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Official Newsletter of the College of Dental Hygienists of Nova Scotia

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Radiation Protection Update: *Safety Code 30 and Rectangular Collimation*

By Dr. Anthea Senior,
BDS, DPDS (UK)



Safety Code 30 provides radiation protection guidance, information and advice to support the safe use of radiation in dentistry, throughout Canada, and is often referenced by professional colleges in radiation regulations, standards and policies. This article focuses on the updates in the Health Canada Radiation Protection in Dentistry-Safety Code 30 (2022) regarding the use of rectangular collimation for intraoral imaging.

Intraoral imaging (bitewings and periapicals) still accounts for over 95% of images performed in general practice settings. Radiographs continue to be a valuable tool for clinicians, aiding diagnosis and treatment planning¹. The effective dose from conventional dental intraoral and extraoral imaging received by an individual, compared to the total annual background dose received from all natural and other medical sources, remains very low, at less than 1%.² When explaining doses of commonly performed dental imaging examinations to clients, it can be helpful to equate the dose of the examination with the equivalent approximate number of days of background radiation.² (Table 1)

Table 1 - Dose and background radiation of dental radiographic examinations

Type of Examination	Effective Dose microSievert (μSv)	Days of Background Radiation
Full mouth series F-Speed Film	35 (with rectangular collimation)	4
PSP plates	171 (without rectangular collimation)	20
Full mouth series CCD sensor	17 (with rectangular collimation)	2
(digital receptor)	85 (without rectangular collimation)	10
Panoramic	9-24	1-3
Cephalometric	2-6	0.3-0.7
CBCT	19-1073	2-126
Medical CT	180-5800	21-177

Table adapted from White SC, Pharoah MJ. Oral radiology principles and interpretations.²

Continued on page 8

the UNISON

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CDHNS Council Chair's Message

Kayla Leary-Pinch



As I write this, we are in the heart of summer. My weeks consist of thirty-degree-plus days, the flavors of summer dining, tan lines, and outdoor water activities. As you're receiving this message, the cool nip in the air reminds us that fall has arrived and with it, sweater weather, pumpkin spice, and the beauty of the changing leaves. My hope is that you've enjoyed the season, making memories with those special people who hold important roles in your lives.

Every season brings new beginnings and I'd like to take this opportunity to welcome our new Council members, Sonya Bishop, Karen Fletcher and Larissa LeBlanc and to acknowledge our returning members, Leora Weatherhead, Greg Glynn, David Acker, Beth Mann and Bethany Boucher, who also joins me as Vice-Chair this term. I would also like to extend my sincere appreciation, on behalf of Council, to our Registrar, Stacy Bryan, for her continued support, professionalism, and commitment to the role, as well as to the dedicated team at the CDHNS. As my second term on Council commences, I am privileged to Chair another term and I continue to be grateful for the effort, knowledge, time, backgrounds, experiences and education of those who sit around our Council table. Though I have learned so much already, I look forward to our continued growth as a councilor and regulator.

As mentioned at our AGM, the CDHNS continues to engage with the Department of Health and Wellness on our regulation revisions and the creation of the Common Foundations Act, (proposed name is now the Regulated Health Professions Act) with a tentative date for feedback, late fall of 2023. We continue to be collaborative with the network of oral health regulators and at the end of May 2023, we entered a different phase of Covid-19, with the termination of the mandatory masking policy for non-clinical areas of the dental office.

As October approaches, I encourage registrants to log into their portal and complete their licence renewal by the Council-set deadline of **October 3, 2023**. I would also like to remind you to be cognizant of your Continuing Competency cycle timeline (approximately 30% of you have three-year cycles that end on Dec 31, 2023). If you require any assistance in completing your renewal application or have questions regarding CE, please reach out to the CDHNS office.

As we settle into the second half of 2023, take time to enjoy the moments, if only for a few minutes, as those are the memories we carry forwards for a lifetime.

Best regards,

Kayla Leary-Pinch, Chair, CDHNS

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From the Desk of the Registrar

Stacy Bryan Registrar



As I write this message, Nova Scotia has just gone through the wildfires and flooding. Our hearts go out to the many Nova Scotians who were negatively impacted during this time. We extend our gratitude to the countless first responders, many of whom are volunteers, and community members who assisted those in need during this time.

Expiry Notices: All expiry notices will be sent to registrants by email. Online renewal is mandatory for all registrants. It is the registrant's responsibility to ensure that they hold a valid practising licence at all times, regardless of notice sent or other circumstances.

On your Registrant Portal, as of September 1, 2023, you will see a Renewal Tab. This Tab will outline the steps you must follow, including those that will be required before you can submit your application.

In the application itself, the first step will be to complete a questionnaire and select the action you wish to do during this renewal e.g., I am currently in the **Practising** class and I want to renew in the **Practising** class. You will also be able to indicate if you wish to remain on the CDHNS Register, but not renew your licence (i.e., let your licence expire/lapse) OR request to be removed from the CDHNS Register. **Regardless of your intention, you must still proceed through the renewal form.** Once you indicate your selection on the questionnaire section at the beginning of the form, the appropriate sections will show for you to complete.

