



Pharmacologic Considerations When Managing Older Adults

By Ann Eshenaur Spolarich, RDH, PhD, FSCDH

Dental hygienists are treating more older adults as this age group continues to grow. In Canada, the majority of those ages 65 and older live independently in private homes, either alone or with a spouse.¹ Thus, dental hygienists are most likely to encounter these community-dwelling older adults in private dental offices or community-based clinics. Approximately 20% live alone, among whom higher rates of poverty and social isolation are frequently observed, as well as reduced quality of life and poor health outcomes.^{1,2} Older adults present with numerous chronic diseases of aging, including heart disease, diabetes, osteoarthritis, respiratory disorders, and neurological conditions, such as stroke and cognitive decline. Psychosocial health disorders, notably depression and anxiety, are also common. These, and other conditions, increase risk for missing teeth and poor overall health.³⁻⁵ Further, medications used to treat chronic disorders may also negatively impact general and oral health.

Physiologic Changes with Aging

Normal physiologic changes with aging alter pharmacokinetics. As a person ages, drug absorption may be altered by slowing of gastric activity and changes in gastric pH. Decreased production of plasma proteins means that more drug remains unbound in the circulation, allowing a greater percentage to leave the circulation to interact with target tissues. When a person takes multiple medications, more drug molecules compete for fewer binding sites, so an even greater percentage of the drug leaves the circulation for distribution to target sites, but also to sites where drug effects are not desired. The individual may experience an extension of the desired therapeutic effect and/or a greater number of side effects. This is especially problematic for older adults who frequently experience added central nervous system side effects (e.g. confusion and sedation) caused by distribution of drugs across the blood brain barrier. With aging, there is decreased lean muscle mass and increased fat, where lipid-soluble drugs may be stored and slowly released over time. Most drugs used in dentistry are lipid-soluble and are metabolized by the liver to water-soluble metabolites for excretion by the kidneys. Both liver and kidney function decline with age. Drug metabolism and excretion may be further compromised in those with liver

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the UNISON

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CDHNS Council Chair's Message

Allison Craig



Dear Friends & Colleagues,

I would like to introduce myself as I enter this new role as Council Chair for the CDHNS. I have been involved with the CDHNS for several years. I was initially part of the Continuing Competency Committee, (now called the Quality Assurance Committee), and served 6 years there. My time on Council started 5 years ago. This is my last year, as I am coming to the end of my 3rd consecutive term. What a way to end off, being elected as Chair!

My daily work is as a dental hygienist with Public Health. With this work, I bring experience in policy and community. My previous policy governance experience came from being a board member of the South Shore Family Resource Association. It has been a large learning curve for me as I continue into my 6th year. I also have Chaired numerous meetings, committees, and associations in my career and personal life. This opportunity will allow me to use my experiences, along with what I have learned from past CDHNS Chairs, to lead this Council and its work effectively, in the coming year.

Hilary Boudreau, outgoing Chair, along with Shannon O'Neill (Council Chair to June 30, 2020) guided us through uncharted waters of Council work during a worldwide pandemic. Hilary was able to turn to Shannon for guidance during their transition. From July 1, 2020 on, Hilary served in the role as Chair and she did this with poise and a calmness and energy that I hope to emulate. I am glad I still have her expertise to draw on this year, as she remains on Council as Vice Chair.

I would also like to thank our other returning Council members, Mallory Brent and RaeLynn MacLean, for reoffering for another term. Mallory has been a huge asset to the work of Council including the Nominations and Ownership Linkage Committee. RaeLynn will be taking over as Ownership Linkage Chair. I am glad to have their expertise returning to Council.

To Council members who are not returning, I am so glad to have worked closely with you over the past few years. Nicole Stevens, it has been a pleasure to work with you and watch you grow in your comfort to speak your thoughts and opinions. Lindsay MacDonald's love for continued learning and helping others learn was evident in the energy and enthusiasm she brought to Council, especially in her roles on the Ownership Linkage Committee and as Vice Chair. She is well spoken and professional and I look forward to seeing what she accomplishes next. Danielle Newell has poise, strength, and adaptability that allowed her to be an integral part of our Council these past years. She brought a quiet and contemplative quality to the Council that I will miss.

