

Addressing the Oral Health Needs of Individuals Living with a Mental Illness: *A Dental Hygiene Perspective*

by Nadine Hassanain, DipDH, RDH, BSc.



Mental health is an integral part of our overall well-being, yet it is often misunderstood and still remains a stigmatized subject. Mental health and oral health are two crucial components of overall well-being, intertwined in ways that necessitate a comprehensive understanding by dental healthcare professionals.

In 2022, over 5 million people in Canada met diagnostic criteria for mood, anxiety, or substance use disorders, marking a substantial increase in the prevalence of mood and anxiety disorders over the past decade.⁽²⁾ This statistic underscores the urgency of addressing the connection between mental health and oral health. Dental hygienists play a pivotal role in addressing the correlation between mental health concerns and improving oral health outcomes by employing evidence-based strategies to enhance the oral health of Canadians living with mental health illnesses.

Prevalence of Mental Health Illnesses in Canada

Mental health illnesses have become a pervasive concern in Canada, with a growing number of individuals living with mood, anxiety, and substance use disorders. Data also indicates that approximately 1 in 5 Canadians will experience a mental health problem or illness in any given year.⁽¹⁾⁽³⁾ This means that a significant portion of the patients that we treat in a dental care setting are directly affected by mental health challenges. By understanding the prevalence, we can appreciate its significance in our dental community and, in turn, offer support to those in need.

"Mental illness affects people of all ages, education, income levels, and cultures; however, systemic inequalities such as racism, poverty, homelessness, discrimination, colonial and gender-based violence, among others, can worsen mental health and symptoms of mental illness, especially if mental health supports are difficult to access" ⁽³⁾

the UNISON

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CDHNS Council Chair's Message

Kayla Leary-Pinch



Hello everyone and welcome winter! As we don the extra layers, enjoying the sparkle, as the sun hits the snow, or the beauty of the landscape, as it coats the ground and lays atop the trees, we recognize the approach of a new year, drawing 2023 to a close. Most of us have some version of New Year's resolutions, created from reflection of this past year and the twelve months, to follow. For the CDHNS, 2024 will end on an unexpected, but positive, new note with the CDHNS and the Denturists Licensing Board of Nova Scotia (DLBNS) having amalgamated, as one regulatory body.

An [email](#) communication was circulated on November 14th informing registrants that the CDHNS and DLBNS will amalgamate our two professions into one regulatory body. Both the CDHNS and the DLBNS are pleased to collaborate with the Dept of Health and Wellness to complete this transition. The government-mandated amalgamation of these two professions will be part of the move to all health professions being regulated under the new Regulated Health Professions Act (RHPA), which received Royal Assent on Nov 9, 2023. Both the CDHNS Council and the DLBNS Board have been actively participating in joint meetings and a transition committee consisting of professional and public members from both regulators, as well as their respective Registrars, have been working diligently throughout this process. We will continue to update registrants, as necessary. We appreciate your support as we navigate these changes. Please refer to page 6 of this newsletter for additional information.

I would like to take this opportunity to extend my appreciation to our Registrar, Stacy Bryan, for her continued efforts, support, knowledge, commitment and for maintaining the daily operations of the CDHNS while helping to lead us through the amalgamation process. Her dedication to the CDHNS is exemplary. I would be amiss if I didn't thank the DLBNS Registrar, Maureen Hope, for her dedication to the regulation of denturism, time and commitment to seeing this process through. I would like to thank the DLBNS Board, CDHNS Council and all staff for making collaboration easy and the weight of a heavy task, lighter.

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The DLBNS Chair and Public Member, Betty Thomas and DLBNS Board Member/President of the Denturists Society of Nova Scotia, John Lilly, have provided some encouraging words. Below, are quotes from each individual on the upcoming amalgamation:

"Greetings Everyone. As Chair of DLBNS, I am tremendously pleased and excited to collaborate with CDHNS as we embark on plans for the new amalgamation journey for both professions. I embrace this change because it provides opportunities to enhance regulations that will be in the best interest of the Public and Registrants. I look forward with great anticipation and enthusiasm as we progress through a path forward in the new year with the necessary action plans to achieve positive regulatory outcomes for both Professions".