Licence Renewal Period: The licence renewal period will start on September 1, 2023 and run until October 3, 2023 (11:59 pm). The renewal portal will remain open until October 31, 2023.

At the April 23, 2023 CDHNS Council meeting, Council set the renewal deadline for the 2023/24 year to **October 3, 2023 (11:59 pm).**

Although October 31 is the licence expiry date, the CDHNS was advised by legal counsel to allow sufficient time to review and process the increased number of applications and to follow up on any inquiries which resulted from licence renewal applications. This timeframe ensures that registrants receive their licences prior to November 1 and do not experience any disruption in their ability to practice. Accordingly, all information must be received by the CDHNS by the specified date on the renewal notice.

A complete application, including payment of fees and any other requirements e.g., CPR at the level specified by Council, must be received by the October 3, 2023 deadline.

Individuals must meet the Council-set deadline of October 3, 2023 to submit a complete application, including payment of fees and all other requirements. Individuals who do not meet the Council-set deadline of October 3, 2023 but submit a complete renewal application **between October 4 and October 31, 2023** will be required to pay additional fees. During this time period:

- Registrants wishing to renew their practising licence must pay an additional **\$100 payment.**

- Registrants wishing to renew in the non-practising licence category must pay an additional **\$20 payment.**
- Registrants who do not renew by October 31, 2023 will no longer hold a licence. If they want their licence renewed, they will be required to pay reinstatement fees, in addition to the \$100 payment, and will be required to provide proof they have met all other licensing requirements.

(This information was published in the last CDHNS Annual Report, and is repeated here for ease of reference.)

If you renew between October 4 and 31, 2023, you are considered to have missed the Council-set deadline of October 3, 2023. If repeated and flagrant violations of these deadlines and the renewal process occur, a complaint may be referred to the Investigation Committee.

The CDHNS staff must review all 860+ applications, complete any necessary follow up, review and approve CPRs, accept and apply the fees, manage receipts, and email new licences for November 1, 2023. This process takes time. Assist the staff in processing all applications in a timely manner by completing all the necessary steps, as outlined in this section and in the detailed email you will receive.

What constitutes dental hygiene practice in Nova Scotia?

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, managers, 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 e.g., an educator, researcher, administrator, health promoter, or consultant. This may include positions like dental supply company sales rep, infection prevention and control consultant, and dental hygiene department manager. **All positions count towards accumulation of practice hours and all positions.**

Online Renewal for CDHNS Registrants in the Practising Class

Practising registrants may renew online in the **practising class** or transfer to the **non-practising class**.

Ensure you have the right documents/information before you begin.

(1) Practice Hours: Have your practice hours calculated and ready to enter in the application form. All CDHNS registrants who were practising during all or part of the November 1, 2022 to October 31, 2023 renewal year will be required to list the total number of practice hours worked from Nov 1, 2022 to Oct. 31, 2023. **You must enter your practice hours into the system even if you intend to transfer to the non-practising class for 2023/24.**

1. For those wishing to obtain a practising licence for the 2023/24 year who graduated more than 3 years prior to application, and whose practice hours cycle runs from Nov 1, 2020 to Oct 31, 2023, **you must have practiced a minimum of 600 hours in dental hygiene within the last 3 years.** (These practice hours may have been accumulated here in NS or in another jurisdiction where you were licenced to practice dental hygiene).
 - o *If you have not practiced the requisite number of practice hours within the last 3 years, the Registrar will contact you to discuss further options, once you've entered in your hours on the system.*

(2) CPR: As part of the online process for renewing as a practising registrant, the system will confirm that your CPR certification will be current on **November 1, 2023**.

If CPR certification was completed 12 or more months **prior to** November 1, 2023, the system will not allow you to submit your online renewal form as a practising registrant unless you upload an updated CPR card/certificate, at the level required by Council, with your application. This will then be reviewed and approved by CDHNS staff.

If you've already completed a CPR, help expedite the renewal process by uploading your CPR for approval now, rather than waiting for renewal. Follow these steps:

1. Log into your Registrant Portal at cdhnsportal.azurewebsites.net/home. Enter your email address and password.
2. Scroll down the right-hand side of the page to 'links' and select 'CPR Approval Form'. You will also find the same form under the CPR Tab.
3. Once approved by CDHNS staff, you will receive an email notifying you of the approval.
4. The CPR Tab of your Registrant Portal will indicate that your CPR has been approved for the renewal year **November 1, 2023 to October 31, 2024**.

(3) Professional Liability Insurance (PLI): You will be required to upload evidence of obtaining PLI at the level required by Council, i.e., the PLI Policy document. Further information on the PLI requirements can be found on page 5.

