

## Mission Statement

The College of Dental Hygienists of Nova Scotia, in the best interest of the public, regulates members, promotes excellence in care and advances the profession.

## CDHNS Award Winners Announced!

During the CDHNS's 5th Anniversary Celebration luncheon, two awards were implemented as part of the anniversary celebrations. The awards are meant to engage both clients and members, to raise awareness of the profession, and grow the resource potential of the College.



Left to Right: Cheryl Greer (Subaru), Corrina Recker, Rosemary Bourque (Member Services Committee)

"You Make Me Smile Award" is presented to a dental hygienist who has been nominated by a client for extraordinary care or concern. The CDHNS received multiple testimonials from patients in recognition of the value of services received from our members. The recipient of the first "You Make Me Smile Award" is Corrina Recker of Bedford.

"It is always a nice feeling to be recognized by both our clients and colleagues for the care we provide. Hats off to the College for initiating such a thoughtful award." - Corrina Recker

"Ambassador of the Year" Award is presented to the dental hygienist who has utilized the Resource Centre, providing education and supporting the community outreach objectives of the College to the fullest in the past year. The first "Ambassador" award was presented to Hilary Boudreau of Halifax.

"Being selected as the recipient for the first annual Ambassador of the Year award by the CDHNS was an incredibly proud, honourable and rewarding privilege. I have such high regard for the College, and I thank them for the opportunity to go out into the community and be able to focus on the root of our profession- education that leads to prevention!" - Hilary Boudreau



Left to Right: Hilary Boudreau, Jenn MacKay-Myra (CDHNS Admin. Assistant)

# CDHNS GOVERNANCE



Dear friends and colleagues,

As I embark on the challenge of the role of Council Chair for the coming year, I would like to express what an honour it is to accept this role. I am looking forward to a year of learning even more about our profession, encouraging progress in our current projects at hand, and forging new relationships with members and partners.

I would like to welcome some new council members to our council table. Shannon O'Neill joins Council as a brand new member; she currently works for Capital District Health Authority and lives in Beaverbank. Karen Fuller is returning to Council after a few years; she had been a council member in the past (including the role of Council Chair) and returns for another term. Karen resides in Antigonish. Welcome ladies!

The College of Dental Hygienists of Nova Scotia celebrated 5 years of self-regulation this past year – a significant achievement for our profession! A reception to celebrate this event was held during the spring AGM weekend. Members and invited guests celebrated together with awards, refreshments, and congratulatory wishes. It was so nice to have the chance to re-connect with colleagues while celebrating our success!

In the coming months, Council will be looking forward to networking with the New Brunswick College of Dental Hygienists at the Canadian Dental Hygienists' Association AGM in Moncton. We will also be finalizing the White Paper for government which will be a tool for advancing our role as oral health professionals.

There is much being done by Council on your behalf. Stay tuned and stay informed!

Sincerely,

Joyce Lind  
Chair, CDHNS 2014-2015

The next Council meeting will take place October 3, 4, 5, 2014

**The Unison**  
is the official newsletter of the  
College of Dental Hygienists of  
Nova Scotia.

Editor-In-Chief: Rosemary Bourque RDH  
Editorial Staff: Jenn MacKay-Myra

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CDHNS Human Resources  
Registrar: Patricia Grant  
Admin. Assistant: Jenn MacKay-Myra

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#### CDHNS office:

Armdale Professional Centre  
11-2625 Joseph Howe Drive  
Halifax Nova Scotia B3L 4G4  
Website: [www.cdhns.ca](http://www.cdhns.ca)  
E Mail: [info@cdhns.ca](mailto:info@cdhns.ca)  
Phone: (902) 444-7241  
Fax: (902) 444-7242

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#### AD RATES

2" x 3.5" \$40.00  
1/4 pg. \$65.00  
1/2 pg. \$155.00  
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We welcome your ideas,  
articles and letters.

