Compassion fatigue is a condition characterized by emotional and physical exhaustion leading to the diminished ability to empathize or feel compassion for others. Dental hygienists are extremely empathic individuals and have the ability to engage in deep conversations with both patients and colleagues. Engaging with patients in conversation about their life issues, both positive and negative, can lead to "compassion fatigue", which over time creates an alteration in the perception of our surroundings. Although symptoms of both burnout and compassion fatigue are similar, they are not the same. Feeling drained from everyday stressors from both personal and professional life result in burnout, while compassion fatigue is the strain of feeling for another's pain.



Resilience and The Dental Hygienist

Burnout and compassion fatigue both alter the brain's ability to exhibit a healthy thought process. Quality of sleep, immune system function and digestion start to become compromised and like any chronic condition, this can lead to the body's inability to function as it should. It is extremely important to recognize negative reactions to stress and know how to manage stress in a healthy way. There is no 'one size fits all approach' to overcoming hard times and building resilience. However, there are some strategies to manage burnout and foster resilience within our profession and lives.

Routine

Start by knowing what it takes for you to have a great day and create it. Not everyone requires a jam-packed schedule to reap the health benefits of a routine: make choices that work best for you. Having a routine can help reduce the need to make decisions ultimately lower stress.

Have a Clear Focus or Vision

Focus on certain thought processes, such as placing value on the role performed. This can include self-reminders to maintain interest in your profession and to remain self-aware.

Know Your Limits & Set Boundaries

Whether this is in your personal or professional life, knowing your limits and setting boundaries is an important part of establishing one's own identity and is a crucial aspect of mental health and well-being. Your boundaries affect your self-respect, feelings, energy levels and happiness. They help to ensure your needs are met and that you are not being taken advantage of.

Prioritize

Take control of your priorities. Your priorities should be an extension of your core values. Priorities require making choices on how we spend our time. Many people may burn out due to wasted time and energy on tasks that do not really matter (social media).

It is important to set aside time for mental breaks for things you genuinely enjoy.

Build Healthy Relationships – Find Your Tribe

Insightful words from RDH William Nippard, "a flower cannot blossom in a garden of weeds". Finding your tribe can be vital to your well-being. It is important to find people in both your personal life and professional life who not only understand, but also elevate you; someone you can talk to about relative matters, without judgement. Remember to check on your tribe too, they too may be having similar feelings.

Communicate

Being able to communicate effectively is one of the most important life skills to learn. Effective communication can increase productivity, reduce stress, enhance relationships and make us an all-around better individual. The way we communicate with others and with ourselves ultimately determines the quality of our lives.

Challenge Yourself

Comfort zones are easy, but being comfortable does not allow you to grow. Do not be afraid to welcome new challenges. Start to see challenging situations as an opportunity for personal and professional growth. You will be surprised at how many things you are capable of if you just give yourself the chance. If you find yourself hoping to see change in life, set a goal. There is so much power in setting goals and achieving them

Be Positive

Maintaining (and believing in) a positive mindset is important for personal resilience. Instead of seeing the glass as "half empty," start to focus on finding techniques to look for the positives. Being able to focus on what can be achieved and remaining upbeat is critical to both personal and team resilience.

Resilience and The Dental Hygienist

Create Healthy Habits – Physically and Emotionally

Life is hard and it takes a toll on all of us. If we do not take time out for ourselves, both emotionally and physically, who will? Making time for healthy habits by exercising, eating well and getting enough rest can help to reduce levels of stress, which in turn can boost resilience. It is important to take time for yourself emotionally, too. Go for a walk, read a book, get a massage or call a friend. Do whatever you need to fill up your own emotional bank.

Finally - Be Kind!

"Be Kind: for everyone is fighting a battle you know nothing about." This includes being kind to yourself. Acknowledge to yourself, that you are providing an essential service during these challenging times and that you are giving it your best!

Resilience is a psychological quality that allows some people to be knocked down by adversities in life and come back stronger. With everything we deal with on a day-to-day basis, it becomes easy for us to think negatively and second guess our career choice. It is important to understand feelings of being overwhelmed and burnout and seek help when we need it. We, as dental professionals and human beings, need to prioritize our health and happiness first and foremost. And never forget; you are resilient, you have overcome hardships, and you are making a difference.

