

Treating Clients with Temporal Mandibular Joint Disorder

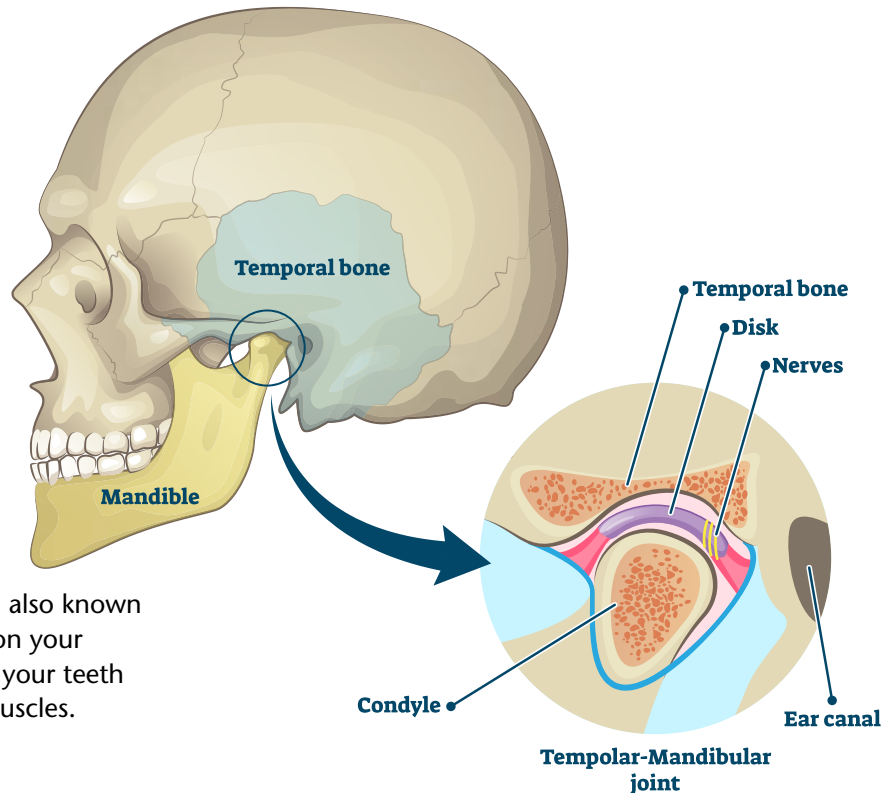
by Heather Stone,
Osteopath (DOMP), BSc (Hons) Osteopathy

Nighttime jaw clenching and teeth grinding, also known as “bruxism”, can have a significant impact on your body. Over time, this can lead to damage to your teeth and jaw, as well as pain in facial joints and muscles.

What is Bruxism?

Bruxism is an involuntary habit involving grinding or clenching of teeth during sleep. Various factors can contribute to bruxism, such as stress, anxiety, sleep disorders, and Temporomandibular Disorder. Research from Canada has identified bruxism as the most common oral habit, with symptoms ranging from teeth grinding to pain in the temporomandibular joint and other issues (Lavigne et al., 2008). The forces involved in bruxism are significantly beyond the normal biomechanics of the temporomandibular joint (Misch, 2008).

Orofacial pain and temporomandibular joint disorder (TMD) are conditions that affect the jaw and facial area. While orofacial pain refers to any pain in the mouth, face, and jaw region resulting from various causes, TMD specifically involves issues with the temporomandibular joint, causing pain, discomfort, and dysfunction. It is crucial to consult a healthcare professional for proper diagnosis and treatment of these conditions.



What is Temporomandibular Disorder?

The temporomandibular joint (TMJ) connects the lower jaw to the skull, facilitating movements like chewing, talking, and yawning. TMD encompasses symptoms such as headaches, facial and jaw pain, joint noises, difficulty opening/closing the jaw, and teeth grinding.

How can an Osteopath help?

An Osteopath considers the entire body and its interconnectedness in treating symptoms. They conduct a postural assessment to identify any imbalances and may use gentle manipulations and stretches, within the mouth, to address deeper structures. Osteopathic treatment can help reset the joint and restore lost movement due to TMD.

the UNISON

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College of Dental Hygienists of
Nova Scotia

CDHNS Council Chair's Message

Kayla Leary-Pinch



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We welcome your ideas, articles and letters. Submit to the Editor at members@cdhns.ca

It seems with the snap of our fingers, the winter season has gone and spring has sprung. Off in the distance, we can start to see the new amalgamated regulator taking shape, coming closer to fruition with each coming season.

