

UNISON

**FALL
2024**

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 53 Issue 2

A Dental Hygienist's Perspective on Orthodontics

By Vanessa Romaine, RDH, Dip DH, Dip DA



The Canadian Association of Orthodontics reports that more than 4 million people wear braces in Canada and the United States alone. As many people know, when it comes to orthodontics, it will ultimately result in a beautiful smile. However, when treatment planning, there are many aspects to consider. There are far more reasons to undergo orthodontic treatment than just aesthetics alone. There can be many underlying issues that orthodontics can help with. Some of which would include TMJ issues, bite alignment, speech, chewing, and overall quality of life. Orthodontics can also improve one's self-confidence when they have finished treatment. The rewarding, post-treatment smile is one of my favorite parts of my career, as a dental hygienist working in an orthodontic practice. That sparkle shows in their eyes, as well as their smile. Patients, of all ages, become proud of all the hard work and effort they put into their treatment time.

Prior to orthodontic treatment, general practice dental hygienists can play an important part. They can emphasize to the patient/caregiver the importance of good dental hygiene habits such as frequent brushing, flossing and good food choices, even before treatment begins. It is important that the orthodontic patient schedule regular dental visits throughout their orthodontic journey.

Orthodontics can start with children as young as 6–8 years old, depending on their dental development. Early intervention can be the key to success with future treatment. Early intervention (Phase I) can have a lot of different appearances, from appliances, to braces, and on the rare side, children can also start with aligner therapy too. By treating young children, it allows us to take advantage of their dental and skeletal growth. Although, over my years of experience, I've seen people, of all ages be treated and awarded with a straight smile, with the oldest patients being in their 80s, some saying it was on their 'bucket list' to have straight teeth. As a dental hygienist, it can be thrilling to join them on their orthodontic journey.

There is a wide range of treatment options, when it comes to orthodontics. As mentioned above, there can be appliances, such as a Rapid Palatal Expander (RPE), space maintainers, and carrier appliances, (which are the most common) as well as braces, aligner therapy (e.g., Invisalign® and ClearCorrect®), surgery, retainers, and a combination of those to achieve the best result for each individual patient. The care that the patient is provided is, above all else, the priority with any dental clinic, orthodontics being no different. However, when explaining oral hygiene to a patient, it comes with different types of tips and tricks.

Continued on page 7

the UNISON

is the official newsletter of the
College of Dental Hygienists of
Nova Scotia

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CDHNS Council Chair's Message

Kayla Leary-Pinch



Friends and Colleagues,

The warmer temperatures have come and gone, pumpkin spice and cozy sweaters are on the horizon, and I'm left pondering, "Where did the summer go?"

Since my last message, the transition committee and joint boards have been busy meeting, collaborating and communicating with the Department of Health and Wellness, as the mandated amalgamation of the CDHNS, DLBNS and NSDTA quickly approaches. Stacy (CDHNS Registrar), Maureen (DLBNS Registrar) and Emily (NSDTA Registrar Equivalent), along with our legal counsel, McInnes Cooper, have spent countless hours acquiring information, attending meetings, composing and editing documents, over and above their "regular" duties and I would like to extend my appreciation to them for their tireless efforts. In a similar timeline, the Regulated Health Professions Act (RHPA's) General Regulations (passed June 2024) also comes with its own additional responsibilities, that staff have been diligently moving forwards.

We're excited to announce that our annual fall continuing education is happening this November and will be available to registrants of the CDHNS, as well as the DLBNS and NSDTA, for the same fee. Please keep an eye on your email for registration.

As we progress in our amalgamation timeline and the commencement date of the new amalgamated regulator draws near, we may circulate information or questions via email that have tight turnarounds. We appreciate your readiness to respond. I would also encourage you to consider serving on any committees that may be formed. It's a great learning opportunity and chance to become more involved in the governance of professional regulation. These opportunities will also be circulated via email or announced in another newsletter.