Submit to the  
Editor at  
[unisonnews@cdhns.ca](mailto:unisonnews@cdhns.ca)

NEXT DEADLINE  
FOR SUBMISSIONS  
DECEMBER 1, 2014

# FROM THE DESK OF THE REGISTRAR

The summer has almost ended and fall will soon be upon us. Glorious autumn days bring the busy period of back to school, back to a routine and planning for your professional licence renewal!



## New Registrants

Since reporting on membership numbers in the Annual Report the CDHNS has registered 35 new members. Thirty-one of these were 2014 graduates. The majority were graduates of the School of Dental Hygiene at Dalhousie University and the remainder were from colleges outside the province. We congratulate all the new graduates and welcome the newest members to the profession and to the CDHNS!

## Local Anaesthetic

- *Authorization to administer Local Anaesthetic*

Members who complete a local anaesthetic course approved by the CDHNS must apply for recognition of their credentials by the CDHNS. Upon approval of their application, members will receive a Certificate of Recognition which they **must** display in any workplace where they are administering local anaesthetic as part of their dental hygiene practice.

- *Care Directive for Administration Local Anaesthetic - updated*

As noted in previous newsletters members have been inquiring about a sample of an "order" to be used in their place of employment when administering local anaesthetic. A Care Directive document with a sample care directive (order) for local anaesthetic has been updated and the revised version has been posted online in the members Library. This sample Care Directive will satisfy the requirement in DH Regulation 25 regarding administration of local anaesthetic under an order.

Offices may wish to adapt the Care Directive to suit their practice circumstances. Members may request a "Word" copy of the document for this purpose. If changes are made to suit the specific office circumstances members should send a copy of the revised Care Directive to the CDHNS to ensure that the care directive still meets the CDHNS requirements for a written order under the DH Regulation 25.

Anyone wanting further information on the use of the Care Directive or the requirement of a written order for use of local anaesthetic under Regulation 25 may contact the CDHNS at registrar@cdhns.ca or call (902) 444-7241.

## Council Education

As part of the CDHNS's ongoing initiative to build leadership capacity within the profession the Council held an education and leadership development session in March on Cultural Competence. Members of the various committees of the CDHNS joined Council for an informative and entertaining morning presentation by Robert Wright. Robert's background is in social work and he has a vast experience in race relations and other work around diversity. Cultural Competence refers to an ability to interact effectively with people of different cultures. Being culturally competent is important for all health care workers as radicalized and aboriginal Canadian populations increase in society our membership will become more diverse as will the clients we serve. The Council will consider a plan to develop Cultural Competence within our organization over the next few years. Robert Wright's presentation is available in the Library on the CDHNS website in the member sign in section.

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# DESK OF THE REGISTRAR Con't

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## Independent Practitioners

- *Informing the CDHNS*

Any practicing licensed member who is delivering dental hygiene care in an alternate practice setting even on an irregular or part time basis must inform the CDHNS. This is particularly true if you are delivering services directly to the public and charging fee for service.

- *Incorporation and Practice Reviews*

A working group under the direction of the Registrar will be formed this fall to begin preliminary work on Guidelines for Independent Dental Hygiene Practitioners under our legislation. Sections of the legislation address such things as incorporation of dental hygiene practices and quality assurance. Initial work will involve a search for existing documents and information gathering to inform our work.

## Member Services

Last fall the CDHNS undertook a search process to hire a part time /one day per week Member Services Coordinator who would be accountable for planning and implementing the activities and programming related to the member services side of the CDHNS based on the ENDS statements of Council. There was an excellent response to the posting and several well qualified applicants completed the three phases of the hiring process. The successful candidate was Laura Simmons.