In November of 2023 the mandated amalgamation of CDHNS and Denturist Licensing Board of Nova Scotia (DLBNS) was announced and in January of 2024, was extended to include the [Nova Scotia Dental Technicians Association \(NSDTA\)](#). The Transition Committee, consisting of the Chairs from the three regulators, public and professional Council/Board members, as well as the Registrars from each, have been meeting regularly to complete the necessary tasks for amalgamation. These include, but are not limited to, determining the transition board composition and selection process, the governance model, staff succession planning and holding joint board meetings with all three regulators to make decisions and keep the Council/Boards informed.

As you're all aware, the Regulated Health Professions Act (the Act) was passed by the Nova Scotia Government on November 9th, 2023. Some changes were immediately in effect and others given tight deadlines for their implementation. The CDHNS staff and Council have been diligently working to ensure we're compliant with the changes, as a regulator, within the required timelines. This includes the development of profession specific regulations, the creation of additional statutory committees and the implementation of the full Act, which becomes effective with the passage of each regulator's profession-specific regulations under the Act. As we progress, we will continue to reach out to you, and other stakeholders, regarding specific sections of the new regulations. Fortunately for the CDHNS, we completed a comprehensive consultation when we submitted our Regulation revision requests in Jan 2020.

Just around the corner, is our virtual AGM, the last as a sole-profession regulator, and I look forward to the greetings brought by representatives of the DLBNS and NSDTA, as well as the presentation from our legal counsel on the RHPA and amalgamation. I hope to see many of you in attendance.

All of this is to say that the workload of staff and Council has largely increased and at this time I'm additionally thankful for the dedicated individuals that compose the CDHNS. I would also like to thank you the registrants, for continuing to ensure the provision of safe and effective dental hygiene care.

I'll see you all virtually, in May.

Best regards,

Kayla Leary-Pinch, Chair, CDHNS

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From the Desk of the Registrar

Stacy Bryan Registrar



As I write this update for this Newsletter, the CDHNS is in the midst of another major milestone – the government-mandated amalgamation of dental hygiene, denturism, and dental technology into one regulatory body. Nova Scotia will be the first province to collaborate and create one regulator for these three professions. It is an exciting but extremely busy time for all three regulatory bodies, particularly the Councils/Boards and the staff.

As Kayla mentioned in her message, we hope you will join us at the CDHNS's last single-profession Annual General Meeting, which will include greetings from the Chairs of the Denturists Licensing Board of Nova Scotia (DLBNS) and the Nova Scotia Dental Technicians Association (NSDTA). We are excited with the increased collaboration amongst these three oral health professions.

This amalgamation is another way to improve public safety, and it allows us to pool our resources so that all three professions will be effectively regulated to ensure that practitioners provide the services within each profession's respective scope, safely and competently. Interacting with the Boards of these professions (both the public and professional members) and the registrants is already providing new insights into how we can modernize and integrate our processes.

This opportunity is enabled through the passing of the [Regulated Health Professions Act \(RHPA\)](#) on Nov 9, 2023. The RHPA's intent is to create consistency across regulated healthcare professions in Nova Scotia by standardizing rules and processes and making it easier to respond to future changes in the healthcare field. The RHPA supports the amalgamation of health profession regulators where there is a public interest in ensuring the appropriate financial, human, and professional service resources are in place to meet legislated mandates.

I wanted to summarize the points that we highlighted in previous communications.

Did You Know? All frequently asked question (FAQs) from previous newsletters can be found on the CDHNS website, under the 'Registrants' tab and then select 'FAQs'. For easy access, follow this [link](#).