I guess what I'm getting at is the main theme for this message, *check your email!* Finally, I would like to express my gratitude for the opportunity to serve as Chair, to sit on Council and to be involved in what I feel are monumental moments in Dental Hygiene history, as we become the first amalgamated regulator of these three oral health professions (dental hygienists, dental technicians/technologists, and denturists) in Nova Scotia. For the personal and professional growth, learning, knowledge on policy governance, government relations and the elite staff and Council members I've had the privilege of collaborating with, thank you is not enough. To the dedicated dental hygiene professionals, delivering safe, effective care to Nova Scotians, taking pride in our profession, maintaining our standards of care, building strong relationships

in community, and demonstrating our competence as primary healthcare providers, we appreciate you.

Enjoy the crisp air, apple cider, all things pumpkin, comfort food and fun activities that this season has to offer.

Best regards,

Kayla Leary-Pinch, Chair, CDHNS

From the Desk of the Registrar

Stacy Bryan Registrar



The CDHNS, along with the DLBNS and NSDTA, have been working closely with the Dept of Health and Wellness to finalize the preliminary confidential draft of the profession specific regulations, as we continue our progress towards proclamation under the Regulated Health Professions Act (RHPA) as the amalgamated regulatory body for dental hygiene, dental technicians, and denturism. We will communicate with all registrants once further information is available. We thank you for remaining actively involved in your profession.

Licence renewal is arriving just as quickly. Please read your Notice of Expiry document carefully when it's circulated on August 29.

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, 2024, 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, 2024 and run until October 7, 2024 (11:59 pm). The renewal portal will remain open until October 31, 2024.

At the April 13, 2024 CDHNS Council meeting, Council set the renewal deadline for the 2024/25 year to **October 7, 2024 (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 7, 2024 deadline.

Individuals must meet the Council-set deadline of October 7, 2024 to submit a

complete application, including payment of fees and all other requirements. Individuals who do not meet the Council-set deadline of October 7, 2024 but submit a complete renewal application **between October 8 and October 31, 2024** 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, 2024 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.)

The CDHNS staff must review all 875+ applications, complete any necessary follow up, review and approve CPRs, accept and apply the fees, manage receipts, and email new licences for November 1, 2024. 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, 2023 to October 31, 2024 renewal year will be required to list the total number of practice hours worked from Nov 1, 2023 to Oct. 31, 2024. **You must enter your practice hours into the system even if you intend to transfer to the non-practising class for 2024/25.**

1. For those wishing to obtain a practising licence for the 2024/25 year who graduated more than 3 years prior to application, and whose practice hours cycle runs from Nov 1, 2021 to Oct 31, 2024, **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 licensed 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, 2024**.

If CPR certification was completed 12 or more months **prior to** November 1, 2024, 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, 2024 to October 31, 2025**.

(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 11.

1. If you held a practising licence this year, Nov 1, 2023 to Oct 31, 2024, 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, 2025 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, 2024 to Oct 31, 2025).

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.)

Standard practice for notice and reminders will be given for the 2024/25 renewal period. These standard practices are as follows:

- August 29, 2024 - 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.
- 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, 2024 - the licence will expire.**

If you renew between October 8 and 31, 2024, you are considered to have missed the Council-set deadline of October 7, 2024. If repeated and flagrant violations of these deadlines and the renewal process occur, a complaint may be referred to the Investigation Committee.

Learning Resources for the Dental Hygienist

On Saturday, November 16, 2024, the CDHNS is pleased to offer a full day (6 hours) of virtual continuing competency sessions, to all CDHNS, DLBNS, and NSDTA registrants. 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-test delivery and requirements will be included in the brochure circulated to all registrants closer to the date.

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

Registration will open on Friday, October 11, 2024 and early bird prices will be in effect until Monday, November 4, 2024. *Advance registration is required.*

We look forward to 'seeing' you all there!