Betty Thomas, Chair – DLBNS

"This government-mandated merger has the potential to improve the quality of public safety and simultaneously the future of the two oral health professions. The CDHNS has been very welcoming and has made these early interactions very positive. I look forward to standing alongside them as one regulatory body in the future."

John Lilly, DLBNS Board Member and President of the Denturist Society of Nova Scotia.

As we settle into the quickly approaching holiday season and the final days of 2023, take time to be thankful, spend time with those you love, make memories, and look forward to the future year ahead and all it has to offer.

Best regards,

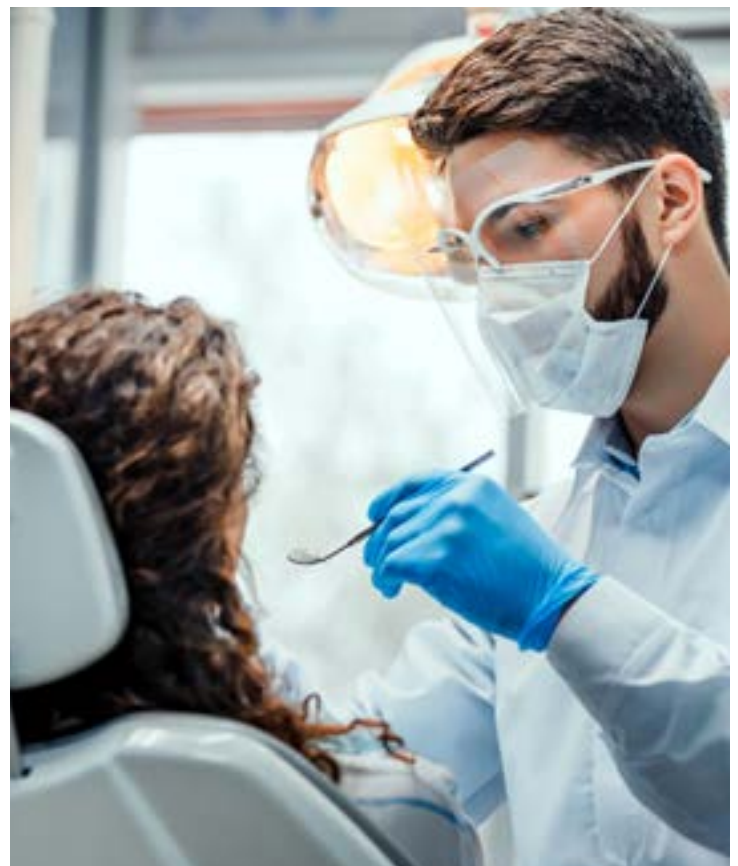


Kayla Leary-Pinch, Chair, CDHNS

Keep yourself and others safe from the flu this year! The flu shot is safe and available for free to all Nova Scotians 6 months of age and older. The flu vaccine is available from most family physicians, family practice nurses, nurse practitioners, pharmacists, and walk-in clinics.

How Long Do I Have to Retain My CC Records?

All members are reminded to retain relevant records/documents for your current cycle and your previous cycle (as noted in Section 4.5 of the CCP requirements document). Even if you are not selected for audit, you must ensure that you keep all relevant documents for these time periods.



From the Desk of the Registrar

Stacy Bryan Registrar



I want to take this opportunity to echo Kayla's welcome to the denturism profession as we work to amalgamate the two professions of dental hygiene and denturism under one regulator. The two Councils/Boards are collaborating to ensure that this transition will go as smoothly as possible as we develop the joint regulations under the new Regulated Health Professions Act (RHPA). We will continue to update you throughout this process.