A warm welcome to our new Council members — Bethany Boucher, Kayla Leary-Pinch & Leora Weatherhead. I look forward to getting to know you and working with you. This Council is very welcoming and supportive. We were all new once.

On a final note, I just want to say to all registrants, that you should feel proud of how diligently you have been working to adapt to the everchanging situations that Covid-19 has brought to this province. It has been a large amount of work for all of us to provide competent, ethical, and safe care during this pandemic. You are the ones who continue to do this daily, to help the people of Nova Scotia achieve optimal oral health.

From the desk of the Registrar

Stacy Bryan Registrar



This has been another ‘unprecedented year’ – while COVID-19 has impacted everyone’s life, we also had many provincial, national, and international events that also affected our daily lives, our communities, and our worldview. All of these experiences have underscored the saying “together we’re better”, as we see learn to listen and see things from others’ viewpoints and lived experiences.

At the CDHNS office, during this time period, we have also had a staffing change, when we extended best wishes to Neha Singh and welcomed Jasleen Kaur as CDHNS Administrative Assistant. I would like to personally thank both Kelly and Jasleen for their tireless work as they consistently demonstrate the core staff values, including excellence in service and professional integrity. They have demonstrated their ability to quickly transition and change gears, as required.

I would also like to express my gratitude to the numerous CDHNS registrants who served in different capacities as committee volunteers, including Council. They have dedicated their time and expertise to assist the CDHNS in fulfilling its regulatory roles and responsibilities.

As the province prepares for the fifth phase of their COVID-19 plan, all four provincial oral health regulators continue to work together to give guidance to our respective registrants to navigate this transition. We will keep you updated as we progress.

Simultaneously, as Hilary Boudreau, past Council Chair, shared during the Annual General Meeting in May 2021, we are also preparing for the regulation changes, submitted to Government in Jan 2020. We will continue to send communications from the CDHNS regarding upcoming changes, and any necessary actions required by CDHNS registrants.

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.

We will be using a similar online process as the past three years. The steps are outlined in more detail in the expiry notice email you will receive at the end of August.

After logging in, your 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. Once you’ve indicated your intention, you will be taken to the next step required for the action you chose.

Licence Renewal Period: The licence renewal period will start on September 1, 2021 and run until October 4, 2021 (11:59 pm). The renewal portal will remain open until October 31, 2021.

At the April 17, 2021 CDHNS Council meeting, Council set the renewal deadline for the 2021/22 year to **October 4, 2021 (11:59 pm)**. For the past six years, the renewal deadline has typically been set for the first Monday of the month.

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

The CDHNS staff must review all 800+ applications, complete any necessary follow up, review and approve CPRs, accept and apply the fees, manage receipts, and email new licences for November 1, 2021. 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.

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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 4, 2021 deadline.

Individuals must meet the Council-set deadline of October 4, 2021 to submit a complete application, including payment of fees and all other requirements. Individuals who do not meet the Council-set deadline of October 4, 2021 but submit a complete renewal application **between October 5 and October 31, 2021** 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, 2021 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.

If you renew between October 5 and 31, 2021, you are considered to have missed the Council-set deadline of October 4, 2021. If repeated and flagrant violations of these deadlines and the renewal process occur, a complaint may be referred to the Investigation Committee.

Reminders re: 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.

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, 2021**. If CPR certification was completed 12 or more months **prior to** November 1, 2021, the system will not allow you to proceed with online renewal as a practising registrant until an updated CPR card/certificate, at the level required by Council, has been uploaded and approved by CDHNS staff.

Complete the following steps:

1. Log into the system at www.cdhns.ca > Member Login > enter your user name and password.
2. Scroll down the right-hand side of the page and select Upload your CPR.
3. Once approved by CDHNS staff, you will receive an email notifying you of the approval.
4. The CPR section of your Member Profile will indicate that your CPR has been approved for the renewal year **November 1, 2021 to October 31, 2022**.

