

CDHNS Virtual Continuing Competency Event:

Conscious Connections

Saturday, November 19, 2022 | 9:00 am - 4:00 pm

The entire continuing competency event will be held virtually. It will be live-streamed for all registered participants.

- Advance registration is required
- There is a fee to attend this event
- This event is open to CDHNS registrants and non-CDHNS participants
- Full day event worth 6 credit hours
- Half day event worth 3 credit hours

Program at a Glance

Time		Credit Hours	Category
9:00 - 11:00 am	"I'm Done with Dental Hygiene" – The Impact of Burnout Presenter: Kim Haslam	2	3
11:00-11:10 am	Break		
11:10-12:10 pm	Unconscious Bias Presenter: Ann Divine	1	1
12:10 - 12:40 pm	Lunch		
12:40 - 2:50 pm	Compassion Fatigue and Self-Care Presenter: Amy Sullivan <i>*There will be a 10-minute break – timing will be determined by the presenter.</i>	2	3
2:50 - 3:00 pm	Break		
3:00 - 4:00 pm	Client Compliance – Our Biggest Challenge Presenter: Andrea Hare	1	3

**Please note: Each presenter will provide a post-test evaluation of their session. Following the event, each registrant will be sent the appropriate post-tests, based on the sessions they registered to attend.*

Continuing Competency Event Details:



Kim Haslam
Dip DH, BA, MEd

"I'm Done with Dental Hygiene" - The Impact of Burnout | 9:00 am – 11:00 am

Session Summary: How many days have you dragged yourself out of bed and have said, "I just can't see another client"? You feel unappreciated at work, and you are 'done with dental hygiene'. If you recognize these signs in yourself, then you may be suffering from Burnout Syndrome. This presentation will help you recognize the symptoms of burnout and develop strategies that may help mitigate the impact on your professional and personal lives.

Kim worked as a clinical dental hygienist in private practice from 1985 to 2017. In 1992 she began her teaching career as a part-time clinical instructor at Dalhousie University's School of Dental Hygiene and is presently a full-time Assistant Professor at the School. Kim was part of a research team that worked on the project on burnout and dental hygienists. They recently published the study, Burnout syndrome in NS dental hygienists during COVID-19: Maslach Burnout Inventory, in the Canadian Journal of Dental Hygiene. Last year, the team did a similar presentation on burnout during the Dalhousie University, Faculty of Dentistry Homecoming event. Kim is presently working on a review of burnout in dental and dental hygiene students.



Ann Divine
MA, BA(Hons.),
Dip/SW

Unconscious Bias | 11:10 am – 12:10 pm

Session Summary: Bias is embedded in our attitudes and beliefs without us knowing. They are based on our upbringing, social location, influences of the media and educational institutions. These impact our everyday decision making and judgement.

Ann Divine is CEO and founder of Ashanti Leadership and Development Services Inc. Her education includes a Master's in Human Resource Management and Leadership Development from London, U.K. and Canada. She has a proven track record of success in business. Her focus is creating cultural and organizational change and supporting businesses.



Amy Sullivan
E.C.E, RPC

Compassion Fatigue and Self-Care (Two Workshops) | 12:40 pm – 2:50 pm

Workshop #1 Compassion Fatigue – Session Summary: Participants will learn what compassion fatigue is, how their own personal stress affects their body and strategies to support managing their stress. This workshop consists of a power point presentation, hands on exercise and reflection.

Workshop #2 Self-Care – Session Summary: Participants will learn what self-care is and is not and how it affects the body. We will have open discussions, power point and reflections on their experiences. We will finish off with creating a self-care plan. *(Participants will be required to be ready with a shoe lace, paper and a pen).*

Amy has been an Early Childhood Educator for 23 years, a registered professional counsellor for 4 years and a compassion fatigue educator for 3 years. One of Amy's goals when she became a counsellor was to be able to combine all of her training to support individuals in the helping field in a variety of ways. One of them being through education on compassion fatigue.



Andrea Hare
Dip DH, BSc, MEd

Client Compliance-Our Biggest Challenge | 3:00 pm – 4:00 pm

Session Summary: One of the biggest challenges that primary care practitioners face is helping people change long-standing behaviors and habits that pose significant health risks. The objective of this course is to explore the current understandings regarding how and why people change, and the potential role of motivational interviewing in facilitating behavior change in the general practice setting.

Andrea has over 18 years of dental hygiene experience and has held positions in clinical practice, teaching, management, and coaching. She currently serves as an instructor in the School of Dental Hygiene at Dalhousie University.

Cancellation and Refund Policy

All requests for cancellations and refunds must be received, in writing, via email to info@cdhns.ca prior to **Tuesday, November 8, 2022**. *No refunds* will be issued after that date. If possible, approved refunds will be provided in the manner of the original method of payment.

Private Policy

Information collected by the CDHNS via the events database system for registration in this event is for registration and communication purposes related solely to the CC Event.



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