Benefits for the Professions and the Public

- Amalgamation will enable the Regulators to strengthen their commitment to Nova Scotians through an enhanced, consistent, efficient, and collaborative approach to regulation
- Maintaining distinct and separate professions, scopes of practice, and entry-to-practice requirements for dental hygienists, dental technicians, and denturists
- Address the Mass Casualty Commission's recommendations regarding regulatory oversight and defined protection for marginalized communities facing barriers to reporting concerning behaviours

What these Changes Mean:

The RHPA will eventually replace 21 Acts, including the current Dental Hygienist, Dental Technicians, and Denturist Acts. It is anticipated that the new Regulations for the three professions will take effect in 2024. We have been advised by Government, that we are in the first phase of regulations targeted to come into force under the RHPA. Until the new Dental Hygiene, Dental Technician, and Denturist Regulations come into force under the RHPA, the professions will continue to operate under their current Acts and Regulations. Sections 16 – 22 of the RHPA apply to all regulatory bodies immediately (as of Nov 9, 2023).

Rest assured there will be no interruption of service to the public for these professions.

What can you Expect from us, as the Regulator?

- As we progress through this amalgamation and develop the new Regulations that all three professions will be operating under, we will continue to communicate with you, the registrants, in as timely a manner as possible.
- Areas that are identified as requiring feedback from registrants, or other stakeholders, will be disseminated, and responses collated for consideration.
- We will work with the other two regulators to respond to frequently asked questions that may arise from registrants. One of our goals is to provide consistent communication to all three sets of registrants.

Stay informed and engaged. This includes, but is not limited to:

- Reading all the updates circulated to you
- Responding to any surveys that are circulated to you regarding the regulations being developed
- Asking questions if anything isn't clear
- Attending the CDHNS Annual General Meeting
- [Finding out more about the other two professions](#) that we'll be amalgamating with

Consider becoming actively involved with this new amalgamated regulatory body by applying to serve as a member of one of the regulatory body's Statutory Committees.

What constitutes dental hygiene practice in Nova Scotia?

Section 22 of the Act provides details regarding dental hygiene scope of practice. In conjunction with the Regulations (including Sections 25 and 26: Scope of Practice), the practice of dental hygiene is defined. Only CDHNS members who hold a practising licence may engage in the practice of dental hygiene in Nova Scotia, whether as a volunteer or for remuneration. The practice of dental hygiene includes members who act as clinicians, educators, researchers, administrators, health promoters, and/or consultants. When asked to report your practice hours, do not just calculate the hours you spent providing clinical care, include hours where you provided dental hygiene care in any of the areas noted above — as an educator, researcher, administrator, health promoter, or consultant. This may include positions like dental supply company sales rep, infection prevention and control consultant, and hygiene department manager.

All positions count towards accumulation of practice hours and all positions require a CDHNS practising licence.

Celebrating National Oral Health Month and National Dental Hygienists Week™

National Dental Hygiene Week™ (NDHW™) takes place April 4-10, 2024 as part of Oral Health Month in Canada.

To support our membership in getting out the message that oral health is important to overall health, the CDHNS's Member Services Committee is undertaking the following activities:

Educational Brochure: The CDHNS previously created (in partnership with Leslie Kenwell, RDH) two educational brochures, *Silver Diamine Fluoride* and *Oral Health for your Infant*. These brochures are a wonderful tool to help educate clients, on these topics. There are still copies of each brochure available. If interested, we encourage you to contact members@cdhns.ca to obtain copies of these brochures.

Commercial: In 2021, the CDHNS presented a short 30-second commercial to highlight dental hygiene practice throughout Nova Scotia, from a regulatory standpoint, and featured local dental hygienists and clients. The focus of this commercial is on ensuring that the public receives safe, competent, ethical, and compassionate oral health care from Nova Scotia registered dental hygienists. We encourage all registrants to share this commercial on your social media platforms such as Facebook, Twitter, Instagram, etc., to help promote our profession during National Oral Health Month.



Council Nominations 2024

The following CDHNS registrants have been nominated, according to the rules set out, and have accepted the nomination for election to the CDHNS Council at the AGM on May 11, 2024. Each nominee was asked to submit a brief biography and a statement of intent. The following names have been offered for the three positions that will be open for Council.



Nicole Haddad: This will be Nicole's first term on Council. She graduated from Oulton College in 2021 with a diploma in dental hygiene. Since graduating, she has worked as a clinical dental hygienist in a general dental practice, in Amherst. Prior to this, Nicole obtained her Bachelor of Science in Foods and Nutrition from

University of Prince Edward Island in 2017.

