

College of Dental Hygienists of Nova Scotia

UNISON

Mailed Under the Canada Post Publications Mail Sales Agreement No. 1925350

Volume 40

Issue 1

Fall 2011

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.*

Developed by the 2009 NSDHA/CDHNS Working Group

Dates To Note

CDHNS Licence Fees Due
By October 31st.
Submit By October 15th!
to ensure time for
processing.

CDHNS Council Meeting
October 21-22, 2011

CDHNS Self-Initiation
Course completion
deadline Oct. 31, 2011

From the Desk of the Registrar

I hope everyone has had a safe and relaxing summer in Nova Scotia despite our rather poor weather. Over the summer the CDHNS has been planning for the fall 2011/2012 membership renewal period which includes the 2009 group who must complete the Self Initiation Course by November 1, 2011. The following items are highlights of the CDHNS activities since the spring edition of the Unison.

Regulatory Issues

Membership

As of August 02, 2011 there are 643 members of the CDHNS who hold a practicing licence. There are 28 non practicing members. Since Nov 3, 2010 there have been 29 practicing licences issued. Of these, 20 were new graduates, 14 of these were from Dalhousie University School of Dental Hygiene, 4 were from Oulton College in New Brunswick and 2 were from other colleges in Ontario.



There were seven members who moved from the non practicing to the practicing status and two members moved to Nova Scotia from other provinces.

Annual General Meeting (AGM)

The second Annual General Meeting of the College of Dental Hygienists of Nova Scotia (CDHNS) was held on June 12, 2011 following the CDHA National Conference. Once again it was extremely well attended by close to 200 members. The meeting provided an opportunity for members to participate in the CDHNS and bring issues to the floor. One such issue was the continuing competency credits awarded for the required annual CPR. This discussion resulted in a motion to survey the membership on the credits awarded.

The Annual Report and Audit Report were presented at the meeting.

continued on page 2

In This Issue

page

From the Desk of	1
Contact Info	2
CE	3
Society Meetings	3
Introducing Council	4
Pay It Forward	5
CPR Editorial	6



Continued from page 1

From the Desk Of...

Five Council members were elected by acclamation. Two were new to council and three were returning council members offering for a second term. (see new council feature in this newsletter)

The 2011 Annual Report and the auditor's statement are available on the CDHNS website at www.cdhns.ca

Council Meeting

The Council met on June 11 prior to the AGM. Henri Michaud of Wilde, Timmons and Michaud Accountants met with the Council to address the auditor's report and discuss financial issues. The April 30 year end in relation to the timing of the AGM meeting was discussed. The council agreed that the Registrar may adjust the year end in the future to better align the licence renewal date, the Audit and the AGM. In addition the Council approved the establishment of an internally restricted reserve fund to finance contingencies related to the costs of discipline matters. Next Scheduled Council meeting: Halifax, October 21 & 22, 2011

Licence Renewal

The CDHNS membership year is from November 1 to October 31 each year. Members will receive their 2011/2012 licence renewal applications in early September and are encouraged to complete and return them promptly with their CPR renewal card and fees. CPR must have been completed within the twelve months prior to the application date. Applications must be received by October 15, 2011 to be processed by the deadline of November 1.

For the third year the CDHNS will hold their licensing fees at \$600.00 (includes \$162.00 CDHA fee) as per the CDHNS three year strategic plan. Since 2009 the CDHA portion of the fee has increased by \$6.00 with another increase to \$164.00 or \$165.00 for next year. In effect this has decreased the CDHNS income over the past two years. A moderate increase in the 2012/2013 licensing fee will occur as a result of this and other costs increases.

Self Initiation

There are 486 practicing members who have been authorized to self initiate dental hygiene care by the CDHNS. Any member who has completed the course must submit their certificate of completion and request authorization from the CDHNS.