1. If you held a practising licence this year, Nov 1, 2022 to Oct 31, 2023, you will only need to upload evidence that you've purchased a new policy for the months that weren't covered in the Policy last year – i.e., Jan 1, 2024 to the end of the renewal year.
2. If you are applying to transfer from non-practising to practising, you will need to upload evidence that you've purchased PLI that provides coverage for the full licensing year (Nov 1, 2023 to Oct 31, 2024).

Please do not send your purchased policies to the CDHNS now. You will be required to upload them as part of the renewal application.

Once you've confirmed you have all the necessary documents, please click on the renewal application link and proceed through renewal – update your profile, upload your required documents, answer the good character questions, and generate an invoice to make payment.

Online Renewal for Non-Practising Registrants

Non-practising registrants may renew online in the non-practising class or transfer to the practising class if the criteria are met.

Your response on the questionnaire, at the beginning of the renewal application form, will determine the steps required for renewal.

Non-practising registrants wishing to transfer to the practising class must meet the requirements for licensing as outlined in the Regulations. Allow a minimum of 2 weeks for the Non-Practising to Practising process to be completed. For those who graduated three or more years ago, in addition to CPR and PLI, you must also provide evidence of having completed the following requirements 3 years immediately before applying for a practising licence:

- having practiced within the last 3 years, and
- having obtained 45 hours (credits) of continuing education, as set by Council. (For information on the 45 hours criteria, refer to the CDHNS [Continuing Competency Program Requirements](#) document.)

Know the Facts: Trying to decide whether you should renew as practising or non-practising for the 2023/24 renewal year? Carefully read the information included with the expiry notice email or in the FAQ document. *Contact the CDHNS office if you require further clarification.*

Standard practice for notice and reminders will be given for the 2023/24 renewal period. These standard practices are as follows:

- August 29, 2023 - initial notice of licence renewal/expiry is sent by email. This notice will also be available on the Registrant Portal, in the Library folder entitled Renewal.

From the Desk of the Registrar *continued*

- A two-week email notice is sent prior to the deadline.
- A one-week notice by email prior to the deadline for those who have not renewed.
- **November 1, 2023** - the licence will expire.

Did you know?

(1) We have developed a Renewal Frequently Asked Questions document again. It is located in the Library of your Registrant Portal under the sub folder Renewal.

(2) **The 2020/21 renewal was the last year we accepted personal cheques.** We have multiple payment options – e-transfer, credit card payment through PlastiQ, business cheques, certified cheques, money orders, and cash. Ensure that your payment is processed on time. Review the Notice of Expiry for payment options and deadline reminders.

It is your responsibility to ensure that the CDHNS has your up-to-date contact information, including your email address.



CDHA Liability Insurance Reminder

Last year, effective September 1, 2022, the CDHNS no longer collected payment for membership dues on behalf of the Canadian Dental Hygienists Association ("CDHA").

The CDHNS requires all of its practising licence holders to maintain professional liability insurance that meets the requirements set out in its Professional Liability Insurance Policy (the "PLI Policy"). These requirements are derived from the Dental Hygienists Regulations at sections 9(c) and 10.

The purpose of this requirement is to protect the public, by covering the cost of client compensation, and to protect the professional against claims of negligence, errors, or omissions in the rendering of their professional services. For additional information, access this [link](#).

Did You Know?

The CDHNS front page article content is congruent with the newly released Provincial Dental Board of Nova Scotia's Guidelines for Prescribing and Taking Radiographs.

Professional Corporation Permits: *The Dental Hygienists Act* (the "**Act**"), requires the College to govern and administer certain matters related to professional corporations that wish to carry on the practice of dental hygiene. This includes issuance of professional corporation permits to allow professional corporations to engage in the practice of dental hygiene.

Any registrant who carries on the practice of dental hygiene through a corporate body is **required** to obtain a permit for the corporation. If it is discovered that you are operating through a corporation without having a Professional Corporation permit, the College may take disciplinary action in accordance with the Act and Regulations.

If you are considering forming a professional corporation, please refer to the [CDHNS Professional Corporation Guidelines](#). (You can also find the document in the library under: Professional Corporation Information.) You will find the requirements, the steps, and a link to the online application form in that document.

If you practice dental hygiene through a corporation, it is a professional corporation and you must obtain a professional corporation permit from the CDHNS.

If you provide services through a dentist professional corporation, you do not need to apply for a professional corporation permit from the CDHNS. A professional corporation permit will have been issued through the Provincial Dental Board.

Educational Tools for the Dental Hygienist

On Saturday, November 18, 2023, the CDHNS is pleased to offer a full day (6 hours) of virtual continuing competency sessions, to all CDHNS registrants and other interested individuals, e.g., other staff members you work with. Each presenter is preparing 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. Further details on the post-tests and delivery, as well as fees, will be included in the event brochure which will be circulated out to all CDHNS registrants, via e-mail, at a later date.

There will be an option to register for a full day or a half day.

Registration will open on Thursday, October 12, 2023 and early bird prices will be in effect until Monday, October 30, 2023. *Advance registration is required.*

We look forward to 'seeing' you all there!