Statement of Intent: I am deeply passionate about the field of dental hygiene and its critical role in promoting oral health and overall well-being within our communities. Throughout my career, I have witnessed firsthand the profound impact that dental hygienists can have on individuals' lives through education, prevention, and compassionate care. I am eager to serve on the Council for CDHNS because I believe in the organization's mission to advocate for the interests of dental hygienists, promote professional excellence, and advance the highest standards of oral health care across Nova Scotia. I am particularly drawn to the opportunity to collaborate with fellow professionals, industry leaders, and policymakers to address the evolving needs and challenges facing our profession in today's dynamic healthcare landscape. In summary, I am deeply committed to the advancement of dental hygiene, and I am eager to contribute my skills, insights, and dedication to the esteemed work of the CDHNS Council. Together, I am confident that we can make a meaningful difference in shaping the future of dental hygiene and improving oral health outcomes for individuals and communities, nationwide. Thank you for considering my candidacy



Sydney Nelson: This will be Sydney's first term on Council. Sydney graduated in 2016 with a diploma in dental hygiene from Oulton College. She is currently enrolled in Bachelor of Health Sciences at Thompson Rivers University, with an anticipated completion date of 2025. Sydney worked from 2016-2018 in private practice settings; she also

worked in a periodontal practice from 2018-2022. She has been working in Long Term Care since 2020 and also works with Indigenous Community Dental Health Programming, since 2017.

Sydney previously served on the Quality Assurance Committee (QAC) from 2018-2023, serving as Chair in the final three years. She also held the position of Treasurer for the Newfoundland Dental Hygiene Association (NLDHA) from 2016-2017.

Statement of Intent: My experience on the Quality Assurance Committee has sparked my interest, and also highlighted how very lucky we, as dental hygienists, are to be self-regulated. I am aware there is a lot to learn and hope to be given the opportunity to become a skilled and competent Council member.



Neala Spencer: This will be Neala's second term on Council. Neala graduated in 2021 with a diploma in dental hygiene from Oulton College. She previously graduated from Mount Saint Vincent University with a Bachelor of Science in Psychology, in 2016. Since graduating, Neala has worked in both an orthodontic and

general practice setting. Neala previously served a term on Council from 2022-2024.

Statement of Intent: I'm interested in renewing my position on Council because having my vote heard and my opinions matter makes for positive changes in Council. It's a nice feeling to be a part of an ever changing and important industry of healthcare by taking care of the public.

CDHNS Annual General Meeting



The AGM will be held virtually, once again. For full registration details please refer to the information brochure that will be sent out to all registrants, in early April. It will also be posted on our website under [AGM May 2024](#).

Program at a Glance

Time	Description	Credit hours	Category
9:00 am – 10:45 am	Annual General Meeting (AGM)	1.25	3
	Presentation by Legal Counsel from McInnes Cooper Law Firm: RHPA and Amalgamation	0.50	1

*To obtain credit hours for this presentation, you must complete a [reflection document](#). Your participation at the rest of the AGM is monitored through your voting. *There is no need to complete a reflection document for the rest of the AGM.* If you vote throughout the AGM, you will be issued a certificate of attendance.

Notice of Annual General Meeting (AGM)

This is the second notice of the Annual General Meeting of the CDHNS

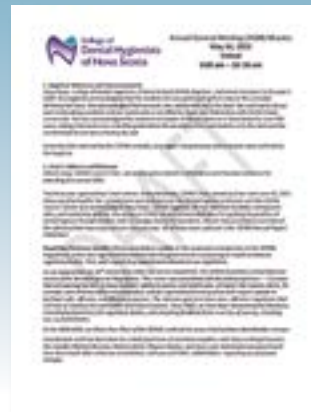
Meeting Agenda

Chair’s Address and Welcome – including land acknowledgment
Greetings from Betty Thomas, DLBNS Chair and Christian Hall, NSDTA President
Call to Order
Approval of Agenda
Approval of May 13, 2023 Minutes
Presentation by Ryan Baxter, Legal Counsel from McInnes Cooper Law Firm: <i>Update on Amalgamation and the Regulated Health Professions Act</i>
Annual Report/Audit Statement
Report of Quality Assurance Committee
Report of Nominations Committee
Election of Council Members
Recognition
Adjournment