Practice Hours: The next step will be to add your practice hours. All CDHNS registrants who were practising during all or part of the November 1, 2020 to October 31, 2021 renewal year will be required to list the total number of practice hours worked from Nov 1, 2020 to Oct. 31, 2021. You must enter your practice hours into the system even if you intend to transfer to the non-practising class for 2021/22.

1. For those wishing to obtain a practising licence for the 2021/22 year who graduated more than 3 years prior to application, and whose practice hours cycle runs from Nov 1, 2018 to Oct 31, 2021, **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.*

Once all required elements have been entered (and approved in the case of the CPR), your renewal button will show at the bottom of the left side of your member portal, and you will be able to proceed through renewal – update your profile, answer the good character questions, and generate an invoice to make payment.

Reminders re: 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 process, will determine the pathway 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, 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 [Continuing Competency Program Requirements document](#).)

Know the Facts: Trying to decide whether you should renew as practising or non-practising for the 2021/22 renewal year? Carefully read the information included with the expiry notice email. Contact the CDHNS office if you require further clarification.

Standard practice for notice and reminders will be given for the 2021/22 renewal period. These standard practices are as follows:

- August 30, 2021 - initial notice of licence renewal/ expiry is sent by email. This notice will also be available on the website, in the library folder entitled Renewal Information for CDHNS Members.
- 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** - the licence will expire.

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

Did you know? (1) Based on registrant feedback, we have developed a Renewal Frequently Asked Questions document again. It is located in the Library of your Member Portal under the sub folder *Renewal Information for CDHNS Registrants*. (2) As advised for the last two years, 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.

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 registrants 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 registrants 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.**

Your Voice Your Profession

2021–2022 Membership Advantages

- NO** fee increase.
- NEW** employment legal line.
- \$20.21** conference price.

Renew at cdhns.ca

View more at cdha.ca/benefits

Enriching Awareness of the Dental Hygienist ~Clinically, ethically and personally

On Saturday, November 20, 2021, the CDHNS is pleased to offer a full day (6 hours) of virtual continuing competency sessions, to all CDHNS 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.

Registration will open on Friday, October 8, 2021 and early bird prices will be in effect until Friday, October 29, 2021. *Advance registration is required.*

Confirmed Speakers:

- Dr. Haider Al-Waeli, **Periodontal Classification: What we need to know** (1 hour, Category 1)
- Heather Doucette, **Dentinal Sensitivity** (1 hour, Category 1)
- Kim Haslam, **Decay Diagnosis** (1 hour, Category 1)
- Marjorie Hickey, **Social Media and the RDH** (1 hour, Category 3)
- Nolan Pike, **Providing Trans Inclusive Care** (2 hours, Category 1)

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

The event brochure, containing fees and further details, will be circulated out to all CDHNS registrants, via email, at a later date.

We look forward to 'seeing' you all there!

May 15, 2021 CDHNS AGM/CC EVENT

The CDHNS Annual General Meeting was held virtually again this year, on May 15, 2021. Overall, it was very successful, with 436 CDHNS registrants registered to attend and voted. Prior to the start of the AGM, Wendy Stewart, (CDHA NS Director/CDHA President-Elect) presented a pre-recorded greeting from the CDHA, which included an update of the CDHA activities that occurred over the last year. Stacy Bryan, Registrar, welcomed everyone to the AGM. The general business was shared with all those in attendance, focusing on highlights in the Annual Report for the fiscal year, November 1, 2019 to October 31, 2020, including the audited financial statements. Hilary Boudreau, then CDHNS Chair, presented her message, including a regulation revisions update. Sonya Bishop, 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. Dr. Mary McNally and Dr. Leigha Rock's pre-recorded session reviewed the return-to-work strategy that was developed, disseminated and evaluated early in the COVID-19 pandemic in Nova Scotia.

Immediately following the AGM, the CDHNS presented a continuing competency event, *Managing Conflict*

by Building Healthy Relationships, presented by Diane Wooden. This event was live streamed using the Zoom platform with 261 registrants in attendance.