Below is the information regarding this year's renewal:

CDHNS Registrants on November 1, 2023	
825	Practising Registrants
1	Provisional Practising Registrants
34	Non-Practising Registrants
860	Total

Notice of Removal from the CDHNS Register on Request (Individuals held a Practising Licence)

In accordance with the Dental Hygienists Act and Regulations, the following individuals have been approved by the Registrar to be removed from the CDHNS Register, following their submitted request. These individuals held a practising licence with CDHNS until October 31, 2023. These individuals are no longer authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Susan	Bekkers
Arlene	Blundon
Tania	Boudreau
Michelle	Brown
Olu	Brown
Kimberley	Corkum
Lee Ann	Crossman
Marilyn	Cummings
Ashley	Desveaux
Janet	Hardy
Deborah	Hutchinson
Sarah	Jeans
Andrea	McInnis

Gina	Salyzyn
Georgia	Stangeland

Notice of Practising Licence Expiry, Registrant Submitted Intention to CDHNS

In accordance with the Dental Hygienists Act and Regulations, the following individuals have notified the CDHNS of their intention to remain on the CDHNS Register, but let their practising licence with CDHNS expire as of November 1, 2023. These individuals held a practising licence with CDHNS until October 31, 2023. These individuals are no longer authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Beth	Andrews
Nicole	Belyea
Amelie	Caron
Mykayla	Commandeur
Daphne	Donahue
Victoria	Harrop
Megan	Hynes
Colette	LaVigne
Karen	Martell
Josie	Mason
Ashley	Milot
Kurtis	Moult
Francia	Peraza
David	Purdy
Taylor	Retieffe
Jacqueline	Rowlings-Clark
Jane	Turpin
Alex	Whelan

Notice of Removal from the CDHNS Register on Request (Individuals held Membership in the Non-Practising Class)

In accordance with the Dental Hygienists Act and Regulations, the following individuals have been approved by the Registrar to be removed from the CDHNS Register following their submitted request. Their names have been removed from the CDHNS Register and membership in the non-practising class expired on October 31, 2023. As a non-practising registrant, these individuals were not and are not authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Paulette	Hawksworth
Kierstyn	White

Notice of Non-Practising Class Expiry, Registrant Submitted Intention to CDHNS

The following individuals notified the CDHNS of their intention to let their CDHNS non-practising membership expire as of November 1, 2023. These individuals remain on the CDHNS Register and are not authorized to practice dental hygiene in the Province of Nova Scotia. As a non-practising registrant, these individuals were not and are not authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
April	Gamblin
Laura	MacNeil
Kara	Vaninetti

Notice of Non-Practising Class Expiry, Registrant Did Not Submit Intention to CDHNS

The following individuals did not notify the CDHNS of their intention to let their CDHNS non-practising membership expire as of November 1, 2023. These individuals remain on the CDHNS Register and are not authorized to practice dental hygiene in the Province of Nova Scotia. As a non-practising registrant, these individuals were not and are not authorized to practice dental hygiene in the Province of Nova Scotia. Since these individuals did not notify the College of their intention not to renew, if they wish to obtain a practising or non-practising licence, they will be required to pay reinstatement fees in addition to the applicable late fee payment, as well as providing proof that they have met all other requirements.

First Name	Last Name
Frances	MacDonald
Jameel	Mohammed
Brad	Phillips
Brittany	Weagle

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.***



For those individuals who listed “retirement” as the reason for their change in their registration or licensing status, the CDHNS would like to take this opportunity to thank you for your significant contribution to the oral health of Nova Scotians. Your service as health care providers and support for the dental hygiene profession has been appreciated. We wish you well in your retirement.

The CDHNS and the DLBNS to Amalgamate

The CDHNS and the DLBNS are pleased to collaborate with the Dept. of Health and Wellness to amalgamate our two professions into one regulatory body. On November 14, 2023, all CDHNS registrants received a notice containing full details, known at that time, on this government-mandated amalgamation. Please refer to this [link](#) for more details. Below, are a few important things of note from that document.

