

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.

April is Oral Health Month

To promote our wonderful profession and to honour our members, the CDHNS had reinstated the **"You Make Me Smile" Award** and the **"Ambassador of the Year" Award**.

The **"You Make Me Smile" Award** is presented to a dental hygienist who has been nominated by a client for extraordinary care or concern. Posters can be displayed to spread awareness of the award in offices; they are available on page 6 of this newsletter.

The winner will be awarded with a **COMPLIMENTARY REGISTRATION** for the AGM and CE Conference on June 4th, a great prize, and will be featured in an upcoming issue of The Unison.

Our ambassadors explore opportunities for alternative practice settings and utilize a broader scope of practice as oral health providers and promoters, client advocates, educators, researchers, entrepreneurs or employees.

The **"Ambassador of the Year" Award** is presented to the dental hygienist who has provided education and supported the community outreach objectives of the College to the fullest in the past year.

The winner will be presented with a great prize during lunch at the AGM and CE Conference on June 4th and will be featured in an upcoming issue of The Unison.

This AGM and CE Day marks the fifth continuing competency event that the CDHNS has sponsored. A special recognition will be given to members who have attended all CDHNS CE Events, including the upcoming AGM and CE Event on June 4th.

April 9 - 15, 2016 is National Dental Hygienist Week!

The CDHNS encourages its members to explore the many ways they can promote National Dental Hygienist Week and Oral Health Month in their communities. Providing education through a community presentation, volunteering at a Gift From the Heart event, discussing oral health with government officials, or taking the time to provide oral health care to a Nova Scotian that would otherwise go without.

Let us know how you celebrate National Dental Hygienist Week, and we may promote it in a future edition of the Unison. This may also be the winning entry for the "Ambassador of the Year" Award!

ANNOUNCEMENTS

Dalhousie Dental Hygiene Presentations

An Evening of CE for Clinicians While Supporting Our Students' Education

Rescheduled for Friday, April 1, 2016

Agenda

Registration: 5:00pm
Presentations: 5:30 - 8:00 pm

Location: Faculty of Dentistry

- Main Floor Clinic- 2nd Floor (Dental Student Table Clinics)
- 4th Floor Classrooms (Dental Hygiene Student Presentations)

Credits: 2 hours (To receive CE credits you must sign-in at the registration desk by 6pm)

Dental Hygiene Student Professional Presentations for the Public

Second year dental hygiene students, in groups of 4 students, will be giving 15-20 minute presentations that have been researched and will focus on providing optimal oral hygiene care to people with a variety of medical and dental hygiene. The presentations will be held in classrooms and will be in PowerPoint formats. Handouts will be provided.

The topics of the presentations this year will be 'A Client Presents to the Dental Hygiene Office with a Medical Emergency'. See the following list for the Medical Emergencies being discussed.

Time	4116	4117
5:30	Cardiovascular Accident/TIA	LA Emergencies
6:00	Allergic Reaction	Dental Hygiene Office Emergency Care Procedures
6:30	Dental Hygiene Emergencies	Epilepsy/Vasovagal Syncope/ Postural Hypotension
7:00	Chest Pain/ Myocardial Infraction	Respiratory Difficulty
7:30	Diabetes	Panic Attacks/PTSD

Reminder!!!

Members must submit their CPR card to the CDHNS to be eligible to renew their licence.

Register for your CPR course early!

Members can upload their CPR cards online at any time.

CDHNS Members Sharing Their Smiles and Stories on TV



In December, the CDHNS put out a call to its members seeking dental hygienists who would like to be part of a series of Sensodyne commercials.

We are happy to report that two members from Nova Scotia, Andrea Hare and Wendy Wells were recently flown to Toronto ON to shoot the commercials.

Look for them on a TV near you in May 2016!

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

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For previous and current issues of
the Unison visit: www.cdhns.ca
Left Tab Members, Publications
and click on Issue.

AD RATES

2" x 3.5" \$30.00
1/4 pg. \$55.00
1/2 pg. \$125.00
Full pg. \$195.00

Rates are subject to change.

Publication of an ad does
not necessarily imply that
the CDHNS agrees or
supports the claims therein.

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

NEXT DEADLINE
FOR SUBMISSIONS
AUGUST 1, 2016

FROM THE DESK OF THE REGISTRAR



As I write I am thinking that everything is relative! That is compared to last winter's weather, we have fared much better this season and we are so grateful for sunny skies and -10 degrees. Council is planning for the AGM and CE on June 04, 2016. You will see further information about the AGM including the nominees for election to Council in this edition of the Unison. As well as information on the CDHNS annual Continuing Competency Event - "Focus on the Workplace". Including information on our exciting and entertaining key note speaker!