Both events were a success and we thank you for your participation.

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

- 40% of respondents were rural; 57% were urban; and 3% were both.
- 93.53% rated the AGM good to excellent.
- 75.19% rated the CC event good to excellent.
- 94% responded that they would be interested in having CDHNS Council host an AGM via interactive live streaming again.

CDHNS AGM/CC Event Door Prize Winners:

Congratulations to Brittany Crawford of Dartmouth and Janet Hardy of Scotsburn who were the lucky AGM door prize winners and Lindsay Sibley of Hilden and Kimberly Quann of Pictou who were the winners of the CC Event door prizes. *Thank you MSVU and the Dairy Farmers of Canada (Atlantic Division) who generously donated items.*

and kidney disease. These cumulative physiologic changes increase the likelihood for adverse drug events (ADEs), including drug overdose, and dosages may need to be reduced for older individuals.⁶

Adverse Drug Events

Known ADEs, including side effects, are well-documented and are listed in the drug monograph. Clinicians should be well-versed with how to look up medications using CPS from the Canadian Pharmacists Association, [Health Canada's Drug Product Database](#), and the [Canada Vigilance Program \(MedEffect Canada\)](#). Access to an electronic drug database geared toward dental professionals and a drug-interaction software program are especially helpful tools for use when caring for older adults.

Drug interactions lead to numerous ADEs that compromise health and well-being. Older adults are especially vulnerable to ADEs. Drug interactions may alter all phases of pharmacokinetics and pharmacodynamics.⁷ Polypharmacy and polyherbacy increase risks for drug:drug and drug:herbal and dietary supplement (HDS) interactions. Risk increases with increased numbers of drugs/HDS taken.^{7,8} Drugs may also interact with foods and alcoholic beverages.⁸

The most common ADE that impacts oral health and function is drug-induced hyposalivation, which increases risk for infections (e.g. caries, periodontal disease and opportunistic infections) and alters both comfort and function.⁹ Hyposalivation may also contribute to digestive problems due to difficulties with breaking down and swallowing the food bolus. Clients with chronic dry mouth are at risk for choking and aspiration and may not be able to generate a productive cough to assist with clearance. Hyposalivation alters taste sensation, as saliva is necessary to carry tastants over the taste buds. Over 250 drugs are known to alter taste and smell.¹⁰ Older adults frequently complain that food does not taste good which may be partially explained by medication use.

Many drugs increase risk for falling. The exact number of drugs known to cause falls is unknown, as falling is not a recognized ADE.¹¹ However, fall risk increases with age, as well as with neurological disorders, sensory impairments, reduced mobility, chronic disease and drug use.¹¹ Antidepressants are associated with the greatest fall risk, as are other drugs known to cause postural hypotension. Clinicians should reduce environmental risk factors in the office that contribute to fall risk, and monitor clients when arising from the dental chair.

Adherence with medication regimens is an ongoing challenge and difficulty increases with the number of medications taken. Those who live alone may require assistance with obtaining medications and monitoring for compliance. The number of health-related conditions that a person has, as well as the number of medications taken, frequency of dosing, and receiving and understanding education about prescribed medications all influence adherence.¹² Dental hygienists play important roles with assessing compliance and providing education to promote proper medication management.

Conclusion

Dental hygienists are well-positioned to assess medication-related challenges and ADEs experienced by their older adult clients. Normal physiologic changes with aging may require dosage adjustments for drugs used in dentistry. ADEs that impact oral health and function should be documented and addressed to prevent oral infections and ensure comfort. Clinicians must be familiar with the numerous resources that are available to support decision-making at chairside to manage medicated clients safely. Dental hygienists can serve as important liaisons with primary care providers and pharmacists to advocate for their clients and to promote medication safety.

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CPR Requirements for the 2021/22 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.

St. John Ambulance

Based on the current course offerings and levels, the accepted course from St. John Ambulance would be Basic Life Support (BLS) CPR.

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).

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?

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.

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 certificate.

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, 2021 to October 31, 2022.