What This Change Means

Until the new Denturist and Dental Hygiene Regulations are proclaimed under the RHPA, both professions will continue to operate under their current Acts and Regulations. Sections 16 – 22 of the RHPA apply to both regulatory bodies immediately (as of Nov 9, 2023).

While we don't know all the impacts or the potential changes, we can assure you that throughout this process, both regulators will ensure that the daily operations required for registrants to perform their roles and responsibilities will continue uninterrupted. We will continue to keep you updated as we proceed. We look forward to this new phase of interdisciplinary collaboration.

Denturist Profession

Brief History

In 1973, the Denturist Act came into effect legalizing the practice of denturism in Nova Scotia. Currently, denturists are governed by the Denturists Act, the Denturists Regulations and Board Regulations.

Scope of Practice

Denturists in Nova Scotia have a well-defined scope of practice, which includes the following key responsibilities and services:

1. **Denture Fabrication:** Denturists are trained to design, create, and construct complete and partial dentures for individuals who have lost some or all of their natural teeth.
2. **Denture Repairs and Adjustments:** Denturists can repair, reline, and adjust dentures to ensure they continue to fit comfortably and function effectively.
3. **Consultation and Patient Education**
4. **Denture Maintenance**

5. **Denture Clinics:** All denturists own and operate private denture clinics. Denturists can visit private and long-term care homes. There is a total of 29 clinics operating throughout Nova Scotia.
6. **Additional authorization (certification):** Dentures over implants – Denturists in Nova Scotia, who meet the criteria set out by the DLBNS, are authorized to do dentures over implants.

Denturists are required to maintain privacy and confidentiality regarding medical, dental, and personal information at all times.

Licensure Requirements

To become a denturist in Nova Scotia, individuals must meet specific requirements. These include:

1. **Education:** Completion of a denturism program at an approved educational institution. Currently, there are five denturism programs in Canada that offer diplomas in denturism.
 - a. They are 2.5 to 3 years in length.
 - b. No denturist programs are offered in Atlantic Canada at this time.
2. **Licensure:** To practice legally in the province, individuals must be issued a licence from the Denturist Licensing Board of Nova Scotia (DLBNS).
3. **Protected Titles/Designations:** Those who hold a practising licence from the DLBNS are entitled to call themselves a "Denturist".
4. **Denturist Qualifying Examination:** Denturists must also pass the Qualifying Examination to demonstrate their competence in denturism.
5. **Continuing Education:** Like dental hygienists, denturists are required to engage in the [Continuing Education Program](#) and complete ongoing professional development and continuing education to maintain their licensure. Denturists are expected to engage in activities that address and promote continuing competence, inter-professional collaboration, changes in practice environments, standards of practice, and the latest advancements in the field.
6. **Practice Hours:** Denturists are required to complete 640 practice hours within the three-year period immediately preceding an application, including renewals.

You've Been Asking

The following are some of the questions asked during the recent CDHNS CC Event:

Periodontal Considerations in the Orthodontic Patient/Airway Constriction and the Dental Practitioner's Role. Responses provided by session presenter, Dr. Grace Richardson.

Q: When treating children, what is the best age for the first PAN to be taken?

A: For age 7-8, I like to see the 6-year old molars erupted and the permanent incisors to start to erupt.

Q: In a child (7-9 years of age) is bruxism a sign of airway constriction?

A: No, it is not.

Intraoral Radiography Techniques: Tips and Troubleshooting Responses provided by session presenter, Dr. Anthea Senior

Q: At my office we still use film. Can you speak on the difference of radiation exposure between film and sensor?

A: Film and PSP plates have about the same effective dose. Direct sensors tend to require less radiation to make the exposure than film or plates. (See attached table) However, if the direct sensor image is retaken for any reason (including the convenience of just pressing the exposure button again) any overall reduction in effective dose will be negated. Note that rectangular collimation use significantly reduces the effective dose regardless of the receptor used (film, plates or sensor).