Confirmed Speakers:

- Paul Pickering (ISANS) 1.5 hours ***Engaging Clients with Intercultural Competence***
- Katie Gloade and Dr Margot Latimer 1.5 hours ***Intro to Safety in Healthcare for Indigenous People***
- Dr. Sam Malkinson 2-hour ***Periodontal Prognosis and Non-Surgical Periodontal Therapy***
- Dr. Stacie Saunders 1-hour ***Temporomandibular Disorders and Orofacial Pain - What you need to know***

May 11, 2024 CDHNS AGM/CC Event

The CDHNS Annual General Meeting was held virtually, on May 11, 2024. Overall, it was very successful, with 294 CDHNS registrants attending and voted. Stacy Bryan, Registrar, welcomed everyone to the AGM. Bethany Boucher, CDHNS Vice-Chair, on behalf of Kayla Leary-Pinch, CDHNS Chair, presented the message and welcome. Ryan Baxter, Legal Counsel from McInnes Cooper Law Firm presented a 30-minute educational session titled, *Update on Amalgamation and the Regulated Health Professions Act*. 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, 2022 to October 31, 2023, including the audited financial statements. Caroline Bell, Chair of the Quality Assurance (QA) Committee's submitted report was circulated prior to the meeting and was declared 'filed' at the AGM. Elizabeth (Beth) Mann, Chair of the Nominations Committee, reported on behalf of this committee.

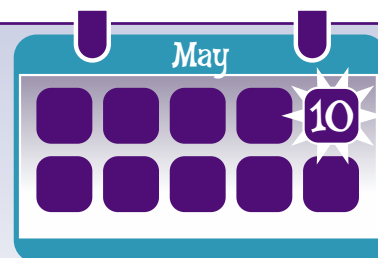
Know the Facts: Trying to decide whether you should renew as practising or non-practising for the 2024/25 renewal year? Carefully read the information included with the expiry notice email or in the FAQ document. *Contact the CDHNS office if you require further clarification.*

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

40 participants completed the post-event(s) survey.

- 47.5% of respondents were rural; 47.5% were urban and 5% were both
- 90% rated the AGM good to excellent.
- 78% responded that they would be interested in having CDHNS offer CC sessions with future AGMs.

Save the Date!!



AGM May 10, 2025

The 2025 Annual General Meeting will be offered virtually. More details to follow, closer to the event.

CPR Requirements

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.



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.

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.

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.

Renewal Frequently Asked Questions Document

The CDHNS offers a renewal frequently asked questions document that all registrants can reference when going through the renewal process. This document is located in the 'Library' of your Registrant Portal under the sub folder *Renewal*.

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, 2024 to October 31, 2025**.

Compliance is a huge determining factor when it comes to a great smile. Patients must maintain very good oral health for two reasons: one being to have healthy teeth and gingiva, but also, so the teeth move with more ease. All the regular hygiene advice is offered, but flossing is where it becomes trickier. It is definitely more challenging and time consuming during orthodontic treatment, however, stressing regular flossing, regardless of the level of difficulty, is very important with every patient, but even more so with those receiving orthodontic treatment, as there are more spaces for plaque and food to collect. There are several tools that the patient can use to help them with their oral hygiene, such as a water flosser, floss threaders, and an electric toothbrush. Patients are encouraged to brush at least 3 times a day and use a toothpaste with a higher fluoride concentration to help strengthen teeth. If the patient doesn't take care of their oral health in the proper manner, it can leave permanent damage to the crowns such as decalcification, caries, staining, and/or sensitivity.

While maintaining braces, it's important to remember that there are some categories of food that everyone should avoid:

- sticky foods like bubble gum, gummies, caramels
- hard foods such as suckers, candy, raw carrots
- miscellaneous foods like popcorn, and beef jerky

These foods can break brackets or shift wires out of place. Typically, once a bracket gets broken, it can offset the movement of the teeth and treatment time as well.