Earlier this week I reviewed the Entry-to-Practice National Dental Hygiene Competencies and Standards for Canadian Dental Hygienists for the new blueprint for the National Dental Hygiene Certification Board exam. These Entry-to-Practice Competencies were approved by the CDHNS as a practice standard for all dental hygienists in Nova Scotia in 2010. One competency for entry-to-practice under Dental Hygiene Assessment (pg.41) is: "Recognize the influence of the determinants of health on oral health status." (http://www.cdha.ca/pdfs/Competencies_and_Standards.pdf)

The World Health Organization (WHO) defines the social determinants of health as the circumstances in which people are born, develop, live and age. They include:

- income and income distribution
- early life
- education
- housing
- food security
- employment and working conditions
- unemployment and job security
- social safety net
- social inclusion and exclusion
- health services

Yesterday I attended a presentation held at Dalhousie University Medical School regarding Health Equity and the Social Determinants of Health in Canada. The presenters discussed the factors which determine the Health of Canadians. Two presenters used the same slide titled "What Makes Canadians Sick?" produced by the Canadian Medical Association (CMA). Surprisingly the health care system as it exists only makes up 25% of the health of Canadians, fifty percent of what makes Canadians sick are factors associated with the determinants of health. On the CMA website you can see the slide and the depiction of what makes Canadians sick according to the CMA. (<https://www.cma.ca/En/Pages/health-equity.aspx>)

One of the presenters Dr. Ryan Meili is the Executive Director of "Upstream", a Saskatoon-based non-profit that works to reframe public discourse around addressing the social determinants of health in order to build a healthier society. (http://www.thinkupstream.net/about_upstream)

Council continues to seek information through ownership linkages from both the CDHNS's moral owners "the public" and their legal owners "the members". Information gained through ownership linkage is used by Council to shape their "Ends" policies.

At the January Council meeting, two interesting and informative ownership linkage sessions with moral owners took place. These were with Dr. John Ross, a Capital Health emergency room physician and professor and residency program director at Dalhousie University and Dr. Greg Jones, Regional Dental Officer for Health Canada, First Nations Inuit Health for the Atlantic Provinces. Both of these individuals were asked to respond to questions concerning trends in health care and the impacts on Nova Scotians, specifically on the topic of "Oral Health Care Coverage for All". Both speakers in responding to questions identified factors in the determinants of health.

Dr. Ross gained Council's attention from an interesting article published in the Chronicle Herald in 2015, entitled "Reboot multi-tier, haphazard 'disease care' system." (You can find the article at <http://thechronicleherald.ca/opinion/1303865-dr.-john-ross-reboot-multi-tier-haphazard-%E2%80%99disease-care%E2%80%99-system>.)

Since oral health is an integral part of overall health those same determinants of health must be considered when we ask "What makes Canadians have poor oral health?" Do we as health care practitioners "Recognize the influence of the determinants of health on oral health status."? Are we practicing to the standard of that entry level competency? What might improve our ability to meet this practice standard? Consider does your practice include a social history which considers the determinants of health, are treatment alternatives considered, are you culturally competent and do you know what resources are available in your community to refer those clients who struggle with issues influenced by the determinants of health? What are some of the current solutions being discussed to address equity and the social determinants of health? (Hint - see "Upstream" above)

The CDHNS continues to look for and take opportunities to forward the recommendations of the White Paper - Dental Hygienists Prevent More to Treat Less all of which was written with the determinants of health in mind.

Happy Spring and see you at the AGM.

Patricia Grant
Patricia Grant
Registrar, March 2016

CDHNS UPDATES

Continuing Competency Committee

The Continuing Competency Committee met on February 13, 2016 to complete the Continuing Competency Audits. Of the 39 audits conducted, 29 met the requirements, and 10 failed to meet the requirements set out in the Continuing Competency Guidelines. To date, 9 members have sent in additional documentation and/or completed additional courses to complete the credits outstanding from their 2015 CE cycle. The remaining member has submitted a plan to complete which was accepted by the CDHNS and will be complete mid-April. One member did not submit their audit documents and has since cancelled her non-practicing membership with the CDHNS.