Intraoral effective dose				
Examination (Estimated)	Receptor	Rectangular Collimation	Median Effective Dose (µSv)	Equivalent Background Exposure: Days (Estimated)
Posterior BWS	F speed Film or PSP	✓	5	0.5
Full mouth	F speed Film or PSP	✓	40	5
Full mouth	F speed Film or PSP		200	24
Full mouth	CCD Sensor	✓	20	2.5
Full mouth	CCD Sensor		100	12

Adapted from "Dental Radiology" 8th Edition, Pearson and White, Table 1.2

Q: I have been looking to update several clinics to rectangular collimation but dental supply companies seem to know very little about how to find them. Have also been having trouble finding thyroid collars (specifically the cap style). Do you have any suggestions on how to source these items?



A: We were having similar problems here in Alberta regarding sourcing rectangular collimators and I have been in contact with the supply companies about it. There used to be a rectangular collimator (image to the left) that fitted onto most open-ended round BID's but sadly these are no longer available. However, I was assured by a couple of dental supply companies that they can retrofit most reasonably new x-ray machines (less than 10 years old) with the specific rectangular collimator for most intraoral x-ray units. Also check your cupboards...most new machines come with them and they might just still be in the box!

Q: Wondering for PAN/Ceph machines that are not digital, is there such a thing as 'too old'?

A: As long as the images are of diagnostic quality and the machine passes its maintenance/safety test (as per your provincial testing intervals and standards) it is still ok to use a film or plate-based pan machine. However, the actual image quality and dose reduction from the newer digital panoramic machines is excellent, so planning to upgrade, when possible, would be good.

Q: What should I do if our office is still using round collimators?

A: I would refer your team to the updated 2022 Safety Code 30 and emphasize the change in wording from "should" to "must" (and your local PDBNS guidelines.) I would hope that the slides from the presentation helped explain that the rectangular collimator that limits the x-rays to the shape and size of the receptor is different and in addition to "the collimator" that is built into every dental unit x-ray tube head. The latter ensures that the x-rays go through a narrow portal before entering the (usually) round beam indicating device (BID).

The Association Between Poor Mental Health and Poor Oral Health

Research demonstrates a strong association between poor mental health and unfavorable oral health outcomes.^{(4) (5)}

Systematic review and meta-analysis discuss the link between poor oral health and severe mental illness, concluding with the necessity for a holistic, integrated approach to healthcare that addresses both mental and oral health.⁽⁴⁾

A study was done which investigated the impact of poor mental health days on oral health outcomes and discovered that such days were associated with an increased likelihood of unfavorable oral health outcomes.⁽⁵⁾ Meaning, the longer and more deeply profound the mental illness, the more detrimental to the person's oral health.

This research also indicates that behavioral risk factors such as high sugar intake, tobacco smoking, and alcohol consumption, as well as other risk factors, such as dry mouth due to medication, lack of motivation for maintaining oral health, negative attitudes towards, and anxiety about, dental care, and cost barriers are contributory to increased risks of periodontal disease, caries incidence and tooth loss.

Chairside Considerations for Dental Hygienists

As the frontline of oral healthcare, dental hygienists are uniquely positioned to recognize challenges faced by patients with mental health issues. Some chairside considerations to be included in our dental hygiene process of care:

- *Nonjudgmental Environment:* Create a nonjudgmental and empathetic atmosphere for patients to discuss their mental health conditions and their impact on oral health. Effective communication is the foundation for understanding their unique needs.⁽⁷⁾
- *Comprehensive Assessment:* Conduct a thorough oral health assessment, paying special attention to signs of neglect, poor oral hygiene practices, or behaviors that may harm oral health.⁽⁷⁾
- *Individualized Oral Hygiene Plans:* Develop personalized oral hygiene plans tailored to the patient's capabilities and challenges. These plans should be simple to follow, potentially involving adaptive devices and addressing barriers to oral care.⁽⁸⁾