Laura brought a wealth of experience in member services, event planning, media relations and corporate sponsorship to the CDHNS. This experience was demonstrated with the outcome of the 5th Anniversary Celebrations, AGM and Continuing Education Event. In addition Laura prepared news releases and organized on very short notice the National Dental Hygienists Week appearances on CTV. Unfortunately for the CDHNS Laura has taken a full time position and left the CDHNS at the end of June. The CDHNS wants to thank Laura for her hard work and dedication during her brief time with us and we wish her well in her new position.

Thank you to Angie Parker and Francine Leach, Council members who volunteered to work with Laura and appear on the TV spots.

## Ownership Linkage

Following the annual business meeting an Ownership Linkage questionnaire was distributed by Council highlighting a few of the accomplishments of the CDHNS in the past five years and asking members to reflect on what accomplishments they would like to see over the next five - ten years. Thank you to all those who completed the questionnaire. Member feedback is very important in shaping the "ENDS" statements of the CDHNS.

We are busy planning for the next five years of the CDHNS, to shape what will happen to the profession and to increase access to preventive and educational dental hygiene services for Nova Scotians. What will the next fifty years bring to health care and to dental hygiene?

*Patricia Grant*

Patricia Grant, Registrar  
August, 2014

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– Liz Nies RDH-EA, AS  
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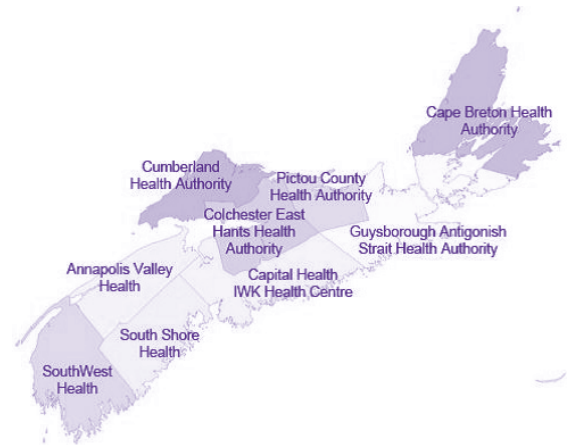


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# PUBLIC HEALTH IN NOVA SCOTIA

## HPV AND ORAL CANCER

The profession of Dental Hygiene takes on many roles depending on where you practice. I was employed as a clinical dental hygienist in private practice for 18 years prior to accepting the Public Health Dental Hygienist position. The clinical dental hygienist practices dental hygiene on an individual basis. Within Public Health, our "Patient" is the population and I work with other members of a team to improve the health of the population. Our team consists of nurses, nutritionists, health educators, epidemiologist, managers and a medical officer of health. Some partners in our district consist of our local schools, Family Resource Centres, Food banks, Community Health Boards & the Women's & Men's Health Centres to name a few. One very important partner is our local dental community which consists of dentists, dental hygienists & dental assistants. It is with this particular group in mind that the following project was initiated.



The idea for this project came during a lunch time discussion with Melissa MacLeod, Public Health Nurse - Team Lead, working within the Communicable Disease and Prevention Control program. We were discussing a recent article on the link between the Human Papilloma Virus (HPV) and Oral Cancer and how the Canadian Cancer Society acknowledged HPV infection as a potential risk factor for oral cancer development. Recognizing the gravity of the issue we decided to address the dental community to stress the importance of early screening on patients of all ages due to the addition of a new risk factor, HPV virus. The signs and symptoms, risk factors and prevention of Oral Cancer were reviewed as well as a four minute life saving video on how to conduct an extra & intra oral examination. Melissa discussed the types of HPV viruses, the vaccine that is publically funded currently in Nova Scotia for grade seven females as well as the way in which youth perceive sexual contact and risk today. Earlier sexual debut for youth and increased number of partners; increase the risk of a HPV infection.

While they may not possess the traditional modifiable risk factors such as tobacco and alcohol use the current literature is showing that individuals in their twenties are developing oral cancer. Since oral cancer can occur at any age, we encouraged our partners to perform oral cancer screenings and head and neck exams on their patients because early detection of oral cancer can greatly increase the success of treatment and reduce the likelihood that the cancer would spread to other parts of the body.