Confirmed Speakers:

- Dr Grace Richardson: ***Periodontal Considerations in the Orthodontic Patient/Airway Constriction and the Dental Practitioner's Role*** (1.5 hours, total, Category 1)
- Dani Botbyl, RDH: ***Shift Happens: Don't Use Ultrasonic Technology, Maximize It!*** (1.5 hours, Category 1)
- Jeanne Sarson, RN and Linda Macdonald, RN: ***Beyond Flossing: Insights into Family Non-State Torture-Trafficking Crimes Against Girls and Women*** (1 hour, Category 1)
- Dr. Anthea Senior: ***Intraoral Radiography Techniques: Tips and Troubleshooting*** (1 hour, Category 1)
- Dr. Lisa Johnson: ***Exploring Oral Pathology*** (1 hour, Category 1)

May 13, 2023 CDHNS AGM/CC Session

The CDHNS Annual General Meeting was held virtually again this year, on May 13, 2023, with 338 CDHNS registrants registered to attend and voted. Stacy Bryan, Registrar, welcomed everyone to the AGM. Kayla Leary-Pinch, CDHNS Chair, presented her message and welcome. Wendy Stewart (CDHA NS Director), presented a pre-recorded greeting from the CDHA, which included an update of the CDHA activities that occurred over the last year. Dr. Tracy Doyle and Shauna Hachey, RDH, presented a 30-minute educational session titled, *Dental Care for Persons with Intellectual Disabilities*. Following this session, the general business was shared with all those in attendance, focusing on highlights in the Annual Report for the fiscal year, November 1, 2021 to October 31, 2022, including the audited financial statements. Sydney Nelson, Chair of the Quality Assurance (QA) Committee's submitted report was circulated prior to the meeting and was declared 'filed' at the AGM. Mallory Brent, Chair of the Nominations Committee, reported on behalf of this committee.

This year's event was again a huge success and we thank you for your participation.

50 participants completed the post-event survey.

- 50% of respondents were rural; 50% were urban
- 100% rated the AGM good to excellent.
- 90% responded that they would be interested in having CDHNS continue to include a mini (1/2 hour) CC session, with future AGMs.

Save the Date!

CDHNS AGM May 11, 2024

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

CPR Requirements for the 2023/24 Renewal

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.

Cardiopulmonary Resuscitation (CPR)
performed within 2 minutes can

DOUBLE or **TRIPLE**

a victim's chance of survival.¹



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 offer courses for registrants based on the licensing requirements.

Did You Know? On May 27, 2020, CDHNS Council made the decision that CPR courses that include appropriate virtual evaluation of competencies will be accepted. For further details, please review the [updated CPR document](#) on our website. The CDHNS continues to monitor the situation and will update CDHNS registrants, if there are any changes.

CDHNS registrants must obtain and provide evidence of current CPR certification, at the appropriate level, so that you can proceed with renewal of, or transfer to, the practising licence class. Prior to enrolling in a CPR course, check with the provider to confirm how you will receive your certification and how long it will take to receive it. A temporary certificate is NOT acceptable.

How can you expect to get your CPR certification/card?

Heart and Stroke Foundation

After successful completion of the BLS course, you must log in to the Heart and Stroke Foundation website to access and print your certification card.

Lifesaving Society

After successful completion of your course, the Lifesaving Society will issue a printed copy of your card. Processing times generally are less than two weeks. If you require your card sooner, arrangements can be made through the course provider.

If you have already uploaded your CPR during this past year and had it approved, this section of your profile will already show that it's been approved for this upcoming renewal, i.e., it will say **November 1, 2023 to October 31, 2024**.