During treatment there can be other requirements, such as elastics, that the patient places on their braces, or aligners themselves. These elastics help with the bite positioning and the function of the bite. We need compliance with the elastic. If not, it can result in a longer treatment time or the bite not fitting together properly. This is especially important when it comes to patients who have orthognathic (jaw) surgery. It is required for elastics to be worn post-surgery, as the surgeon no longer places metal ties to hold the jaws in place. Surgery patients are the ones who experience the life-changing effects during orthodontic treatment. There are several different types of orthognathic surgery, but the main purpose would be to treat class II (retrognathic), and class III (prognathic) malocclusions. Typically, patients who opt for surgery should be treated with braces; those with aligners must be transferred into braces before surgery.

Once the treatment is completed and the braces or aligners are removed, we move into retention with the most commonly used appliance, which is a retainer. Most times the retainers are removable, but there are also bonded retainers, depending on the circumstances. This is always determined by the orthodontist as to what type of retention is best suited for each patient. The most frequently used style is an Essix retainer, which is clear plastic and is form fitted to the teeth. On rare occasions, the Hawley retainer is used; it has an acrylic palate and a metal wire across the upper anterior teeth. Patients are advised to wear their retainers "as long as they want straight teeth". Teeth have memory and will also want to move back to their original position. During regular dental hygiene appointments, it's important that the patient be encouraged to bring their appliance with them so it can be cleaned (if necessary), and inspected (if removable.) The importance of wearing it regularly should be emphasized.

Orthodontics is a specialty in the dental field, and it has many interesting components to it. Both orthodontic and general dentistry dental hygienists play a large role in the success of orthodontic patients. There is a lot of thought and work that needs to be done to make sure all the teeth align, however, each patient's treatment is unique and at the end of each treatment plan we always hope to have the best result possible. You would have to brace yourself to work in any orthodontic clinic, but it would be the best experience ever!



**Vanessa
Romaine**

About the Author: *I graduated with a Diploma in Dental Hygiene from Dalhousie University in 2011. I have been practicing as an orthodontic dental hygienist for 13 years. Prior to that, I was a dental assistant for 3 years. I served as the Chair of the South West Nova Study Club for 4 years and served on the CDHNS Council for 2 years. I volunteer regularly, going to classrooms, teaching elementary students about oral health. I have mentored in the orthodontic clinic, where I work. I'm a Mom to 2 little ones. I like to spend my free time hiking, chasing waterfalls, travelling, and crafts but mostly, I love having my children around to entertain me. Most recently, we just got back from NFLD and can't wait to see where we can go to next!*



Pictured L to R: Alma Wade (Presenter) and Katie Morgan

CDHNS Highest Academic Award for Dalhousie Dental Hygiene Graduating Diploma Student 2024

Congratulations to Katie Morgan who was the recipient of several awards, including this year's 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 Katie on her accomplishment.

DH Refresher Course for Dental Hygiene Graduates

DENT0035-007&008

Begins March 2025

Online Asynchronous Sessions: March 3 to June 15, 2025

Clinical Sessions starts: Monday, June 30, 2025

(1-week or 2-week clinical program depending on practice experience)

Instructor: Prof. Andrea Hare

Contact Information:
Continuing Professional Education Office
cde.dentistry@dal.ca | dal.ca/dentistry/cde | 902-494-1674



Local anesthesia for the dental hygienist

DENT0006-006

Begins December 2024

Online Self-paced: December 2 to January 11, 2025

Clinical Sessions: January 11 & 12, 2025

Instructors:

Drs. James Brady and Jean-Charles Doucet

Contact Information:
Continuing Professional Education Office
cde.dentistry@dal.ca | dal.ca/dentistry/cde | 902-494-1674



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.

Halifax Perio

Study Club



HP Study Club

We are bringing back our study club and it will be better than ever! Join us!

DATES: Sept. 11, Oct. 2, Nov.6, Jan. 8, Feb. 5, Mar. 5, April 2, May 7.