This presentation was available in two separate regions of our District to accommodate the bulk of dental professionals and a continuing education credit was offered to participants.

A positive spin off from this session was that one local office launched an awareness campaign and offered free oral cancer screenings for a day during the month of April which is Oral Health month as well as Cancer Awareness month.

Some of the resources handed out during these sessions include:

**Smile: Healthy Teeth, Healthy Body** pamphlet that is available through Health Canada free of charge at the following link: <http://www.hc-sc.gc.ca/hl-vs/pubs/oral-bucco/2009-smile-sourire/index-eng.php>

**Oral Cancer Awareness** fact sheet that is available to be purchased at [www.cdha.ca](http://www.cdha.ca)

Sharon Hearn  
Public Health Dental Hygienist  
Guysborough Antigonish Strait Health Authority

## Introducing SCPR for oral mucositis and xerostomia



### Clinical Evidence

Two randomized, controlled trials showed significant reductions in duration and severity of OM.

1. *Bone Marrow Transplantation*(2003)31,705-712
2. *Support Care Cancer*(2012)20,2223-2229

Multiple historical-control and matched-control trials support the conclusions of the randomized, controlled trials demonstrating improvements in swallowing, reduction in analgesia, shorter duration of mucositis.

### What is SCPR?

SCPR is supersaturated calcium phosphate rinse. SCPR functions as a saliva substitute for patients who are hypo salivary due to chemo or radiation therapy, xerostomia caused by other medications, or have damage to their mucosal lining or salivary glands from radiation, chemo, mTOR inhibitors or other drugs.

### Why is SCPR effective?

#### **Calcium ion.**

SCPR delivers high concentrations of  $\text{Ca}^{2+}$  ion to the oral cavity. Calcium is important in healing and healthy maintenance of the mucosal lining.

#### **Phosphate ion.**

Phosphates are natural buffers found throughout nature. They maintain the pH of the mouth. The phosphate component is important for lubrication of the gums, tongue and oral cavity.

### Precautions

SCPR contains 75mg of sodium per dose. Patients on sodium-restricted diets should consult with their doctor. May cause nausea. Although not recommended, SCPR is safe to swallow in normal doses. No known drug interactions.

### How to order SCPR

Contact Vilis Pharma:

- 1-888-833-1585
- [info@vilispharma.com](mailto:info@vilispharma.com)
- [www.vilispharma.com](http://www.vilispharma.com)

*Wholesale pricing is available for dental practices that want to sell SCPR*

**SCPR comes in two bottles. Solution A and solution B. Patients must mix 15mL of Solution A with 15 mL of solution B in order to active SCPR.**

# AGM AND CONTINUING EDUCATION CONFERENCE 2014

## Pre-Conference Speakers and Presentations

Two sponsored pre-conference speakers presented on Saturday, June 7, 2014. Mariana Leon of Phillips Sonic Care presented on Risk Assessments and Linda Mclarty, from Germiphene, Canada presented on Infection Prevention and Control, including a look at the new NSDA Guidelines. The CDHNS thanks both speakers and their sponsors for the support.



Prior to the Celebratory Reception attendees were invited to take in the Dalhousie University student and faculty educational posters and visit the commercial exhibitors and sponsors tables. Throughout the two days corporate sponsors and commercial exhibitors provided attendees with samples and information on products and resources.

## Celebratory Reception

The official kick off to the 5th Anniversary Celebrations was the Saturday evening welcoming reception. The room was beautifully decorated with the dental hygiene colors of purple and white. Many guests and members who assisted in the transition from the NSDHA to the CDHNS were in attendance. The highlight of the evening was having our two life members Kate MacDonald and Sue MacIntosh and our honorary member Bruce MacIntosh in attendance. Sue and Bruce proposed the toast to the CDHNS with wishes for a long and accomplished future. The Registrar presented a history of the NSDHA/CDHNS and various members who assisted in the process were recognized on stage.