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Written exclusively for The Edge by
SDHA Member

Dentsply Sirona Trivia Winners at SDHA Conference

Dentsply Sirona holds the profession of dental hygiene close to their heart. For many consecutive years, Dentsply Sirona has shown their support for the dental hygiene community in Saskatchewan, by sponsoring speakers for the SDHA Conference. This year, Dani Botbyl was part of the Virtual Conference to present: Ultrasonics 2021: Navigating Best Practices. During Dani's virtual session, there were 3 live poll questions. The dental hygienists (3) who correctly answered the questions (3) first are the winners of 3 prizes from Dentsply Sirona. We are so excited to announce these winners here!

Congratulations to the 3 lucky conference attendees! Thank you to all participants during Dani's session for your engagement. All the best to the winners as they incorporate these tools into their practice!



Paige Baranieski of Willowgrove Dental in Saskatoon. Paige won a set of Curved Cavitron Inserts (10R and 10L), valued at \$600.00!



Angela Fellner of Souris Family Dental in Weyburn. Angela will receive a Cavitron Beaver Tail insert in Fitgrip (PWR 3), valued at \$300.00!



Pearl Kashmere of Regina Lakeview Dental. Pearl won a Purevac HVE System Kit, valued at \$200.00!



Continuing Education Resources

How to Enter CE on Learning Page

1. Log onto Member Portal
2. Click My Learning
3. Click > current reporting year
4. Scroll to bottom, click ADD
5. **Please note if you have more than one submission ADD them all before clicking submit. Once you submit the ADD button will disappear until the SDHA has reviewed your submission. You can make more than one submission at a time but click ADD for as many submissions as you have before submitting!**
6. Fill in appropriate fields. Refer to CCP Guidelines if uncertain of the category for your submission.
7. Upload the supporting document(s). Refer to the CCP guideline on what is appropriate.
8. SUBMIT or SAVE. Submit sends your file to SDHA to review. Save allows you to go back and make changes or additions before submitting.

- [CDHA](#)
- [Oral Health](#)
- [Casey Hein](#)
- [RDHU](#)
- [Dentsply](#)
- [Crest Oral B / Procter and Gamble](#)
- [Colgate Oral Care](#)
- [Free Interactive & Self Study CE](#)
- [Dimensions of Dental Hygiene](#)
- [Hu-Friedy](#)
- [Dental Academy of CE](#)

Registrar Update



Happy Oral Health Month and National Dental Hygienist Week to all of my colleagues! Late March, I had the privilege of speaking with Saskatchewan Polytechnic's Year 3 students as they prepare to enter the profession of Dental Hygiene. Much like our membership, students and educators have had to adapt to new learning and clinical environments to abide by public health orders. This change management skill will be a valuable addition to the competencies they have obtained during their formal education. While I prepared to present to the students, I reflected on the importance of our membership's understanding of the SDHA's responsibilities.

Effective December 1st 2020, I accepted an appointment from the SDHA Council as Registrar. Core responsibilities of a Registrar include;

- ◇ Ensuring the organization is in compliance with our overarching legislation
- ◇ Facilitating registration/licensure processes
- ◇ Measuring practice of the profession, such as continuing competency and practice standards
- ◇ Processing complaints and taking disciplinary action

Is this needed? Yes. Authorized practices of a Dental Hygienists could pose harm to the public if performed, unethically, incompetently or by individuals not qualified. It is the responsibility of the Registrar to ensure the public has trust in the Dental Hygiene profession. This trust is in the form of a social contract outlining a commitment to govern in the public interest. The cost associated to upholding this responsibility is funded by your annual licensing fees. In exchange we gain the privilege to self-regulate which includes;

- ◇ Determining entry level competencies
- ◇ Determining licensing requirements
- ◇ Handling complaints
- ◇ Taking disciplinary actions
- ◇ Setting the fee schedule

If the SDHA is seen not to be living up to this social contract the privilege of self-regulation may be rescinded or overseeing bodies put in our place. The SDHA aims to be fiscally responsible with licensing revenue to ensure a sustainable prosperous organization while fulfilling our mandate.

Thank you all for continuing to uphold the legislation that governs our profession. We look forward to adding some of these smiling applicants to our membership!