Time: 6:30 to 9:30

Where: Atlantica Hotel, Halifax

Topics include: diagnosis and treatment planning perio, Hybenx, Hands on biofilm management, Curoprox products, Stress relief in Dentistry, Sleep dentistry, Ethics.

Dinners, swag and door prizes

Space is limited to 75, so join today.

Cost: \$300.00 for the year!

How to join?

Contact Leslie Myers

perio@halifaxperio.com

902-406-gums

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	https://www.dentalconnection.ca/en/
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)
UBC – one specific course reviewed	Autism and Neurodiversity in Dentistry : 4 hrs; Cat 1 – must complete a reflection document
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.

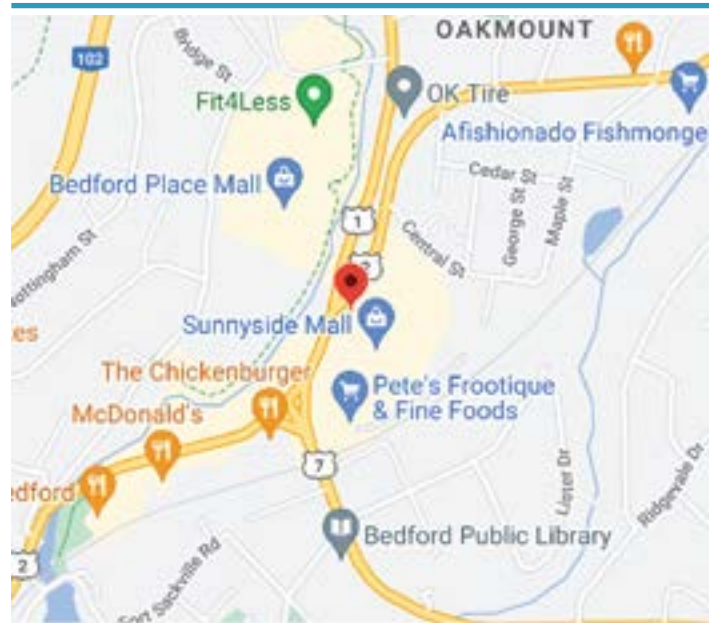
Dental Hygienists in Your Community

Put your purple on!

This 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.



Pictured L to R: Karen Lindsay, RDH, Kelly Hurlburt, RDH, Denise Babin, RDH and Nicole Tufts, RDH



CDHNS is Moving

Effective August 26, 2024, the new address will be:

**202 - 1597 Bedford Hwy
Bedford, NS, B4A 1E7**

CDHA Liability Insurance Reminder

Effective September 1, 2022, the CDHNS no longer collects 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](#).

Canadian Patient Safety Week

October 28 - November 1, 2024

Canadian Patient Safety Week (CPSW) is an initiative organized by Healthcare Excellence Canada. It is designed to bring together individuals involved in delivering or receiving care to explore healthcare harm and create safer care for all. It is an annual campaign, whose aim is to inspire extraordinary improvements in healthcare quality and safety.

If you are interested in learning more about CPSW, including an upcoming webinar series and ways to organize your own events and more, you can click on this link.

[Register Now](#)

UNISON

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Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 53 Issue 2

Important dates to remember

September 1, 2024: Licence Renewal begins

October 7, 2024: Licence Renewal deadline (*without penalty*)

October 11, 2024: Registration open for CDHNS CC Event

October 31, 2024: Licence Renewal deadline (*with penalty*)

November 4, 2024: Early Bird Registration deadline for CDHNS Event

November 13, 2024: Registration closes for CDHNS CC Event

November 16, 2024: Full-Day interactive, live-streaming CDHNS CC Event

College of Dental Hygienists of Nova Scotia

202-1597 Bedford Hwy,
Bedford, N.S. B4A 1E7

New Address Effective on August 26, 2024

www.cdhns.ca