The main reasons that members' audits were incomplete included:

- Lack of Certificate of Attendance forms for CPR

Members must submit a Certificate of Attendance to receive full credits for their CPR courses. If only the CPR card is submitted, members will receive 1 credit for that CPR course.

- Credits on a sponsoring company's Certificate of Attendance are not necessarily as specified in the Guidelines nor accepted by the Continuing Competency Committee.

Many companies and/or sponsors advertise their courses to be a set amount of credits, or within a certain category, or show the amount of hands-on credits attendees will receive. Members must follow the CDHNS Guidelines for proper categorization and hands-on courses will not receive 2 credits per hour as of January 2016.

- Incomplete information on course receipts including a course description and times.

Without complete information showing on a CE receipt, the Continuing Competency Committee cannot determine the category or the amount of credits that a course will be valued. For example, companies may place a credit amount on their receipt without showing the amount of hours the course was held. If a receipt does not show the information required for the Committee to determine the course's value, the member must submit more information. All members are encouraged to keep the course outline, including a schedule, to be submitted at the time of audit.

During the Continuing Competency Committee meeting, all study club reports that were submitted for 2015 were reviewed and assigned credits to the meetings. Study Clubs that failed to respond and did not submit their annual report were deleted from the CDHNS list of study clubs as per the Guidelines. Study Clubs may be reinstated by submitting the completed annual form and paying the applicable reinstatement fee.

Some in-office study clubs have office meetings or office business topics on their study club report. These types of meetings do not meet the Continuing Competency Guidelines and are not awarded any CE credits.

Three Year Notice: Regulatory Change re: Practice Hours Requirement

(effective beginning in the three-year period starting from November 1, 2017)

The CDHNS is currently seeking regulation changes to establish practice hour requirements as provided for under the Dental Hygienists Act, Section 7. ss.4 (d)

"The Council may, with the approval of the Governor in Council and subject to this Act, make regulations respecting requirements for members to participate in any such program, and including continuing education requirements or practice-hour requirements of members for registration or licensing.

Three-year notice is hereby given that Council has approved a requirement for licencing or licence renewal that for registrants who have graduated more than three years prior to their application for a licence or licence renewal the registrant provide evidence of 600 hours of practice as a dental hygienist within the 3 years immediately preceding the date the Registrar receives a complete application.

Hours of practice will be tracked beginning from November 1, 2017 and the 600 hours requirement will take effect on November 01, 2020.

For more information and background on this subject see Unison, Vol 43, Issue 3 Quality Assurance – Practice Hours at: <http://www.cdhns.ca/Unison%20CDHNS%20Newsletter%20March%202015.pdf>.

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3. Additional Income
4. It can often lead to a permanent position
5. Work when your schedule allows



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**Dental Hygienists
of Nova Scotia**

Presents

*Dental hygienists, as primary care
givers, provide professional services
that improve quality of life through
prevention and education.*

THE YOU MAKE ME SMILE! AWARD

*Dental hygienists win this award by submissions from
their clients. Tell us why YOUR dental hygienist de-
serves to win this award. What made you happy, or
how was your life improved?*



Information that needs to be included:

Your Name

Your Phone Number

Your Email Address

Your Dental Hygienists Name

Your Dental Hygienist's Office

What have they done to make you smile?

The winner will be announced at the CDHNS AGM on June 4, 2016.

**Send your story to
info@cdhns.ca
by May 15, 2016**

College of Dental Hygienists of Nova Scotia

11-2625 Joseph Howe Drive Halifax NS B3L 4G4

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AGM 2016

When:

June 4, 2016

Where:

McNally Main Theatre, Saint Mary's University
Halifax, NS

Annual General Meeting

8:30am - 10:00am

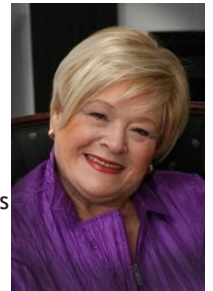
The AGM is free and open to everyone. The You Make Me Smile Award will be given at the AGM, be sure to place the poster (to the left) at your workplace to be nominated by your clients!

Continuing Education Event - *“Focus on The Workplace”*

10:30am - 4:30pm

Keynote Speaker - Barb Fry, RN, BN, M.Ad.Ed

Barb as a registered nurse, adult educator, professional speaker, workplace relationship consultant and business owner applies her knowledge of relational learning and professional experience to facilitating quality of work life improvement in a variety of healthcare and business settings. Barb's high energy and humorous presentations focus on professional individual and collective accountability for creating healthy workplace relationships.