There are 137 members remaining who were licensed in 2009 who must complete the course by November 1st, 2011 to remain eligible for a practicing licence. These individuals have been contacted by the CDHNS to receive six and three month notices. We have received 25 notices of intent from individuals expressing their intention to complete the course prior to licence renewal. There are 111 members who did not respond to the notices. These individuals should contact the CDHNS immediately to avoid potential interruption in their ability to practice.

Oral anaesthesia recognition of credentials

There are 54 members who have had their credentials to administer local anaesthetic recognized by the CDHNS. These are members who have taken a recognized oral anaesthetic course in another jurisdiction and have demonstrated currency in the competency according to the CDHNS policy, and members who completed the initial pilot program(s) in local anaesthetic offered by Dalhousie Continuing Dental Education in April, 2011. The first program that was offered by Dalhousie Continuing Dental Education (CDE) in April, 2011 was approved by the CDHNS for recognition as a pilot only. Recognition of any future courses is under review pending further inquiry by the CDHNS and discussion with CDE. It is unlikely that the course offered as it now stands will be recognised in other jurisdictions in Canada. The CDHNS will need to address this aspect and members should check with the CDHNS before taking any local anaesthetic programs.

Membership Services

Name Tags:

Members who ordered name tags through the CDHNS will receive their name tag with their new licences.

Calendar:

Council agreed to once again sponsor the date calendar for the membership. The 2012 calendars will be distributed with either the new licences or the December newsletter.

Practice Issues

Lasers

The CDHNS has received several inquiries regarding the use of lasers in non surgical

The Unison is the Official Newsletter of the College of Dental Hygienists of Nova Scotia.

Editor-In-Chief Rosemary Bourque RDH

Published 3 times per year: March/April,
December/January, August/September
Canada Post Publications Mail #1925350

CDHNS office: Armdale Professional Centre
2625 Joseph Howe Drive Unit # 26
Halifax Nova Scotia B3L 4G4
Website: www.cdhns.ca
E Mail: info@cdhns.ca
Phone: (902) 444-7241
Fax: (902) 444-7242

The Unison is published online at:
www.cdhns.ca
For previous and current issues
Left Tab Members, Publications
and click on Issue.

CDHNS Council

Karen Wolf Antigonish
Rosemary Bourque New Glasgow
Dawna Ernst Henry Timberlea
Jackie White Cape Breton
Sara Harding South Shore
Wendy Stewart Halifax
Joanne Noye Dartmouth
Joyce Lind Cape Breton
Ann McCarthur Annapolis Valley

CDHA/IFDH Representative: Joanne Noye
CDHNS Staff: Registrar Patricia Grant
Administrative Assistant: Jenn MacKay

AD RATES

2" x 3.5" \$25.00
1/4 pg. \$50.00
1/2 pg. \$95.00
Full pg. \$145.00

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
DECEMBER 1 2011

continued on page 07

Soci t  Alzheimer Society

NOVA SCOTIA

22 Provincial Alzheimer Conference
November 7 & 8, 2011
Holiday Inn Harbourview, Dartmouth NS
www.alzheimer.ns.ca

Halifax Dental Hygiene Society's

next meeting to start off the new fiscal year (2011/2012) will be:

Date: September 25th 2011.

Time: 12:30-2:30.

Place: Sackville Community Center 45 Connolly Rd.

CE: presenter Dr Stacey Matheson, Periodontist.

Save \$5 and avoid a line-up at the meeting: early-bird registration of \$10 if paid by August 31st. Form previously posted on site and sent to existing members via email.

ADHA
offers online CE,
for a fee or free of
charge.

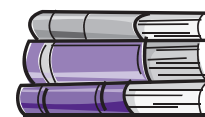
[www.adha.org/CE_courses/
index.html](http://www.adha.org/CE_courses/index.html)

More online CE

[https://
ce.dimensionsofdentalhygiene.com/
courses.asp](https://ce.dimensionsofdentalhygiene.com/courses.asp)

ALSO VISIT

www.rdhmag.com



Northern Society Dental Hygiene Study Club
arranging CPR for Fall 2011 TBA via
phone tree and email. Also ck the CDHNS website for postings.