Respectfully submitted,

Shelby Hamm, RDH
Registrar



RDH Spotlight - Nicole Cholin, RDH

Nicole Cholin was raised on a grain and cattle farm in west central Saskatchewan. Her mom was a nurse and her dad raised cattle, from whom she learned to be nurturing and caring. From a young age she understood what it meant to empathize with others and used humour as a way to bring light to someone's day. After high school Nicole moved to Regina to attend SIAST, and in 2011 she received her diploma as a Registered Dental Assistant. After working in Saskatoon for a couple years she decided to move closer to home and started working between two offices in Kindersley and Rosetown.

In her role there as a dental assistant, she was the primary orthodontic and implant assistant, while also taking on ordering supplies for the office. This experience gave her a great understanding of everyone's role in the dental office and the importance of teamwork. In 2017, Nicole decided to further her career and enrolled in the Saskatchewan Polytechnic's first three-year dental hygiene program. Although there were many motivation factors for her decision to continue her education, her primary motivation was to be able to provide more knowledge and treatments to her clients and to be more of an asset to her office and co-workers. While attending dental hygiene school, Nicole dedicated her extra time to volunteering for multiple committees, including for the SDHA annual conference. You could always rely on Nicole to show up and help in anyway she can, taking every opportunity to learn and get to know others in her profession. During her time at dental hygiene school, she also tutored dental assisting students. Giving back to dental assistants was extremely important to Nicole as she understood the disconnect between dental hygienists and dental assistants. She wanted to let other dental assistants know that they were valued and played an important role in the dental team. Her advice for someone in dental hygiene or dental assisting school would be to "cherish the time between exams, assignment and stressful clinics. The people you meet during school (classmates, new friends, clients and instructors) can teach you so much about yourself and the kind of clinician you want to become".

Today, Nicole works as a full-time dental hygienist and casual dental assistant at two offices; Lifetime Dental in Kindersley and Rosetown Dental in Rosetown, both locally owned by Dr. Krista Maedel. Dr. Maedel speaks very highly of her saying, "Nicole is an exceptional dental team member and I'm so grateful to have had the honour to work with her as a dental assistant and now a dental hygienist. She consistently goes above and beyond with everything she does and is incredibly hard working. She is loyal, dedicated, intelligent, ambitious, self motivated, professional and extremely positive. Thinking of Nicole brings a smile to my face and I love working along side her. She is like a unicorn... I wish I could clone her!".

RDH Spotlight - Continued

Nicole continues to order supplies for the office, which as a dental hygienist she finds extremely valuable. By making the connections with supply reps she finds new and exciting opportunities to learn about different products and protocols. She also values the importance of continuing education in dentistry as a whole and attends numerous online educational webinars and seminars to better herself and her profession. COVID-19 has taught her many things, but the most valuable thing she has learned is how important it is to have a great work family to lean on, "It's imperative to always find the good in every day, to laugh and to be resilient – that's where happiness lies".

When Nicole is not home, she can be found at the cabin spending time with her family and friends. She enjoys the outdoors with her spouse Jesse and taking walks through the pasture. She also enjoys reading various genres of books and utilizing her local library.

In 10 years, Nicole envisions herself living and enjoying the small-town life and serving her community. She hopes to keep learning and growing within her hygiene career and be an asset to the Saskatchewan dental hygiene community. She wants to continue to bring laughter and hear laughter from her coworkers and clients. These are the things that bring a smile to her face.

In closing, Nicole's Favorite Quote: "A river cuts through rock, not because of its power, but because of its persistence." – Jim Watkins.

Thank you to Nicole for her dedication to the dental professional and being a leader and mentor for others.



Nicole Cholin, RDH



In the progressive world of oral healthcare today, establishing and maintaining synergistic relationships can be a challenge. Each team member is critical in the development of a successful practice. This presentation highlights keys to achieving synergistic relationships between the dentist, dental hygienist, dental assistant, client, and administrative team that are essential in developing and maintaining a successful dental practice and ensuring provision of high-quality client care.