Barb will be speaking on **Thriving in Our Changing Workplace**

In today's rapidly changing healthcare settings Dental Hygienists are called upon to continuously adapt their professional practice to accommodate new rules and new roles, collaborate with diverse service providers, and manage increasingly challenging populations and relationships. While some may thrive as they move forward in this new world order many more struggle to 'survive'. This high energy, humorous, reflective, and inspirational presentation will challenge participants to examine their own attitudes and behaviors as well as those of their colleagues and their impact on the quality their workplace relationships and patient/client care outcomes. Other highlights include managing the antics of 'negaholics', workplace royalty, and other 'undiscussables' that create barriers in practice. It will conclude with tips for thriving as a practitioner and a call to action for strengthening professional relationships and creating places where people want to work.

Highlights for the afternoon include other employment issues:

- The 2015 CDHA Employment and Salary Survey
- Information on independent practice including a live panel discussion with two independent dental hygiene practitioners

Registration is required for both the AGM and the Continuing Education Event and will be available on April 1st through members' profiles. The full-day event will cost \$75.00 and qualifies for 6.5 credits in Category 3.

NOMINATIONS

The following CDHNS members have been nominated according to the rules set out and have accepted the nomination for election to the CDHNS Council at the AGM on June 4, 2016. Each nominee was asked to submit a brief biography and a statement of intent. The following names have offered for the **four** positions opening on Council.

Allison Craig

Hebbsville

Dalhousie 1996

Allison has practiced in private practice for 8 years in Truro and the South Shore, and is currently a public health dental hygienist for 11 years. Allison has completed many courses through her public health work and is responsible for the Fluoride Mouthrinse Program which allows her to work collaboratively with children and volunteers, the education system and public health. Allison has been a NSDHA Board Member, Chair of her local component society, a member of the Continuing Competency Committee, and secretary of her local study club.

Statement of Intent: I am interested in serving on the CDHNS Council because I enjoy being involved in my profession. I would bring a wide variety of knowledge, skills and experience to the position. I look forward to a chance to expand my contribution to and understanding of the role governing bodies play in creating conditions that support oral health for all.

Shannon O'Neill

Beaver Bank

Dalhousie 1997

Shannon brings nine years of private practice experience and ten years of public health experience, specializing in children's oral health, Fluoride Mouthrinse Program, and promoting healthy public policy. Shannon is a past-Chair of the Halifax Dental Hygiene Society, has volunteered with the NSDHA and the CDHA, and has been on Council for two years.

Statement of Intent: I am standing for election because I am invested in innovative ways to move to profession of dental hygiene forward to best serve the public, especially groups that are not served by the traditional fee for service model of oral health care.

Vanessa Romain-Amirault

Yarmouth

Dalhousie 2011

Vanessa works in orthodontics in both Yarmouth and Bridgewater, as well as a general dentistry office in Barrington, that is the first in the community in 27 years. Vanessa is the Chair of the South West Nova Dental Hygiene Study Club for two years.

Statement of Intent: I feel that by becoming a Council member and being Chair of the SWNDHSC that I could properly represent South West Nova at its fullest, while being active in my career as a dental hygienist.

Donna Samson

Louisdale

Dalhousie 1991

Donna has worked in private practice settings in British Columbia, where she practiced local anaesthetic, and Nova Scotia before becoming a Public Health Dental Hygienist in 2000 and has been working as a Public Health Manager since 2007. Donna is active in her church and has volunteered on the Richmond Literacy Coalition for several years.

Statement of Intent: I have greatly enjoyed my time on Council thus far. It has given me an opportunity to be fully engaged in the profession, to influence the future of the profession, as well as the service we provide to our legal and moral owners.

AGM 2015 MINUTES

CDHNS Annual General Meeting Minutes
Sunday, May 24, 2015
Potter Auditorium, Dalhousie Campus
Halifax NS

1. Announcements

Two notices from the membership were announced at the beginning of the AGM including a continuing competency event, and an opportunity to volunteer clinical hours. CDHNS distributed bookmarks throughout NS libraries in April and encouraged its members to take a picture of themselves holding the bookmark. Each member that supplied a picture was entered in a draw for a \$50.00 gift certificate. The winner of the draw was Sharon Hearn and she received her prize at the AGM.

2. Call to Order

Joyce Lind, Chair of Council, called the Annual General Meeting to order at 8:30am.