Red Cross CPR

Based on the current course offerings and levels, the accepted course from the Red Cross is BLS for Healthcare (HCP).

Lifesaving Society

Based on current course offerings and levels, the accepted course from NS's Lifesaving Society is CPR Healthcare Provider/AED.

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.*

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 registration deadline.

Lifesaving Society

After successful completion of the course, the Lifesaving Society will mail you a hard copy of your certificate/card.

CPR Approval Submission

Upload your CPR now, rather than waiting to do so at the time of licence renewal. This will help to speed up your renewal process. Thank you for your cooperation.



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

CDHA CORNER

Dear friends and colleagues,

What a difference a year makes! At this time last year, we were navigating our new normal, developing additional protocols to keep our clients, ourselves, and our colleagues safe. One year later, it's sometimes hard



to remember that we didn't always practise with face shields and gowns. I wonder if this is how dental hygienists felt when glove use became more widespread in the 1980s?

In recent months, I have served as chair of CDHA's Nominations Committee and am pleased to announce the election of new board directors from Ontario, Jennifer Turner, and Saskatchewan, Kaylen Anholt. I have also been working on our orientation manual to help our new directors prepare for their terms on the board.

On July 21, CDHA held its summer board meeting via videoconference. We discussed plans for the association's fall conference, which will be held virtually for the first time on October 29 and 30. There will be lots of great opportunities for professional development and, in recognition of the many challenges we have faced throughout the pandemic, the virtual conference will only cost \$20.21 for renewing members!

Our annual general meeting (AGM) will be held virtually again this year on October 16. Last year, Nova Scotia had the highest number of attendees, and I am hoping we can rise to the occasion again! At the AGM I will move into the role of president. As a proud Nova Scotian, I am honoured to take on this responsibility and am looking forward to the challenge.

Wendy Stewart, RDH
CDHA board director, Nova Scotia
ns@cdha.ca

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

NEW webinars recently released:

Keys to Synergistic Relationships in the Dental Office, *sponsored by Crest + Oral-B*

Vaping, Nicotine & Tobacco: Facts, Stats & Trends, *sponsored by Waterpik*

Webinars coming soon:

Translating Uncertainty in Evidence-Based Practice, September 15, *sponsored by Johnson & Johnson*

cdha.ca/webinars

Save the Date

CDHA Virtual Conference: Practice 360, October 29-30

cdha.ca/conference

OTHER NEWS

COVID Impact Timeline

The COVID-19 pandemic has reshaped our lives in dramatic ways. CDHA has developed a historical timeline documenting its impact on the association and the dental hygiene profession as a whole over the past 15 months. The timeline graphically illustrates everyone's efforts to navigate this new pandemic reality and shows how we truly are #CDHAstrong! cdha.ca/covidtimeline

New Membership Benefit

CDHA understands our members need access to employment advice and support, so we are thrilled to introduce our new employment legal line. It's a free, 24/7 bilingual telephone service covering employment and regulatory law as well as real estate referral. Another great member benefit! cdha.ca/employmentlaw

Healthy and Respectful Workplaces

CDHA is committed to ensuring that every dental hygienist works in a healthy and respectful environment. Over the past year and a half, we have developed numerous resources to help support and empower you, including a vision statement, tip sheets on topics such as bullying and harassment, a video series on collaborative conversations and more. A handbook contains all printable resources in one file. Working with CDA and CDAA, we also recently launched the Healthy Workplace Matters micro website, addressing a variety of legal, mental health, physical health, and workplace safety issues. Find everything related to healthy and respectful workplaces at cdha.ca/healthyworkplace.

New Vaping Resource

It's time for a reality check on vaping! CDHA recently released a new vaping information sheet, which is available to the public, other health care professionals, and to dental hygienists for sharing with clients. The sheet includes a quiz, fast facts, and more. Find this and other useful vaping resources at dentalhygienecanada.ca/vaping.

Canada's Dental Hygiene Superhero Revealed!