- *Regular Follow-Ups:* Schedule periodic follow-up appointments to monitor the patient's oral health progress. Consistent visits help reinforce good oral hygiene practices and provide opportunities to address emerging issues promptly.⁽⁸⁾
- *Interprofessional Collaboration with Mental Health Professionals:* When appropriate and with the patient's consent, collaborate with mental health professionals to ensure a holistic approach to care. Sharing relevant oral health information with mental health professionals can contribute to the overall well-being of the patient.⁽⁶⁾
- *Xylitol to the Rescue:* Although xylitol-based products have been available for decades, still so many dental professionals do not understand the benefits of introducing xylitol to inhibit pathogens that cause caries and periodontal diseases. There have been several studies in the past five years that indicate the daily use of xylitol to have positive effects on oral and overall health, to include the reduction of caries incidence and gingival diseases.

When those living with a mental illness are neglectful of their oral homecare routines, simply adding a daily xylitol gum can reduce the pathogenic bacterial load to help prevent dental diseases.⁽⁹⁾

Conclusion

Mental health disorders have become increasingly prevalent in Canada, and they have significant implications for oral health. Understanding the complex relationship between mental health and oral health and addressing the unique challenges faced by individuals with mental health conditions is vital.

Dental hygienists are able to provide a crucial role in delivering comprehensive care to these patients. Through understanding and recognition, dental hygienists can effectively implement chairside considerations, and in turn, can significantly improve oral health outcomes and enhance the overall well-being of Canadians living with mental health illnesses.



About the Author:

Nadine is an accomplished dental professional with a rich 20+ year career, excelling in diverse roles. As a clinical dental hygienist, educator, published author, and international speaker, she is passionate about sharing insights to elevate the profession of dental hygiene.

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CPR Requirements

To assist you in understanding which CPR meets the list of requirements set by Council, a summary is provided below based on the organization's current offerings and levels.

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 provide courses for registrants based on the licensing requirements.

Dalhousie Dental Hygiene Refresher Course

In the Spring/Summer of 2024, Dalhousie University will be offering a refresher course (DEHY 4000). This course will consist of an online pre-study component which starts on March 2024 and a clinical component starting from July 2 to 12, 2024. The pre-study component will support participants as they prepare for the clinical portion of the course. Both a five-day and a ten-day on-site, clinical course is offered, depending on the learning needs of the participant. These courses will run through Dalhousie's Continuing Professional Education, Dental Department.

For more information, follow this [link](#) to the registration page or visit the [CPE website](#). Alternatively, you can contact the Continuing Professional Education office at the Faculty of Dentistry, cde.dentistry@dal.ca or 902-494-1674.

Dental Hygiene Student Research Presentations

The combined Dental and Dental Hygiene RIOH presentations will not be held this year.

Instead, the Dalhousie University, School of Dental Hygiene will be hosting an evening of Dental Hygiene Students Research Presentations.

Date: Friday April 5th

Due to the change in format, judges will not be required this year. Thank you everyone who has participated in the past. *More details to follow at a later date.*

Looking forward to seeing you in April

- Faculty Members of the Dalhousie University, School of Dental Hygiene

Crime Stopper Stickers Available

Linda MacDonald and Jeanne Sarson, the presenters of the CDHNS CC Event session titled *Beyond Flossing: Insights into Family Non-State Torture/Trafficking Crimes Against Girls and Women* have Crime Stopper stickers available for distribution. These stickers are for placement in public washrooms throughout the province. They have asked the CDHNS to help spread the word to all CDHNS registrants that these stickers are available to anyone who may be willing to reach out to businesses, in their communities, and see if they would be willing to display the sticker in their establishment washrooms. *If anyone is interested, they can be picked up at the CDHNS office (please call, to check availability, before visiting the office) or reach out to Linda MacDonald flight@ns.sympatico.ca and she can arrange mailing options with you.*



Did You Know?