3. Welcome and Opening Remarks

Joyce Lind welcomed everyone to the meeting. Patricia Grant, CDHNS Registrar, introduced the CDHNS Council Members in attendance.

4. Additions to the Agenda

There were no additions to the Agenda.

5. Approval of Agenda

Motion: To approve the Agenda as circulated: Dianna Major, seconded by Wendy Stewart. Motion passed.

6. Approval of CDHNS AGM June 8, 2014 Minutes

Motion: To approve the Minutes of the CDHNS AGM of June 8, 2014: Patty Powell, seconded by Shannon O'Neill. Motion passed.

7. Annual Report / Audit Statements- copies circulated

Patricia Grant spoke to the Annual Report. The financial statements included in the annual report were approved by Council on May 23, 2015.

Motion: That the annual report, including the audit statements, have been received by the membership: Donna Samson, seconded by Jerry Craig. Motion passed.

8. CDHA Representative - Joanne Noye, NS Director

Joanne Noye, NS Director of CDHA, presented a PowerPoint on the CDHA's activities over the past year.

9. CDHNS Council Ownership Linkage - Sara Harding, Chair

Sara Harding, Chair of the CDHNS Council Ownership Linkage Committee, gave a brief overview of what the Committee will be undertaking in the near future. Members were encouraged to volunteer for focus groups the Committee will be hosting over the coming two years.

10. Report of the Nominations Committee

There were five (5) vacant positions available on Council, and five (5) candidates. The candidates were elected to Council by acclamation.

11. Election of New Council

Donna Samson, Executive Member of Council, read the nominations slate announcing the new members of Council. The following members were elected to Council on May 24, 2015: Jennifer Clark, Joyce Lind, Nicole MacCormack, Carrie Morrison, and Angie Nowe. These Council Members will serve a two-year term ending May 2017.

12. Special Recognitions

Three elected members of Council and one public member of Council ended their terms and received certificates of distinguished service:

Cathy MacLean, the Council's first Public Member, served on the CDHNS Council from 2012-2015.

Jerry Craig, served on the CDHNS Council from 2013- 2015.

Sara Harding, served on the Council from 2009 – 2015.

Wendy Stewart, served on the Council from 2009 – 2015, including Council Chair from 2012-2014.

Two members of the College received special recognition for their service:

Sue MacIntosh, served on the Hearing Committee from 2009 – 2015.

Jackie White, served on the Continuing Competency Committee from 2009 – 2015, including Committee Chair from 2012-2015

Patricia Grant received a certificate recognizing her as a Life Member of the College of Dental Hygienists of Nova Scotia as was presented at the AGM in 2014.

13. Adjournment

The meeting was adjourned at 9:15am.

SPECIAL MORTGAGE STRATEGY FROM MANULIFE BANK

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HIGHLIGHTS:

- ✚ OPTION OF INTEREST PAYMENTS ONLY ON MORTGAGE DEBT DURING PERIODS OF REDUCED CASH FLOW (I.E.) UNEXPECTED MONTHLY EXPENSE, PERIODS OF INCOME UNCERTAINTY, ETC.
- ✚ WE PAY MIGRATION COST, LEGAL FEES AND APPRAISAL COST
- ✚ SIMPLE INTEREST VERSES COMPOUND INTEREST USED IN MORTGAGE CALCULATION
- ✚ ACTUAL SCENARIO: MALE 42, FEMALE 40, MORTGAGE BALANCE \$246,266; MONTHLY PAYMENT \$1,471.00. MANULIFE ONE BANK PAYMENT \$718.00 – MONTHLY SAVINGS \$753.00.
- ✚ INCREASED RATE OF RETURN ON SHORT TERM SAVINGS, EDUCATION ACCOUNTS & LONG TERM (RETIREMENT) ACCOUNTS

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E-MAIL: KNIGHT@EASTLINK.CA

Important Dates to Remember

April 1, 2016
Dalhousie Dental Hygiene
Student Presentations

April 16, 2016
South Shore Study Club CPR Course
email r.b@ns.sympatico.ca for details

June 5, 2016
Capers1 Study Club CPR Course
email wandafedora@gmail.com for details

April 9-16, 2016
National Dental Hygienists Week

May 13-14, 2016
CDHNS Council Meeting

September 1 - October 1
Licence Renewal Period

June 4, 2016
AGM & CE Day

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www.cdhns.ca



Has your contact information changed?
Remember to update your contact information
including address, phone numbers, email addresses
and work information on your member profile.