[Register Now](#)

**YOU
Congrats!
WON**

**SDHA 2021 VIRTUAL
CONFERENCE PRIZE WINNERS**

DOOR PRIZES

- NOLA BARDEN-WALKER (RDH)
- CHER BLOOM (DT)
- STACY ANN VALRON (RDH)
- IRIS SMISKO (RDH)

TRIVIA PRIZES

- BRITTANY SAGEL (RDH)
- MARISA STEINLEY (RDH)
- ERIN LOEWEN (RDH)

National Dental Hygienist Week

Another phenomenal National Dental Hygienists Week™ (NDHW™) is in the books! It was incredibly inspiring to see our dental hygiene community come together virtually, showing great creativity, ingenuity, and #dhpurplepride while educating the public on our #oralhealth4totalhealth message. There were thousands of posts, photos, and videos across social media platforms, selfies taken with CDHA billboards, and a record-breaking 41 municipal landmarks lit purple across Canada, including three in Saskatchewan: Atlas Hotel, Regina, Sasktel Centre, and Shakespeare on the Saskatchewan - Festival Park, Saskatoon. Visit the #NDHW21 [photo gallery](#) for all the highlights.

While the official fun is done, you can still submit your [Put Your Purple On!](#) #dhpurplepride campaign photos until **April 30**; [colouring contest](#) entries will be accepted until **May 1**. Don't forget to "Show Us Your NDHW™" by [sending CDHA your photos and a brief description](#) of how you celebrated by **May 1**. Great prizes to be won!



Sasktel Centre Saskatoon, SK



Manitoba



Fredericton, NB



Atlas Hotel Regina, SK

Polishing Up on Your Skills: Risk vs Benefits for Coronal Polishing

As students we are taught to use critical thinking skills and evidence-based data to select the procedures based on the clients needs (insert ADPIE). Yet upon certification, dental hygienists immerse themselves into private practice and often forego these critical thinking skills and do what is expected from our clients, our employers and even the insurance companies. Remember learning the term "selective polishing" while in dental hygiene school? Today, for many dental hygienist, selective polishing has become more of a question regarding the flavour. than it does the risks vs benefits.

The general definition of polishing is the production of a smooth, glossy surface using abrasive particles. In order to achieve a polished surface, the abrasive must be harder than the surface being polished in order to abrade and produce a smooth surface. More specifically, "coronal polishing" in dentistry is referred to as a technique used to remove plaque and stain from the anatomic surfaces of the teeth. Coronal polishing, also sometimes referred to as "cosmetic polishing" is one of the most commonly performed procedures in dentistry and has been an integral part of dental hygiene care since the beginning of the profession. Prior to the 1970's, polishing was performed on every tooth in the dentition as a routine part of client care. It was not until after that, when Dr. Esther Wilkins introduced "selective polishing", in

the influential textbook "Clinical Practice of the Dental Hygienist". "Selective polishing" refers to polishing only those patients who present a need. This procedure should be performed on the enamel surface as part of the dental hygiene care plan ONLY if stain is present and cannot be removed with instrumentation (hand instrumentation or ultrasonic instrumentation). This selective polishing theory came after a response to the concern regarding polishing abrasives and potential damage to the tooth surface.

There is ongoing debate about whether polishing should even be included in the prophylaxis appointment. Julie Frantsve-Hawley, editor of The International Journal of Evidence-Based Practice for the Dental Hygienist, states "there is no health benefits to polishing" as it has no impact on tooth decay, gum disease or oral cancer." Similarly in the past, the American Dental Hygienists' Association advised that "polishing should not be considered a routine part of a dental cleaning and offered only when a dental hygienist or dentist determines a specific need for it". Going on to say that polishing has no therapeutic benefit and that "true prophylaxis, prevention of disease, is attainable in many cases without polishing, since calculus is removed by scaling, plaque and debris can be removed by brushing, and stain and rough surfaces are not always present." Some clinicians insist that there are more benefits to polishing than just

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removing extrinsic stain. Dr. Linhart from Linhart Dentistry in New York states that “Polishing is both cosmetic and healthy. While it certainly can significantly improve the look of your teeth, it also removes unwanted plaque and biofilm, to create healthy gums.” By creating a smooth tooth surface, retention of plaque, calculus and stain is decreased. There are also various dental procedures that indicate polishing, including the placement of sealants, orthodontic bands/brackets, and prior to crown and bridge placement. Polishing can also be done before the selection of a tooth shade guide to allow for a correct match.