DVD Quarterly of Dental Hygiene

ONE OF NOVA SCOTIA'S TOP SOURCES OF CONTINUING EDUCATION FOR DENTAL HYGIENISTS

- **"NEW"** – now available for streaming directly to your computer
- **Delivered in easy-to-use DVD format to view at home when convenient**
- **Now in its 7th year of providing high quality programming**
- **Four issues per year providing 12 credit hours of Continuing Education**
- **Interactive component provides testing with each educational presentation**
- **Certificate of Participation available for each issue**

CDHA Members Receive a 25% Pricing Discount

CDHA Member Cost \$132.70 + 13% HST = \$149.95

(CDHA non-member cost \$176.93 + 13% HST = \$199.93)

Visit www.dvdquarterly.com to subscribe, or call 1-866-999-2999

Introducing CDHNS Council 2011-12

New Councillors



Joyce Lind

Joyce graduated from the Dalhousie University School of Dental Hygiene in 1985. She has spent her 26 year career almost exclusively as a public health dental hygienist, except for a few part-time private practice experiences. Her role as a public health hygienist has evolved substantially over the years, providing experience in clinical screenings, research roles, community advocacy for water fluoridation, preventive & educational programs in school and community settings,

and a wide variety of committee roles (incl. Quality Team for Accreditation, Joint Occupational Health & Safety, Provincial Dental Working Group, and Community Consultation Project). Joyce's passion for public health brings a unique perspective to the council, where the dental hygiene client is the community. Joyce has also been an avid community volunteer and currently serves on the Robin Foote School Advisory Council as chair. Joyce resides in Cape Breton.

Ann MacArthur

Ann has been a constant in general dental practice in Windsor since she graduated from Dalhousie in 1992. She has been active on her Component executive and is an elder in her United Church. She enjoys yoga, tai chi, sewing, reading and participated in the Mayor's Task Force on Arts and Culture. Ann holds a Bsc in Home Economics and looks forward to being on council participating in the ongoing development of our profession.



CDHNS Councillors make an ongoing commitment to the public and CDHNS members through participation in the governance of the College.

As of June 2011, Stephanie Stevens and Dianne Chalmers completed their terms as Councillors. We are grateful for their contribution.

Also at this time, Wanda Fedora hangs up her hat (pardon the pun Wanda), after 2 terms of three years each, as CDHA Director, to be replaced by Joanne Noye, also currently serving on the CDHNS Council. Sincere thanks to all of you for your years of dedication to the profession.

Returning Councillors



Rosemary Bourque



Karen Wolf



Wendy Stewart



Dawna Ernst Henry



Sara Harding



Joanne Noye



Jackie White

"Pay it Forward"
by Joan Cleghorn RDH

In all my thirty-five years as a hygienist, I have always harboured the desire to do volunteer work abroad in the dental field. When a friend of mine from Winnipeg mentioned joining her in 2011 with a Kindness In Action (KIA) project, it seemed just right.

KIA was founded in 1993 by Dr. Amil Shapka, a dentist in Calgary. It has grown into a large operation, often with twenty different volunteer projects a year, primarily in Central and South America.

My friend, Noriko Boorberg, is a dentist who has been on four previous KIA projects in Peru, Guatemala, Cambodia and the Philippines. She had loved every minute of the adventure of providing dental services to those in need under tough circumstances.

I left the choice of KIA project up to her and she chose an inaugural trip to Bogota, Columbia. From the start, the trip was plagued with road blocks and politics. It became apparent by December, 2010 (we were leaving for Colombia late January, 2011), that special volunteer visas were necessary. Each of our passports was couriered hoping that they could be processed in time for the trip. Fortunately, our passports were processed successfully by the Colombian Consulate and we received them back just two days before our departure. We were initially told that we were to work on patients at the hotel we were staying at. That changed to working at a university (there are eight dental schools in Bogota alone) and then it was changed to a satellite clinic of SUBA - a state run hospital.