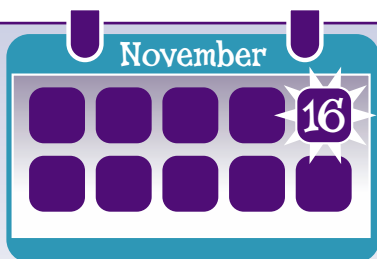
Saturday, May 11, 2024 (Virtual)

9:00 am – 10:45 am: AGM

- The AGM is open to all CDHNS registrants
- There is no charge to attend the AGM
- Advance registration is required**



[Click here](#) to review the 2023 draft minutes to be approved at the AGM May 11, 2024. You will also find the minutes in the CDHNS Library on your Main Page under the sub folder AGM (Fiscal Year to October 31, 2023)



Save the Date!!

The CDHNS will be offering another full day CC Event on November 16, 2024. This event will be offered virtually, once again. *More details to follow at a later date.*

Did You Know? Under the Dental Hygienists Act of Nova Scotia, a person who wishes to work as a dental hygienist in Nova Scotia must be registered and licensed with the CDHNS. It is not sufficient for an individual to hold a practising licence in another Canadian province or territory. The practising licence in the original jurisdiction authorizes them to practice in that jurisdiction, not Nova Scotia. If you have individuals applying at your place of employment to practice dental hygiene, please direct them to contact the CDHNS directly, or send them to the CDHNS website for further details, and to access the online application. Practising dental hygiene in Nova Scotia without being registered with the CDHNS and without holding a Practising Licence is a punishable offence under the Dental Hygienists Act.

Helpful Exercises

Clients experiencing TMD symptoms can benefit from specific exercises to alleviate pain and improve jaw joint movements. These exercises, along with guidance from healthcare providers, can make a positive impact. For anyone experiencing any symptoms of Temporomandibular Disorder (TMD), these nine exercises can help relieve temporomandibular joint (TMJ) pain and improve your jaw joint movements:

- 1. Relaxed Jaw:** Rest your tongue gently on the top of your mouth behind your upper front teeth. Allow your top and bottom teeth to come apart while relaxing your jaw muscles.
- 2. Goldfish (Partial Opening):** Place your tongue on the roof of your mouth and one finger in front of your ear where your TMJ is located. Put your middle or pointer finger on your chin. Drop your lower jaw halfway and then close. There should be mild resistance but not pain. A variation of this exercise is to place one finger on each TMJ as you drop your lower jaw halfway and closed again. Do this exercise six times in one set. You should do one set six times daily.
- 3. Goldfish (Full Opening):** Keeping your tongue on the roof of your mouth, place one finger on your TMJ and another finger on your chin. Completely drop your lower jaw and bring it backwards. For a variation of this exercise, place one finger on each TMJ as you completely drop your lower jaw and back. Do this exercise six times to complete one set. You should complete one set six times daily.
- 4. Chin Tucks:** With your shoulders back and chest up, pull your chin straight back, creating a “double chin.” Hold for three seconds and repeat 10 times.
- 5. Resisted Opening of Mouth:** Place your thumb under your chin. Open your mouth slowly, pushing gently against your chin for resistance. Hold for three to six seconds, and then close your mouth slowly.
- 6. Restricted Closing of Mouth:** Squeeze your chin with your index and thumb with one hand. Close your mouth as you gently place pressure on your chin. This will help strengthen the muscles that help you chew.
- 7. Tongue Up:** With your tongue touching the roof of your mouth, slowly open and close your mouth.

8. Side to Side Jaw Movement: Put a 1/2-inch object, such as stacked tongue depressors, between your front teeth, and slowly move your jaw from side to side. As the exercise becomes easier, increase the thickness of the object between your teeth by stacking them one on top of each other.

9. Forward Jaw Movement: Put a 1/2-inch object between your front teeth. Move your bottom jaw forward so your bottom teeth are in front of your top teeth. As the exercise becomes easier, increase the thickness of the object between your teeth

[Download printable PDF >](#)

What can dental hygienists do?