New 988 Suicide Crisis Helpline Now Available

A new three-digit telephone number was made available to all Canadians in need of mental health support and suicide prevention on November 30, 2023. Canadians can call or text '988' 24 hours a day, seven days a week, from anywhere in Canada, free of charge (with service in both French and English). It will offer trauma-informed and culturally appropriate services by trained crisis responders. The number will replace the 10-digit national number, 833-456-4566, run by Canada's Suicide Prevention Service.

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.

CDHNS CC Event and Upcoming 2024 AGM

The CDHNS' virtual, full day, continuing competency event was held on Saturday, Nov 18, 2023 with 165 in attendance. The event was a big success and very well received. Thank you to all those who participated in either the morning half day/afternoon half day or the full day sessions.

Thank you to 87 (59%) of the CC Event attendees who participated in the post-event survey. Results of this survey are used to help assist the CDHNS in planning of future events.

- 100% rated the event good to excellent.
- 45% of respondents were rural; 53% were urban; and 2% were both.
- 89% attended all the sessions; 11% attended either the ½ day am or ½ day pm sessions.

Congratulations to Lynn Wilson of Bedford who was the winner of the early bird registration prize.



Save the Date!

May 11, 2024 AGM

The CDHNS will be presenting their 2024 Annual General Meeting, virtually, once again. *More details to follow.*

Dental Hygienists in Your Community



Roxana Belleza, RDH

The CDHNS resource centre provided brushes and floss to Roxana Belleza, RDH, when she presented to elementary school children in Bedford.

"Thank you to the CDHNS for providing resources, which were used for a dental hygiene presentation recently given to primary students."

-Roxana Belleza, RDH

CDHNS Resource Centre

The CDHNS Resource Centre offers many types of resources, to assist dental hygienists in their profession. The Resource Centre offers a variety of both educational and promotional materials. These materials are available to CDHNS registrants who wish to provide outreach services to their community. Requests for resources can be made to members@cdhns.ca.

Advance notice is required so that we can prepare the items and get them to you in a timely manner.

CDHNS Council Call for Nominations

Notice: CDHNS Nominations and Election Information

3 positions on the CDHNS Council will become vacant in June 2024. This is a call for nominations to elect members to fill the vacant positions on the College Council.

General Information

The Council consists of 9 elected members of the CDHNS and 3 public representatives appointed by Governor in Council. The Council elects annually, from amongst its members, an Executive Committee. The Council meets at a minimum of three weekends per year to conduct business and other conference calls and special meetings, as needed. Council deliberations are guided by Vision and Mission statements (available on our website under About).

The CDHNS is required to have a Board of Directors (Council) to provide oversight and governance for the College. The Council oversees the financial situation of the College and approves standards and policies related to the regulation of dental hygiene in the province. The College and its Council operates within the Carver Policy Governance® model. Policy Governance® is a system of Board governance that provides a clear separation between governance (Council) and management responsibilities (Registrar and staff). Policy governance® enables Council to lead, direct, and control the defined outcomes of the College through carefully drafted policy statements (ENDS) and the monitoring of them. New Council members receive a full orientation to the Policy Governance® model following their election.

Dear Registrants

As a public member on CDHNS I welcome the opportunity to Chair the Nominations Committee.

The Council has had an interesting few months this fall, related to the passing of the Regulated Health Professions Act. In the next year we will see changes to many of our regulations, processes etc. Our Council make up may also change, probably by the end of 2024. At this time, however, we are following our usual regulations, and we know that 3 current Councillors' terms will expire by the end of June 2024, and therefore we need 3 Councillors to be named by that time. Usually, appointments are for 2 years, potentially renewable.

Your Council members display impressive expertise, experience and dedication to their role as Councillors. This is a great opportunity for you to be involved with your college, to help it continue to govern the profession in the public interest and promote excellence in dental hygiene care. Being a Council member is also a great learning experience as you develop a better understanding of the role of the college in professional regulation. Council meets three times a year, on Friday evenings and Saturday. Many meetings are by Zoom. If you choose to travel to Halifax for a Council meeting, expenses are covered, and you are compensated for your time at Council meetings.