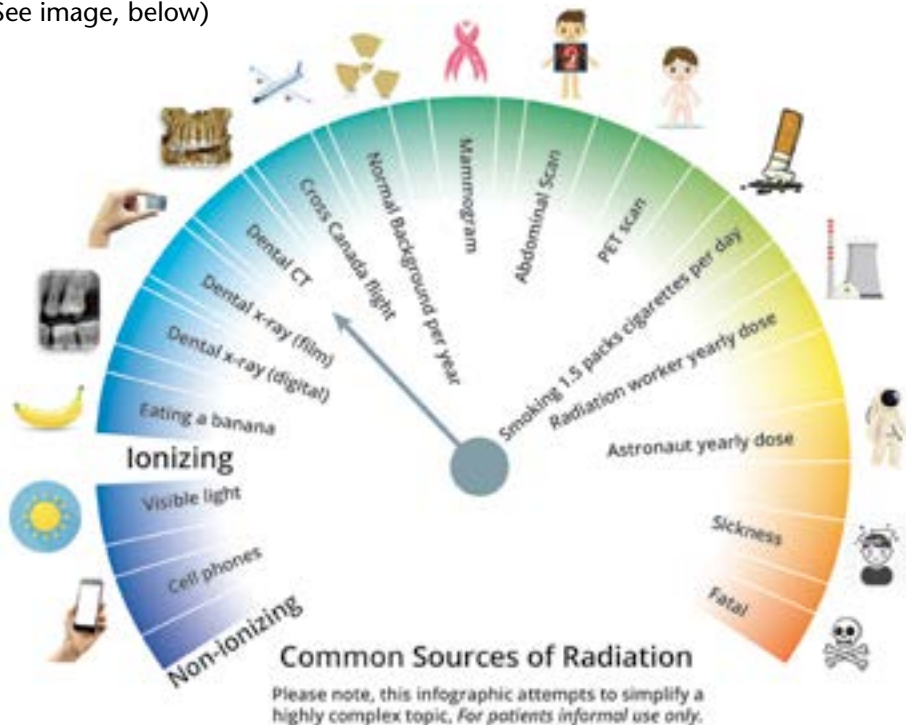
Red Cross CPR

Red Cross will provide you with a 30-day temporary certificate after successful completion of the course and require you to log in to their website to download official certification later. The 30-day temporary certificate is NOT acceptable for licensure. It is your responsibility to provide appropriate certification prior to the renewal deadline.

St. John Ambulance

If you take the course at a St. John Facility, you should receive your CPR Certification immediately after successful completion of the course. If you take this program through a contractor, you should also receive your certification immediately following successful completion of the course but it is your responsibility to confirm this at enrollment.

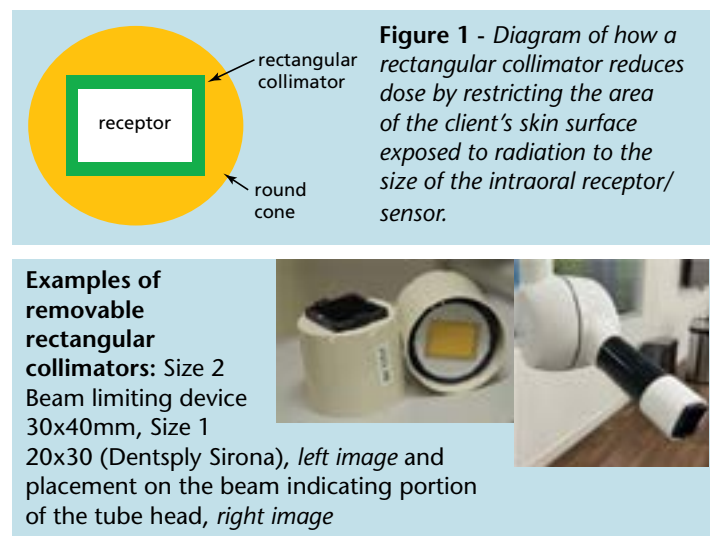
Teaching tools can also be useful for explaining to clients how effective doses used in dental imaging compare to other common sources of radiation.³ (See image, below)



Using rectangular collimation (also known as a beam limiting device) for intraoral imaging was advised in the previous Safety Code 30 released in 1999. However, the updated safety code 30 replaces the word “should” with “must” to indicate that rectangular collimation is now an essential radiation protection requirement as follows, “Rectangular collimation of the X-ray beam must be used, except in occlusal protocols, as it significantly reduces the dose to the patient compared to circular collimation.”⁴ Studies have shown that rectangular collimation reduces dose by at least 40% when compared to round collimation.⁵ The dose is reduced as the rectangular collimator restricts the size and shape of the beam to correspond more closely with the size of the rectangular receptor (film or sensor), with the exit portal reduced to approximately one-third the size of a round collimator. (Figure 1)

Although the dose from conventional (2D) dental radiographs to an individual is very low, because so many clients have these images taken at dental/dental hygiene examinations, the overall dose to the population as a whole, from dental radiographs, is not insignificant. Also, radiation protection organizations advise that there is no safe level of radiation dose and that no matter how low the dose, there is always the probability of a somatic or genetic effect occurring which could be hazardous to health.⁴ Hence, before any examination that uses ionizing radiation is performed, the health care provider needs to perform a risk/benefit analysis, and understand their responsibility to maximize the diagnostic value of a radiographic examination to aid diagnosis and treatment planning, while keeping the dose ‘As Low As Reasonably Achievable’ (ALARA principle). In community oral health practices, the ALARA principle can be applied by:

- 1. Prescribing appropriately** by performing a clinical exam first, obtaining copies of recent radiographs from previous practitioners, and practicing individualized prescription by prescribing radiographs tailored to each client’s specific needs. Each client’s health history, past dental history, symptoms, and caries and periodontal disease risk assessments need to be considered.
- 2. Using up to date equipment**, including digital receptors (or F speed film), rectangular collimation, sensor holders and beam alignment devices.



Although the majority of oral health care providers (74%) are aware of the dose-reduction benefits of rectangular collimation, studies have shown that only 8-13% of Canadian practitioners use them in their dental offices.^{6,7} Barriers to implementation include resistance to change and the challenge of training staff. There are also concerns that an increase in technique errors (particularly “cone cutting” or “cut off” errors) would occur, resulting in client re-exposure and thus defeating the purpose of using rectangular collimation as a dose reduction measure. (Figure 2A, on the next page).