- During client appointments, carefully observe for signs of clenching and grinding, such as worn-down teeth, fractures, tooth mobility due to premature contact, and gum recession.
- Inquire about clients' sleep habits, such as whether they are stomach sleepers or experience morning headaches.
- Be particularly attentive to clients with Temporomandibular Disorder (TMD) and consider offering them short breaks during appointments, or implement other strategies to help minimize discomfort during the appointment.
- Collaborate with the client's entire oral health care team to determine the best approach.
- Advise clients to refrain from chewing gum (except in particular cases such as clients with limited salivary flow, etc), avoid resting their faces on their hands, and chew food evenly on both sides of their mouths.
- If TMD is suspected in a client, recommend using a night guard to protect their teeth.
- Suggest seeing a manual therapist such as an osteopath, or a massage therapist who specializes in TMD, to relax tense muscles and address patterns of muscle tension. Referring someone to a manual therapist for further evaluation and treatment can be a beneficial first step in managing TMD.



About the Author:

Heather Stone is an Osteopath and the owner of Beech Street Health Centre in Halifax, Nova Scotia. She has 20 years of manual therapy experience working with clients of all ages, with chronic pain. Heather uses manual therapy to reduce swelling, ease pain, locate strains and increase mobility. Her main goal is for her clients to achieve an overall sense of well-being and balance. She puts emphasis on examining

the whole body to determine the main areas of restriction causing

dysfunction and pain. Through her earlier education, she focused her research on topics involving bruxism (jaw clenching) and malocclusion (bad bite) in children.

Heather graduated from the Collège d'Études Ostéopathique in 2010 from a 6-year Osteopathy program. She graduated from the British College of Osteopathic Medicine, with a degree in Osteopathy. She served as a Member of the Nova Scotia Association of Osteopaths (past Executive Board Member); she has been part of the teaching faculty of Canadian College of Osteopathy since 2011 and has instructed several courses including: low back (lumbar spine) pelvis (sacrum), facial bones (sinuses) and the jaw (TMJ). Heather has over 20 years of public speaking experience at several local and national conferences.

CPR Requirements

Heart and Stroke Foundation

Based on the current course offerings and levels, the accepted course from the Heart and Stroke Foundation is Basic Life Support (BLS).

Lifesaving Society

Based on current course offerings and levels, the accepted course from NS's Lifesaving Society is CPR Healthcare Provider/AED.

Red Cross CPR

Based on the current course offerings and levels, the accepted course from the Red Cross would be BLS for Healthcare (HCP).

St. John Ambulance

Based on the current course offerings and levels, the accepted course from St. John Ambulance would be Health Care Provider (HCP) CPR.

CPR Offerings: There are a variety of organizations and providers across the province who provide CPR courses that meet the requirements for CDHNS renewal and initial licences in the practising class. As a courtesy to CDHNS registrants, a [CPR section](#) of the website indicates providers who have notified the CDHNS that they will offer courses for registrants based on the licensing requirements.

CDHNS registrants must obtain and provide evidence of current CPR certification, at the appropriate level, so that you can proceed with renewal of, or transfer to, the practising licence class. Prior to enrolling in a CPR course, check with the provider to confirm how you will receive your certification and how long it will take to receive it. A temporary certificate is NOT acceptable.

How can you expect to get your CPR certification/card?

Heart and Stroke Foundation

After successful completion of the BLS course, you must log in to the Heart and Stroke Foundation website to access and print your certification card.

Lifesaving Society

After successful completion of your course, the Lifesaving Society will issue a printed copy of your card. Processing times generally are less than two weeks. If you require your card sooner, arrangements can be made through the course provider.

Red Cross CPR

Red Cross will provide you with a 30-day temporary certificate after successful completion of the course and require you to log in to their website to download official certification later. The 30-day temporary certificate is NOT acceptable for licensure. It is your responsibility to provide appropriate certification prior to the renewal deadline.

St. John Ambulance

If you take the course at a St. John Facility, you should receive your CPR Certification immediately after successful completion of the course. If you take this program through a contractor, you should also receive your certification immediately following successful completion of the course but it is your responsibility to confirm this at enrollment.

Notice from the Quality Assurance Committee



Caroline Bell,
CDHNS QAC Chair
2023/2024

The Quality Assurance Committee (QAC) conducted 50 registrant audits in February, 2024. The registrants selected for audit were randomly chosen from the audit cycle ending December 31, 2023.

For the registrants that were audited, the following decisions were made: 11 pending (unable to determine if requirements were met and more information

regarding their submissions were required), 4 had not met requirements, 35 met requirements. One extension was granted and an action plan was completed by this registrant and reviewed with their audit.