## Thank you to our sponsors:

Major Sponsor: Sinclair Dental



Reception Sponsor: Patterson Dental



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Award Sponsors: Steele Subaru and Sunstar Butler





## AGM

The following morning on Sunday, June 8, 2014 the 5th Annual General Meeting of the CDHNS was held at the Atlantica Hotel, Halifax. The meeting was attended by 140 members. Members attending the AGM received a full color printed copy of the 5th Anniversary Annual Report containing photos taken at CDHNS meetings held all around the province over the last 5 years. If you were unable to join us at the meeting the Annual Report containing the Audit Statements is available in the Public Section of our website. Have a look to see if your photo was included. Besides the usual items of business there were door prizes and birthday cake!

## Continuing Education Conference



### Key Note Speaker

The conference presentations were themed around the preventive and educational aspects of the oral cancer and the head and neck exam. Following the AGM registrants for the continuing education sessions heard a nationally recognized Master Storyteller and performance artist Eva Grayzel. Eva communicates her story about a delayed Stage IV oral cancer diagnosis at age 33, in a unique and powerful way. Eva is a champion of early detection and founded the Six- Step Oral Screening™.

### Lunch and Awards

Attendees enjoyed a delicious lunch where we recognised the accomplishments of the past 5 years as a self regulating body. We heard from Wanda Fedora, independent practitioner who spoke on her vision for the future of the profession, and from our major corporate sponsor Sinclair Dental.

### Afternoon Continuing Education Program

The afternoon sessions continued with the oral cancer exam theme and featured Jordan Cameron and Sara Wade, both 2014 graduates of the Bachelor of Dental Hygiene program at Dalhousie University and their advisor Professor Cara Tax. They reported on the results of their survey regarding the practice of head and neck examinations by dental hygienists in Nova Scotia. This was followed by a review and a hands on session on head and neck exam techniques with Professor Peggy Maillet. These presentations are available on the CDHNS website.



### Save the Date:

The next AGM will be held the weekend of May 23 & 24, 2015

# LICENCE RENEWAL

RENEW – ON LINE and ON TIME!

## Notice of Expiry of Practicing Licenses

All Practicing Licenses will expire on October 31, 2014. In accordance with section 19 (b) of the Dental Hygienists Act and section 23 of the Dental Hygiene Regulation, licensed members must submit a complete application for renewal of their practice licence, including evidence of current CPR certification and fees, by October 31.

In accordance with section 34 of the Dental Hygiene Regulations if a member's renewal application is not received by October 31, the member's practicing licence is suspended. Continuing to provide dental hygiene services after suspension of the Practicing Licence is a contravention of the Act subject to fines and penalties. In addition, professional liability insurance will be considered null and void.

## Notice of Expiry of Non-Practicing Membership

Non Practicing memberships will expire on October 31, 2014. In accordance with section 19 (b) of the DH Act CDHNS, Non-practicing members must submit a complete application for renewal of their membership, including full payment of fees, by October 31, 2014.

Failure to renew your membership will result in cancellation of your registration and will cause your name to be "struck" from the register.



Just a friendly reminder... it's time to renew your 2014–2015 national professional membership with CDHA/CDHNS.

As the collective voice of the dental hygiene profession, CDHA is not just about strength in numbers. Our success also depends on the strength of our members, which is why we take great pride in offering a premium membership benefits program. Professional liability insurance for active members, subscriptions to publications, discounted continuing education opportunities, access to wellness programs and many other member driven benefits all allow you to be CDHA strong. Coming soon... free access to the mobile version of the e-CPS.

Early bird renewal by September 30 enters you in a draw for an iPad.

Renew your membership today.

**STRENGTH IN MEMBERS**  
THE CANADIAN DENTAL HYGIENISTS ASSOCIATION

**RENEW TODAY**



Nova Scotia Dental Hygiene members are eligible for the CDHA Early Bird draw. The name of members who renew the licence completely before September 30 are sent to CDHA. Renew early!