The Council welcomes members from diverse backgrounds and experiences, from different areas of the province and different types of practise. Diversity makes us better able to make wise decisions in the public interest.

We hope you will consider letting your name stand for election, and fill in the attached forms, which must be received by *Feb 29, 2024*.

The three new Councillors will be elected in the spring of 2024, will be confirmed at the AGM in May and will take their positions after June 30, 2024.

Elizabeth Mann

Nominations Committee Chair, CDHNS Public Council Member

Nominations

Any registrant who is considering running for Council is invited to sit as an observer at the January 2024 Council Meeting. Please RSVP through the CDHNS at info@cdhns.ca

Registrants should consider candidates who have:

- ✓ An interest in serving the professional regulatory body
- ✓ Integrity and good personal judgment
- ✓ The ability to put the public interest first and only subject to that, the interest of the profession
- ✓ Effective interpersonal and communication skills
- ✓ A willingness to share opinions and ask questions
- ✓ The ability to listen to all perspectives without bias
- ✓ The willingness to commit time and energy

CDHNS Council Nomination Form

Part I

For Registrants of the College of Dental Hygienists of Nova Scotia

- While it is not mandated, in so far as possible, the slate should represent diversity with respect to geography, practice setting, and experience.
- All nominees must be registered and licensed registrants (practising) of CDHNS in good standing along with the other [nomination criteria](#).
- Nominations must be endorsed by two CDHNS registrants along with the consent of the nominee.
- Nominees must submit a biography form (included).
- Deadline for completed nominations to be received at the CDHNS office is **February 29, 2024 at 11:59 pm**. Nominations may remain open following this date if insufficient nominations are received to fill all vacant Council positions.

We, being registrants of CDHNS in good standing, nominate _____
(Print Name) (CDHNS Lic #)

For the position of:

☐ CDHNS Councillor: Two Year Term (Starts July 2024 – Ends June 2026)

Nominated By _____ RDH Signature _____
(Please Print) (CDHNS Lic #)

Nominated By _____ RDH Signature _____
(Please Print) (CDHNS Lic #)

CONSENT:

I, _____ accept this nomination. _____
(Print Name) (Signature)

This form is available for reprint on the CDHNS website (www.cdhns.ca) in the electronic version of the CDHNS Unison Winter 2023 Newsletter. Registrants can also access it by logging into the Registrant Portal Home page and going to the Library (CDHNS Nominations Form). Nominations will be announced in the Spring 2024 Unison Newsletter.

Return this completed form to: CDHNS 11 – 2625 Joseph Howe Dr., Halifax NS B3L 4G4, fax at (902) 444-7242, or email at info@cdhns.ca

Complete Part II on the next page

Nominations Form

Biography of Nominee for CDHNS Council Positions

Part II

Name: _____ Address: _____

Telephone: Home _____ Work _____

Email: _____

Dental Hygiene Education Program/Institution: _____ Year of graduation: _____

Other Relevant Post-Secondary Education: _____

Dental Hygiene Professional Experience(s): *Please include practice settings and areas of responsibility.*

Volunteer and/or Professional Activities:

Please include past or present volunteer experiences on Board(s), Council(s), or Committee(s)

Statement of Intent: Please write a brief statement on why you are standing for election to the Council. Consider including why you are interested in serving and what you hope to accomplish.

UNISON

WINTER
2023

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 52 Issue 3

Important dates to remember

February 29, 2024: Deadline for Council Nominations

April 1-30, 2024: National Oral Health Month

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

April 5, 2024: Dental Hygiene Student Research
Presentations

May 11, 2024: AGM, being held virtually

The CDHNS office will be closed on Monday, December 25, and
Tuesday, December 26, 2023 and on Monday January 1, 2024.



From all of us here at the CDHNS,
we wish you and your family
peaceful, joyful, and safe time
during this season.

College of Dental Hygienists of Nova Scotia

11-2625 Joseph Howe Drive
Halifax NS B3L 4G4

www.cdhns.ca