We arrived in Bogota late at night and it took three hours for us to clear customs with the large tubs of dental equipment and materials. We had been led to believe that we were going to treat one thousand orphans who were being brought into Bogota by a government agency. These were to be people in need who would otherwise not have any access to dental treatment. We realized that we had not only nowhere to work (the satellite clinic had not been completed), but had no patients to work on! So...we went on an excursion to a salt mine one day and had a tour of the main SUBA hospital the next day.

This was, I think, an exceptional experience - not in a good way though. I would consider going on another KIA project but one that takes place in a rural area, with patients lined up for treatment and a feeling we were giving a valued service.

The lesson I learned was to pick a volunteer group offering services in a "tested" area. The problem with the Bogota project was that it was a first time undertaking in a large city and the patients eventually seen had had the benefit of dental treatment regularly and recently. These are the potential pitfalls of a "new" destination.

I will give volunteering another go - possibly in Guatemala where KIA is firmly established and less mired in politics.

I would encourage fellow hygienists to "give back" to our wonderful profession - be it in school visits, study clubs, dental hygiene week activities or volunteering at home or abroad.... "Pay it Forward"....

Thank you to the Halifax Dental Hygiene Society for their generous support and enthusiasm for my recent Bogota trip.

*Joan Cleghorn has been practicing dental hygiene for 34 years
and currently works in Bedford Nova Scotia.*

Congratulations to Nova Scotia DH Marathoners !!

Congratulations on an amazing accomplishment to
Jessica Boudreau (Dal grad '86) from Arichat for completeing the Boston Marathon on April 18, 2011,
in 4 hours 11 minutes
and also
to Norma MacIntyre (Dal grad '81) of Elmsdale for completing the New York Marathon in 2010
with a time of 4.12.12 !!

The marathon is a long-distance running event with an official distance of 42.195 kilometres (26 miles and 385 yards),
The event was instituted in commemoration of the fabled run of the Greek soldier Pheidippides, a messenger from the
Battle of Marathon (the namesake of the race) to Athens.