Study Clubs (Registered with the CDHNS): All Study Club annual reports submitted to the CDHNS for 2023 have been reviewed and eligibility of credits and category assignments have been allocated. These have been submitted back to the Chairs (or Executive) of each Study Club and asked to disseminate the information to the Study Club members. If you are a member of a Study Club that is registered with the CDHNS, and you have not received this information, please reach out to the Chair/ Executive of your Study Club.

Mentoring Opportunities: If you are interested in learning activities through mentoring, please refer to Section 3.1.6 of the CDHNS CCP requirements document for further information. You may submit your request using the [Mentoring contract form](#).

Reflection Document: These documents continue to be required for virtual and online courses that do not have a post-test. This document was introduced as of October 1, 2021. [Reflection document link](#)

Did You Know? On May 27, 2020, CDHNS Council made the decision that CPR courses that include appropriate virtual evaluation of competencies will be accepted. For further details, please review the [updated CPR document](#) on our website. The CDHNS continues to monitor the situation and will update CDHNS registrants, if there are any changes.

On behalf of the QAC, here are some helpful guidelines to consider:

When preparing for an audit during your three-year cycle:

- You are strongly encouraged to obtain more than 45 credit hours and exceed the category minimums.
- There is a section on the CDHNS website that provides further details about "[online continuing competency offerings](#)" for your convenience.
- It is recommended to complete your continuing competency activities throughout your three-year cycle to avoid situational extensions and action planning on your part.
- If there is difficulty selecting or understanding what categories to place learning activities into, please reference the [category decision making tool](#) in the continuing competency section of the CDHNS website.

If you have been selected for an audit, some of the required documents that will be requested:

- Proof of completing the continuing educational activity in the form of a certificate with your name, the course name and date of course completion
- Detailed course outline/description/agenda and learning objectives of the continuing educational activity that you are submitting a certificate for (This allows auditors to confirm appropriate category selection and eligible hours.)
- Description and credentials of speaker providing the continuing educational activity
- If no post-test is offered on a virtual continuing educational activity, a [reflection document](#) will be required.

The most common mistakes registrants make when submitting for an audit:

- Improper allocation of categories
- Insufficient documentation (lack of providing certificates, course descriptions, reflection documents and agendas)
- Improper number of hours accounted for an educational activity
- Submitting the minimum number of hours in categories (If reallocation is required due to improper category allocation by the registrant, the audit is scored as deficient.)

Notice from the Quality Assurance Committee *continued...*

The Quality Assurance Committee has worked diligently with Stacy Bryan, Registrar, to provide registrants with helpful tools on the CDHNS website, under the [Continuing Competency section](#). It is encouraged registrants familiarize themselves with this helpful and insightful section of the website.

It is the registrants' professional responsibility to fulfill requirements outlined in the Quality Assurance Program. A reminder to registrants that it is required to retain CC Records and any relevant documents for your current and previous cycle (as noted in Section 4.5 of the CCP requirements document).

Sincerely,

Caroline Bell,
Quality Assurance Committee Chair (2023/24)



Public Health Message

Public Health Dental Hygienists Return to Schools With a Renewed Fluoride Delivery Program

Nova Scotia Health, Public Health, works collaboratively with partners across school, community, government, and health to improve oral health outcomes for children. As a component of this work, Public Health is pleased to announce that their school-based topical fluoride delivery program has resumed in the 2023-24 school year, having been paused for three years due to COVID-19.

A school-based fluoride delivery program has been part of Public Health's work in Nova Scotia since 1998. The benefits of school-based programs are greatest for children that face multiple risk conditions for dental decay and poor oral health outcomes. You may remember that their fluoride mouthrinse program was offered in certain elementary schools and involved a weekly mouthrinse that was provided by volunteers. Based on an extensive program review, Public Health has modernized their approach and have switched to a fluoride varnish program delivered directly by Public Health Dental Hygienists.

Public Health's Fluoride Varnish Program is a targeted program, focused on schools in communities who will benefit most from additional opportunities to receive fluoride. Children in pre-primary to grade 6 in schools that are within these higher-risk communities, will be offered up to two applications of fluoride varnish per school

year. Having a variety of ways to access the preventative benefits of fluoride is an important strategy for improving population health. Public Health's Fluoride Varnish Program complements other oral health programs and ways that children currently access and receive fluoride.