Regardless if you decide to full mouth polish or selective polish it is imperative that you consider the contraindications before proceeding. These include:

- ◇ the absence of stain
- ◇ demineralized areas (white spot lesions),
- ◇ root caries, specific restorations
- ◇ patients with certain medical conditions including hypertension, Addison’s disease, Cushing’s syndrome (as some pumice contains sodium)
- ◇ Patients with respiratory diseases and infectious diseases (polishing creates aerosols)
- ◇ Intrinsic stain
- ◇ Recession
- ◇ Demineralized or thin enamel (amelogenesis imperfecta)

- ◇ Decalcified areas
- ◇ Newly erupted teeth (these surfaces may not be fully mineralized yet)
- ◇ Areas of exposed dentin and cementum
- ◇ Rampant caries
- ◇ Patients with periodontitis and gingivitis with unhealthy, erythematous, spongy inflamed gingiva.

Polishing in the presence of periodontal disease and gum disease is greatly discouraged and can pose a greater risk for bacteremia (the presence of bacteria in the blood stream). Not only that, providing a polish on unhealthy, erythematous, spongy and inflamed gingiva can be really uncomfortable for the patient. Many dental hygienists will wait to provide a polish after the gingiva has healed. This also gives an incentive for clients to return for a re-evaluation of the gingival tissues and oral health.

Once the dental hygienist has determined the need for polishing and ruled out any contraindications, they then must choose the appropriate armamentarium to remove the stain or biofilm effectively without injury to the tooth structure. This selection requires dental hygienists to be educated on the proper technique (including time, speed and pressure) and the abrasive agent used. Proper technique is recommended to reduce unnecessary abrasion on the tooth surface and gingival tissues. The Correct

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technique is accomplished by holding the rubber cup at a 90° angle to the tooth surface. With a gentle pressure the cup should flare slightly to provide better adaptation at the gingival margins and proximal surfaces. Controlling the time, speed and pressure during the polishing procedure must also be taken into consideration. The greater the speed and heavier the pressure placed on the handpiece, the greater the threat of damage to the enamel and gingiva, also leading to potential client discomfort. Grit choice is also an important factor and should be based on the individual clients needs. For plaque biofilm and light stain removal, the least abrasive polishing agent should be considered. Course and extra-course grits are use commonly for tougher stains. When a course grit is required, for tough extrinsic stain, the surface should be repolished using a fine grit paste and a new prophyl cup. Finer grits help to provide a smoother surface by removing scratches created during stain removal. In most cases, fine and medium grits are choices depending on your polishing criteria. It is recommended to always provide a topical fluoride treatment after polishing.

Education is also crucial for clients to fully understand the value of any procedure, as well as address any client concerns. Trish Jones, RHD, BSDH shared some valuable information in her article, “Selective

Polishing, An Approach to Comprehensive Polishing”. “As dental health-care providers, it is important to let the clients know the thought process behind selective polishing prior to performing the procedure”. All too often clients come to expect a polish because it leaves them with a feeling of completion. They leave the office and love the fact that their teeth feel smooth, shiny and clean. Many clients perceive that polishing is that actual “cleaning” and the reason they come to the dentist. Of course, as dental professionals, we know that we could brush, or better yet have them brush, their teeth to remove all plaque. The problem is that many clients have significant amounts of stain, and therefore a polish is indicated.

As dental health-care providers, our priority should be to educate patients about the link between their oral health and systemic health and decrease the amount of bacterial toxins that are inevitably robbing our client’s good health, quality of life and years with their loved ones. Clients need to know the importance of regular prophylaxis appointments to help maintain and control periodontal disease and oral infection. We are essential oral health-care providers and not just “cleaning” specialists – let us leave that title to the Go Clean Co team.

Let this be a challenge to all of us as dental health-care providers, to not fall into the hamster wheels of scale, polish, fluoride, that our clients have come to expect. Ra-

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ther, let us use this reminder as an opportunity to educate our clients about their oral health and do what is ultimately best for them. This can be a great opportunity to use our critical thinking skills and evidence-based decision making to reiterate the importance of dental hygiene treatments in our efforts to achieve optimal oral health.

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Written exclusively for The Edge by
SDHA Member



Saskatchewan Dental Hygienists' Association

320-350 3rd Ave N
Saskatoon SK S7K 6G7
306-931-7342
sdha@sasktel.net