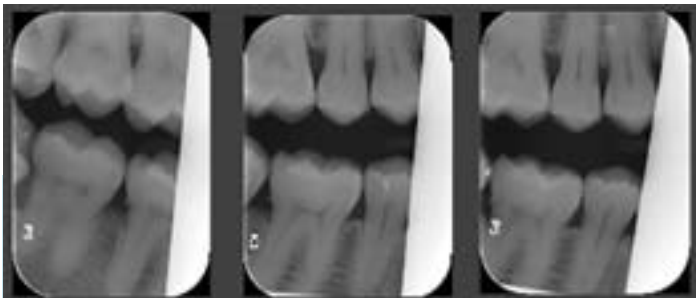


Figure 2A -Vertical bitewing “cut off” errors due to poor alignment of the rectangular collimator.

Although cone cuts can be more prevalent with rectangular collimation, they often do not lead to a diagnostically unacceptable image.^{8,9} Studies have shown that patience, skill/training, and attention to detail can reduce cone cuts and retake rates to levels similar to those achieved without collimator use.¹⁰ Cone cutting errors can be avoided, altogether, by centering the receptor right in the middle of the aiming ring and carefully aligning the rectangular collimator with the aiming ring. (Figure 2B and 2C).

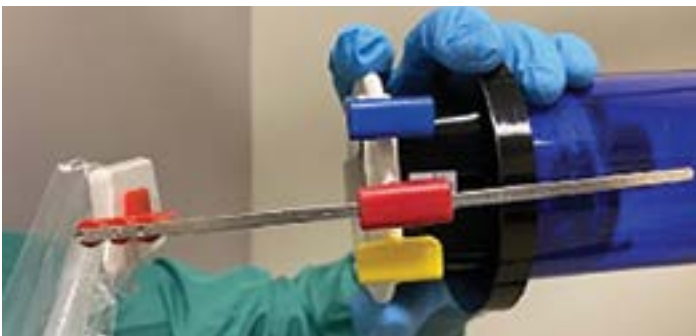


Figure 2B - Careful alignment of the rectangular collimator (black) with the aiming ring (white) is crucial.

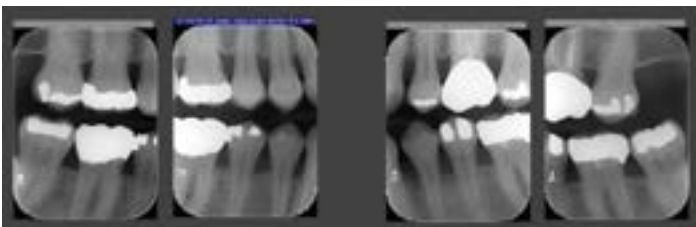


Figure 2C - Vertical bitewings showing rectangular collimator use and no cone cutting.

Increasing the adoption of rectangular collimation requires training the whole oral health care team, authorized to take radiographs. Continuing education opportunities (especially hands-on training) can help with this transition.

Lead apron requirements have also been updated in the Safety Code. With the exception of CBCT procedures, if all other recommendations for limiting client radiation exposure are respected (including appropriate prescribing,

rectangular collimation and the use of digital radiography or high-speed film) the use of a lead apron is not required. However, if a client is anxious regarding radiation dose lead aprons may still be used.⁴ Due to the close proximity and sensitivity of the thyroid gland to radiation, thyroid shielding must be routinely used for intraoral views and CBCT when it will not interfere with the required diagnostic information of the examination. Care should be taken to avoid inadvertent superimposition of the thyroid collar, particularly when making lower periapical views. (Figure 3)



Figure 3 - The thyroid collar is superimposed over the premolar and molar apices of this mandibular posterior periapical, necessitating a retake image.

3. Using careful technique and reducing retakes by getting a diagnostic image on the first attempt. Careful and thoughtful attention to technique and alignment will help reduce the majority of intraoral client re-exposures. The paralleling technique is recommended for all intraoral imaging, as it is the most accurate way of obtaining an image with the least distortion. The bisecting angle technique is a useful “back up” when a client’s tolerance level or anatomy, such as tori or narrow palates, make use of the paralleling technique impossible.

Technique tips for reducing retakes:

- Always ensure that clients are closing their teeth together onto the bite block and not just closing their lips around the receptor.
- When taking periapicals make sure that the receptor is placed as parallel as possible to the teeth of interest. This usually means that the receptor is placed some distance from the teeth, in the highest part of the palate or away from the lingual surfaces of the teeth and more towards the floor of the mouth.
- Position the receptor for maxillary posterior periapicals in the midline of the palate and let the receptor tilt towards the contralateral arch by up to about 20 degrees to obtain not only the root apex but also 2-3 mm of surrounding bone.