Public Health is very clear with parents/guardians that this program does not replace regular check-ups or fluoride treatments by a dentist, dental hygienist or other community oral health care programs and does not provide a complete oral health exam. Parents may receive a note recommending they follow-up with their dental provider for an assessment. If urgent issues are observed, defined as pain, abscess or swelling, parents/guardians will receive a follow up phone call and/or letter from the Dental Hygienists to seek immediate care. At that time, the dental hygienists help navigate families to the appropriate service.

Public Health provides a package of information to parents/guardians, as well as an infographic that provides a better understanding of the program. *To learn more about this, or if you have any questions, please contact a public health dental hygienist through your local Public Health office.*

Public Health is pleased to be a key partner in supporting good oral health for children in Nova Scotia and invite you to join in promoting and supporting this important program.

Assigning Credit Hours for Online Courses



CDHNS Quality Assurance Committee Decisions re: Assigning Credit Hours for Online Courses

While the Quality Assurance Committee has reviewed sufficient offerings from the providers, below, to determine whether sessions are eligible for hour-for-hour or 50% credit, the QAC has not reviewed each individual course. Please ensure that you retain (and upload) each session's course outline, learning objectives, and presenter's name and qualifications. These are used by the QAC to determine

category allocations (e.g., Cat 1 or 3) and if the topic meets the general requirements set out in the [CDHNS CCP Requirements document](#). All online activities, including those offered by the providers listed below, must meet the criteria to be eligible for credit hours e.g., must have a post-test that adequately covers the material*.

*CDHNS registrants who complete virtual learning activities, on or after October 1, 2021, that do not have a post-test from the CE provider, may complete an alternate option, i.e., a Reflection document. Please see the sections noted above in the current CCP Requirements document.

Courses from the providers below are eligible for 50% of the credit hours indicated by the provider**

Crest and Oral B (Proctor and Gamble)	www.dentalcare.com www.dentalcare.ca
Colgate Oral Health Network (COHN)-CE related to article review	www.colgateoralhealthnetwork.com/ For COHN's courses that involve reviewing articles and completing the related post-tests, these are worth 50% of the credit hours stated.
RDHU: ('RDH View' sessions)	www.rdhu.ca/the-rdh-view

Courses from the providers below are eligible for the credit hours indicated by the provider**

Canadian Dental Connection	https://www.dentalconnection.ca/en/
CDHA	www.cdha.ca Refer to the CDHNS website's CC page for the allocation of categories and hours for their virtual course offerings.'
Colgate Oral Health Network (COHN)	www.colgateoralhealthnetwork.com/ Online webinars with post-tests
Dental Hygiene Quarterly (Previously RDHQ)	www.rdhu.ca
Hu-Friedy	www.hu-friedy.com/education/continuing-education-classes
Hygienetown	www.hygienetown.com/onlinece
Indigenous Canada: 12 Module Course: 3 hours – Cat 1; 9 hours – Cat 3	Offered through University of Alberta's Faculty of Native Studies www.coursera.org/learn/indigenous-canada
Pulpdent Learning	www.pulpdentlearning.com/
rdhu (live-streaming and on-site courses)	www.rdhu.ca (If you have questions about a specific course re: Category or hours, please contact the CDHNS directly)
UBC – one specific course reviewed	Autism and Neurodiversity in Dentistry : 4 hrs; Cat 1 – must complete a reflection document
Viva Learning	www.vivalearning.com/
Waterpik Oral Health for Professionals	https://www.waterpik.com/oral-health/pro/education/

Please note: Many other online providers offer continuing professional education. These are the ones that were submitted by registrants and/or most commonly submitted to the CDHNS. **Providers may assess a user fee and/or require registration with a username and password.

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Important dates to remember

April 5, 2024: DH Research in Oral Health (RIOH) Presentations (both in-person and virtual option available) **In-person presentations from 6:00 pm to 9:00 pm*

April 1-30, 2024: National Oral Health Month

April 4-10, 2024: National Dental Hygienists Week™

May 11, 2024: AGM, being held virtually

September 1, 2024: Licence Renewal begins

November 16, 2024: Full Day CDHNS CC Event, being held virtually

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