The marathon was one of the original modern Olympic events in 1896.

~~~~~

If you, or a hygienist you know has done something outstanding  
in their lives or community let us know so we can share the good news.

# The Importance of CPR Training

When dental hygiene became a self-regulated profession in Nova Scotia, it was determined that all dental hygienists would be certified annually in CPR. Many other health professions and government agencies across North America require this, and for those who do not, we are now leaders to which others may aspire to follow.

Why is it necessary to recertify CPR every year?

Although the expiry date for CPR certification is generally 2-3 years, most organizations that offer CPR training recommend that CPR be renewed annually. This is in part because despite training, many people are reluctant to administer CPR for fear of doing it wrong. The American Heart Association (AHA) estimates that less than one-third of people experiencing cardiac distress receive the help they need for this reason. Annual recertification ensures that the procedures are fresh in peoples' minds so that they can react appropriately in an emergency.

Gordon Richardson, Executive Director of the Nova Scotia Lifesaving Society, says the release of the 2010 Guidelines for CPR and Emergency Cardiac Care makes it clear that regular CPR refresher training is important. "The quality of rescue education and frequency of retraining are critical factors of improving the effectiveness of resuscitation. Ideally training should not be limited to two year intervals."

Why is CPR so important?

Simply put, CPR saves lives. According to the AHA, the performance of CPR can double the chance of a person's survival when experiencing heart failure. This is important not just in our professional lives, but in our personal lives. We all have family, friends, colleagues, and neighbours. Did you know that 70-80% of cardiac emergencies happen in the home, and that you are most likely to perform CPR on a family member or loved one? In fact, a dear friend and dental hygienist colleague recently had this experience when her own father succumbed to an aneurysm collapse at home last month. Her CPR kept him alive until the EMS crew arrived to take over.

CPR training also helps in other medical emergencies in addition to cardiac arrest - choking, drowning, suffocation, drug overdose, and electrocution to name a few.

Being able to perform CPR, whether you are at work or at home may mean the difference between life or death for you or a loved one. Possessing the knowledge of how to perform CPR, and being confident in your ability to perform it, can help you to stay calm and make wise decisions during an emergency situation.



For further information on CPR and recertification please refer to the following websites

<http://www.lifesavingsociety.ns.ca/>  
<http://www.redcross.ca/>  
<http://www.sja.ca/Pages/default.aspx>  
<http://www.heart.org/HEARTORG/>

*This article is a compilation of commentary in part from the websites listed here.*

periodontal therapy and whitening from members over the last two years. At the council meeting in March the Chair of Council Karen Wolf agreed to review the use of lasers by dental hygienists and bring forward an interim report in June. The council received the interim report and directed the Registrar to develop a position statement. Over the summer background material was researched and a position statement will be prepared for the October Council meeting. Members who are interested in the use of lasers for non surgical periodontal therapy should direct their comments to registrar@cdhns.ca

Note: The July issue of “intouch” the newsletter of the College of Registered Dental Hygienists of Alberta (CRDHA) features several interesting items on the use of lasers you can read those on the CRDHA web site at <http://www.crdha.ca/Members/MembersInTouchNewsletters.aspx>

#### Whitening

At the March meeting of Council members Jackie White and Dawna Ernst Henry agreed to review the issue of whitening. Over the summer background material was researched. This issue will be reported on at the October meeting. Members who are interested in the whitening topic should direct any comments to these individuals through the CDHNS at info@cdhns.ca.


Orthodontic and prosthodontic modules for dental assistants. The Nova Scotia Dental Association’s Report of the Dental Assistants’ Scope of Practice Working Group, has put forth a proposal for training modules for dental assistants in orthodontics and prosthodontics. These will increase the scope of practice for dental assistance and necessitate a change in regulation. Similar modules exist in several other provinces. After consultation the CDHNS has prepared a report on the proposals which outlines our position and concerns. If you would like a copy of the report or if you are a dental hygienist currently working in these areas and have concerns regarding these issues please contact the CDHNS either by phone (444-7241) or email registrar@cdhns.ca

#### Others Items

##### CDHA Conference

The CDHNS was pleased to welcome the Canadian Dental Hygienist’s Associations national conference to Nova Scotia in June, which featured our own Terry Mitchell as the key note speaker. The conference was attended by 240 dental hygienists from across Canada and was CDHA’s first national conference in several years. We thank CDHA and recognize the effort their staff put into the conference planning. Participants enjoyed the CDHNS sponsored entertainment at the “kitchen party”. Thank you to members who answered our call for volunteers to provide administrative support as requested during the conference. The next CDHA national conference will be in Toronto in 2013. You can see a full report of the conference on the CDHA website.

##### Office Update:

The CDHNS was fortunate to receive a Canada Student Employment grant and was able to hire a dental hygiene student from Dalhousie, Brittany Ladouceur. Brittany worked on several projects throughout the summer including updating the Community Education Resource Centre (CERC) material, background research for the registrar on the use of lasers and whitening and updating presentations offered by the CDHNS. 



Patricia Grant, Registrar

College of  
**Dental Hygienists  
of Nova Scotia**

UNISON

Official Newsletter of The College of Dental Hygienists of Nova Scotia

Volume 40

Issue 1

Fall 2011

THE COLLEGE OF DENTAL HYGIENISTS  
OF NOVA SCOTIA  
PO Box 29114  
HALIFAX SHOPPING CENTRE RPO  
HALIFAX NS B3L 4T8

[www.cdhns.ca](http://www.cdhns.ca)



**MOVING?**

Remember to update Us  
with Notification of Change of Address.