Summary

By taking the time to clarify to clients the benefits versus risks of dental imaging and by explaining the steps taken in your practice to reduce the dose of radiation, clients tend to be more accepting of radiographic examinations. Prescribing appropriately, using the correct equipment, and taking the time to use a careful technique will all help to reduce client dose. Clinical time and resources can also be utilized more efficiently by reducing the need for repeat exposures.



About the Author: Dr Senior obtained her Bachelor of Dentistry degree from the University of Newcastle-upon-Tyne in the UK in 1992. For the following 9 years she practiced as a general dentist, providing care to mainly children and special care adult populations in the North East of England. In 2003 she completed a Diploma in Dental Surgery from the University of Bristol (UK) in Pediatric Dentistry, Special Care Dentistry and Oral Health and Disease. Dr Senior joined the University of Alberta in 2003. She is currently the Associate Chair for DDS Clinical Education and has led the design and implementation of the new DDS clinical curriculum. As an Associate Professor in Radiology at the School of Dentistry, she teaches radiology technique and interpretation in classroom, clinical and laboratory settings and presents on educational research and oral radiology locally and nationally.

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2023-2024 Membership Is Open

More Peace of Mind

Professional liability insurance (PLI) is a requirement to practise in Canada, and CDHA's comprehensive PLI program is a key member benefit.

NEW! The 2024 PLI policy includes Worldwide coverage for claims brought forward and defended in Canada.*

More Learning & Savings

Access 25+ unlimited FREE webinars and several online courses!



Join or renew before September 15 and you could win a **\$1,000 gift card!***



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

*For more details, visit cdha.ca/membership.

Join or Renew at
cdha.ca/membership

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	www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/
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)
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.

How Long Do I Have to Retain My CC Records?

All registrants are required 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.

COMPLETE CARE DENTISTRY

COURSE DATE: 29 & 30 SEPTEMBER 2023

2 DAY DENTAL SEMINAR WITH **DR. IAN BUCKLE**

CE:16 HOURS OF EDUCATIONAL CONTENT

Time: **Starts at 8am**

Address: **Crandall University, Moncton, E1G 3H9**

Course Fees: **\$900 per Dentist, \$250 per Dental Hygienist/Dental Assistant**

Lunch to be provided, please contact us for special dietary requirements.



BOOK YOUR SEATS



+1 506 386 3123



admin@raddental.ca



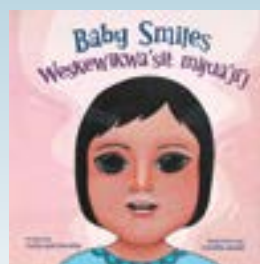
www.raddental.ca

Please note: The CDHNS QA Committee will be reviewing the course content after the course offering to determine the number of hours and category allocations.

Canadian Society for Disability and Oral Health Video Project, *My Trip to the Dentist*

A video was created, with the support of the Dentistry and Dental Hygiene Faculty at Dalhousie University, as well as with the support of the Dalhousie Dentistry Student Society and the Canadian Pediatric Society, with the goal to help desensitize children and youth, including those with disabilities, on what to expect when going to the dentist.

This [video](#) can be shared on your social media. By sharing this resource, you will help to desensitize the dental experience for those most in need.



Want to learn more about healthy habits for your baby's teeth?

Read *Baby Smiles*, a children's book developed by The Tui'kn Partnership in Mi'kmaw and English. Learn more about this project and follow along with the free audiovisual book!

<https://mhwns.ca/babysmiles>

The Canada Dental Benefit

Applications for the second benefit period of the [Canada Dental Benefit](#) opened on July 1, 2023 and will be accepted for eligible dental expenses until June 30, 2024.



ACDE Webinars

Sunday, September 10, 2023 | 3:00 PM to 5:00 PM (AT)
| 2.0 CE hours | Webinar

Temporo-mandibular joint disorders

Sowmya Ananthan

Saturday, September 16, 2023 | 11:00 AM to 1:00 PM (AT) | 2.0 CE hours | Webinar

Substance use disorders - Part 2

Dr. Davis Thomas

Friday, October 6, 2023 | 12:00 PM to 2:00 PM (AT) | 2.0 CE hours | Webinar

Know your patient's TMJ complex baseline before dental procedures and manage common TMDs in a dental office

Dr. Yang Gu

Tuesday, October 10, 2023 | 9:00 PM to 11:00 PM (AT)
| 2.0 CE hours | Webinar

Cannabinoids and the dental patient: What do I need to know about cannabinoids that I didn't (formally) learn about in school?