From 778 amazing entries, Canada's 2021 dental hygiene superhero is Natasha Kellett of British Columbia! She is joined by two deserving honourable mentions: Holly Rynard of Ontario and Mara Sand of British Columbia. Check out their stories at dentalhygienecanada.ca/superherowinners.



www.cdha.ca



info@cdha.ca



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DALHOUSIE UNIVERSITY FACULTY OF DENTISTRY CONTINUING PROFESSIONAL EDUCATION

Continuing Education In-person Events

NOVEMBER 6 AND 7, 2021 | 8:00 AM TO 4:00 PM |
6.0 LECTURE & 3.0 HANDS-ON HOURS

Focusing on the details! Achieving precision restorative dentistry with evidence-based protocols

Presenter: Dr. Alan Atlas

NOVEMBER 25 TO 27, 2021 | VIRTUAL WEBINARS AND
IN-PERSON CLINIC SESSIONS | 16.0 LECTURE
(VIRTUAL) & 13.0 HANDS-ON (IN-PERSON) HOURS

Local anaesthesia for the dental hygienist

Instructors: Drs. James Brady and Jean-Charles Doucet

JANUARY TO MARCH 2022 | VIRTUAL COMPONENT
MID-APRIL 2022 | CLINIC COMPONENT

Dental hygiene refresher course

Instructor: TBD

More courses are always being added, including CBCT
and medical emergency certification courses.

Visit dal.ca/dentistry/cde for updates or follow us:

  [daldent_ce](https://twitter.com/daldent_ce)

  Dalhousie Dentistry Continuing Education

HOMECOMING EVENTS

September 23–25, 2021

In-person and virtual events

- White coat ceremony (virtual)
- JD McLean lecture (in-person and virtual)
- Outstanding alumni awards (virtual)
- Live@5 (in-person)
- Full day of continuing education courses on Saturday, September 25, 2021 (in-person)

dal.ca/dentistry/cde

ACDE Webinar Series

TUESDAY, SEPTEMBER 14, 2021 | 9:00 TO 10:30 PM | 1.5 HOURS

Geriatric oral health platform

Presenter: Dr. Maryam Tabrizi

SATURDAY, SEPTEMBER 18, 2021 | 11:00 AM TO 12:30 PM | 1.5 HOURS

Cone beam CT: Technical aspects to get the most out of it in the clinics

Presenter: Dr. Gustavo Machado Santaella

THURSDAY, SEPTEMBER 23, 2021 | 9:00 TO 10:00 PM | 1.0 HOUR

Diagnosis of common nodules and masses of the oral cavity

Presenter: Dr. Nagamani Narayana

SUNDAY, SEPTEMBER 26, 2021 | 12:00 TO 2:00 PM | 2.0 HOURS

The 2017 periodontal classification

Presenter: Dr. Deborah Foyle

THURSDAY, SEPTEMBER 30, 2021 | 9:00 TO 10:00 PM | 1.0 HOUR

A review of evidence-based clinical practice guidelines for non-restorative management of caries lesions in primary and permanent teeth

Presenter: Dr. Margherita Fontana

TUESDAY, OCTOBER 5, 2021 | 9:00 TO 10:00 PM | 1.0 HOUR

The new (and old) tobacco products: Health effects and helping patients

Presenter: Dr. Benjamin Chaffee

SATURDAY, OCTOBER 16, 2021 | 12:00 TO 1:30 PM | 1.5 HOURS

Digital dentures: Where are we now?

Presenter: Dr. Wendy AuClair Clark

WEDNESDAY, OCTOBER 20, 2021 | 9:00 TO 11:00 PM | 2.0 HOURS

CBCT for endodontics

Presenter: Dr. Tenzin Dadul

FRIDAY, OCTOBER 29, 2021 | 12:00 TO 1:30 PM | 1.5 HOURS

Substance use disorder

Presenter: Dr. A. Omar Abubaker

The ACDE and 31 of its member schools are jointly providing this series of live webinars featuring university-based key opinion leaders.



HOW TO REGISTER

To register, visit dal.ca/dentistry/cde and follow the registration link for each course.