Members will receive a copy of their 2014/15 practicing licence renewal notice and information regarding renewal with this newsletter by September 1, 2014. In order to allow sufficient time for processing of applications for November 1, 2014 all applications and fees should be received in the CDHNS office on or before October 15, 2014.

**This will be the last year renewal notices will be mailed to registrants. Notice of renewal will be sent electronically only for 2015/2016 renewals. Please register a valid email address with your renewal.**

## REMEMBER, IT'S ONLY 3 EASY STEPS TO RENEWING ONLINE!

1. *Send CPR card to CDHNS - by fax, email, snail mail, or uploading to your member profile.*

- Members can send/upload their CPR card to the CDHNS office anytime! If your CPR has already been approved, the renewal link will show on your member profile page on September 1st.
- If you've not yet sent in your CPR card, send today! After September 1st, the renewal link will show on your member profile page one business day of the CDHNS approving your CPR card.

2. *Complete the renewal form online and when finished hit the invoice me button. You will receive an invoice by email.*

- Please read the information carefully. The application for renewal is a legal document which must be accurately completed in its entirety. An important part of the application is renewing the Fitness to Practice Declaration.
- If you answer yes to any of the questions in the declaration you must provide a written explanation. Failure to complete the application for renewal completely and honestly can result in delays in processing or refusal of the renewal application.

3. *Pay Your Fee either by an email money transfer, cheque, or money order by October 15, 2014.*

- Your receipt will be emailed to you. When you receive the receipt you know the CDHNS has renewed your licence.
- Your licence will be sent in the mail to your home address.

We encourage everyone to renew online.

### Paying your fees by Electronic Fund Transfers!

Some tips:

- The payment must be sent to [info@cdhns.ca](mailto:info@cdhns.ca)
- The member's name must be included in the message area.
- If the secret answer is anything other than what is sent in the notice, you must contact the CDHNS to confirm the answer.
- The secret question can be anything! Some members have used clever questions during the licence renewal which makes Jenn chuckle. A prize will be awarded to the funniest EFT question of the licence renewal period!

### CPR Courses in Nova Scotia

Saint John Ambulance  
[www.sja.ca/NSPEI](http://www.sja.ca/NSPEI)

Red Cross  
<https://apaccess.redcross.ca/coursemanager/coursesearch.aspx>

In HRM

Jim Willams  
[willgibconsult@eastlink.ca](mailto:willgibconsult@eastlink.ca)

In HRM and South Shore

Rick Courtney  
[www.cfatraining.ca](http://www.cfatraining.ca)

In Pictou County and Northern NS

Rosemary Bourque  
[r.b@ns.sympatico.ca](mailto:r.b@ns.sympatico.ca)

Please send your favourite CPR contact to the CDHNS so we may add them to our database.

## *Important Dates to Remember*

*October 15, 2014*

Licence renewal documents are due!

*November 1, 2014*

Start date of new licences

### **Caper 1 Study Club**

November 16, 2014  
1:30 to 3:30  
Cape Breton Regional  
Hospital Room 3612  
Topic: TBA

### **CPR in Pictou County**

CPR - Level HCP  
September 13, 2014  
PCHA Community Health Centre  
info: r.b@ns.sympatico.ca

### **CPR in Northern NS**

Friday, October 3, 2014  
9:00am and 1:00pm  
Truro, NS  
info: hwinters87@hotmail.com

### **CPR in HRM**

CPR - Level HCP  
August 23, 2014 &  
September 20, 2014  
103 Thorne Avenue, Burnside  
info: willgibconsult@bellaliant.net  
(902) 476-5173 (Jim Williams)

### **South Shore Study Club Meeting**

November 1 or 15, 2014  
Liverpool Superstore  
Date and Topic: TBA