Mark Donaldson

Friday, December 8, 2023 | 12:00 PM to 1:00 PM (AT)
| 1.0 CE hours | Webinar

Oral malignancies and mimics

Mark Lerman

Tuesday, December 12, 2023 | 9:00 PM to 10:00 PM (AT)
| 1.0 CE hours | Webinar

Advancements in digital dentistry: The benefits of implementing a digital workflow in dental practice

Luiz A. Pimenta

In-Person Courses

Saturday, October 28, 2023 | 8:30 AM to 11:30 AM (AT)
| 3.0 CE hours | In-person lecture

CE DAY 2023 - Ergonomics, Wellness, and the Dental Professional: The Importance of Self-Care While Providing Care

Nadine Hassanain

Saturday, October 28, 2023 | 12:30 PM to 3:30 PM (AT)
| 3.0 CE hours | In-person lecture

CE DAY 2023 - Oral Care for Persons with Intellectual Disabilities: Barriers to Accessing Care and Practical Advice for Oral Health Professionals

Drs. Heather Carr, Tracy Doyle & Evan Shaw

Friday and Saturday, November 4 & 5, 2023 | 8:30 AM to 4:00 PM (AT) | Lecture & hands-on

Digital Dentistry Symposium 2023

Saturday, November 25, 2023 | 9:00 AM to 2:00 PM (AT)
| 4.0 CE hours | Lecture & hands-on

Deciphering the new Classification of Periodontal and Peri-Implant Diseases and Conditions

Drs. Kevin MacDonald, Zeeshan Sheikh & Haider Al-Waeli

Certification Courses

Saturday & Sunday, November 4th & 5th, 2023 | 8:30 AM to 5:00 PM (AT) | 29.0 CE hours | Learning material & hands-on

Local anesthesia for the dental hygienist

Drs. James Brady & Jean-Charles Doucet

*To be added to the list for this course, contact cde.dentistry@dal.ca to let us know you are interested. You will be notified by email when the course registration opens.

AWARDS

Congratulations to Second Year Dalhousie 2023 Dental Hygiene Student

CDHNS supports 2nd year DH student presentations at Dalhousie University School of Dental Hygiene.

The Faculty of Dentistry, Continuing Professional Education, held the Research in Oral Health (RIOH), with in-person presentations and online, once again, via YouTube. Six presentation groups presented. They were each evaluated by judges and winners were selected.

First Prize Winners

The Oral-Gut Axis: Crohn's Disease and Oral Health

Advisor: Alma Wade DipDH, BSc, MEd



L to R: Madison MacLeod, Emma Green-Clements, Hailey Fricker-MacNeil, Alma Wade (Presenter), Britney Larsen, Larissa Gautreau

Second Prize Winners

Cleidocranial Dysplasia: A 'Strange' Disease

Advisor: Leslie Kenwell, DipDH, BEd, MEd



L to R: Sukhvir Kaur, Sama Aqlan, Emma McIntyre, Kali Phillips, Yumna Madi, Alma Wade (Presenter)

Third Prize Winners

Flowing into the Future: Exploring Guided Biofilm Therapy

Advisor: Lindsay Macdonald, DipDH, BA, MHS



L to R: Marie Sukkar, Lauren Smith, Nisha KC, Sarah Mershati, Nakiah Marsman, and Alma Wade (Presenter)



CDHNS Highest Academic Award for Dalhousie Dental Hygiene Graduating Diploma Student 2023

Congratulations to Angel Gill who was this year's recipient of this CDHNS Award. This award is presented to the Dalhousie University, School of Dental Hygiene graduating student from the diploma program, with the highest academic standing in all subjects. The CDHNS congratulates Angel on her accomplishment.

Dental Hygienists in Your Community



Pictured L to R: Cheryl d'Entremont, RDH, and Ashlee Clairmont, RDH

On April 15th and 16th, during National Dental Hygiene Month, 13 members of the South West Nova DH Study Club participated in their annual oral health display at the Yarmouth Mall. Supplies (in part) were obtained from the CDHNS Resource Centre and were used to help promote oral health, as well as our dental hygiene profession. It was a very successful event, with hundreds of visitors over the two-day event, picking up resources and/or asking oral related questions on a variety of dental topics.



Pictured L to R: Tina Coolen, RDH, Rania Halani, RDH, and Victoria Huestis, RDH

"We would like to thank the CDHNS for supporting us and providing toothbrushes and other oral care supplies for the Sparks at this session."



Pictured L to R: Hailey Berry, RDH, Kelly Hurlburt, RDH, Nicole Tufts, RDH, Melanie Carpenter, RDH, and Denise Babin, RDH.

Put your purple on! is a CDHA campaign, part of National Dental Hygienists Week™ that encourages members to display their professional pride. The town of Yarmouth lit up their Town Hall in purple lights to show support of dental hygienists.

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.

UNISON

FALL
2023

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 52 Issue 2

Important dates to remember

September 1, 2023: Licence Renewal begins

October 3, 2023: Licence Renewal deadline (*without penalty*)

October 12, 2023: Registration opens for CDHNS CC Event

October 31, 2023: Licence Renewal deadline (*with penalty*)

November 14, 2023: Registration closes for CDHNS CC Event

November 18, 2023: Full-Day interactive, live-streaming
CDHNS CC Event

College of Dental Hygienists of Nova Scotia

11-2625 Joseph Howe Drive
Halifax NS B3L 4G4

www.cdhns.ca