If you require any assistance, contact the CDE office at cde.dentistry@dal.ca.

Awards

Congratulations to Second Year Dalhousie 2021 Dental Hygiene Students

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

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

First Prize Winners



L to R: Meghan Nazer, Erin Metzler, Trisha Robicheau, Georgia Stangeland

Beyond the Snore: Exploring the Oral Health Implications in Patients with Sleep Apnea,

Advisors: Instructors Kim Haslam, DipDH, BA, MEd and Lindsay McDonald, DipDH, BA

Second Prize Winners



L to R: Sarah Byrne, Cora Orovec, Flora Sandham, Susan Stairs

Pre-Procedural Rinses: Rinsing Away Covid-19,

Advisor: Instructor Denise Zwicker, BDH, MEd

Third Prize Winners



Front L to R: Anna Keating, Erin Blackman, Jennifer Johnson *Back L to R:* Gabriel Orgando DeLeon, Cody Moore

Behind the Mask: Oral Manifestations of Covid-19,

Advisor: Instructor Kim Haslam, DipDH, BA, MEd

CDHNS Highest Academic Award for Dalhousie Dental Hygiene



Graduating Diploma Students 2021

Congratulations to Rebecca Bowering (*L*) and Trisha Robicheau (*R*) who were this year's recipients of this CDHNS Award. This award is presented to the Dalhousie University, School of Dental Hygiene graduating student(s) from the diploma program, with the highest academic standing in all subjects. The CDHNS congratulates Rebecca and Trisha on their accomplishments.

Notice from the Quality Assurance Committee



Sonya Bishop,
CDHNS QAC Chair
2020/2021

On behalf of the Quality Assurance (QA) Committee, I would like to present some current items of interest.

The QA Committee has reviewed several online CE course providers following submitted requests from registrants. [Decisions on current and previously reviewed online CE course providers](#) can be found on the

public side of the CDHNS website under the [Continuing Competency](#) page, as well as on page 13 of this newsletter. The website will always have the most current one, since, at times, new providers are reviewed between newsletters.

The CDHNS Frequently Asked Questions (FAQ) Document is also available for registrants on the CDHNS website through the Member Portal (Log in required). Click on the Library section and go to the Practice Protocols & Policies folder.

The QA Committee met in August 2021, where the following decision was made, and then integrated the text into a revised CDHNS Continuing Competency Program document, which was sent to Council for approval.

This decision was made based on a review of CDHNS registrant feedback, and another review of existing Quality Assurance/Continuing Competency Programs and their requirements. All programs have a similar goal — they are intended to protect the public by providing parameters intended to help ensure that registrants remain safe and competent throughout their professional career. Further details are outlined in the email sent to all CDHNS registrants when the decision was approved by Council.

As of **October 1, 2021**, an acceptable alternative for verification of completion for Virtual learning activities (e.g., online learning) that meet CCP requirements but do not offer post-test evaluation is as follows:

A submitted verification of attendance, **along with** a completed [CDHNS Reflection document](#) that demonstrates the participant's learning.

One reflection document must be provided for each activity/course e.g., must complete a reflection document for each session offered during a one-day virtual event. The Reflection document must be uploaded on the CDHNS Professional Record at the time of entry for the learning activity.

Any learning activities completed *prior* to October 1, 2021, must meet the requirements that were in place in the previous CCP Requirements Document.

If the course/learning activity you are taking has a post-test, you must successfully complete it. This reflection plan document is for learning activities that do not have a learner assessment offered by the provider.

To minimize confusion, the CDHNS CCP requirements document in effect on Oct 1, 2021, will be circulated out to all registrants (and updated on the website) near the end of September. The FAQ document will also be updated to reflect the changes.

Do you find yourself inspired to be more involved with your dental hygiene profession? Curious about continuing competence and how 'all this works?' As two current QA Committee members are completing their terms at the end of November 2021, the QA Committee is seeking new members. Interested parties, please contact Stacy Bryan, Registrar, by phone, 902-444-7241, or by email at registrar@cdhns.ca.

As an outgoing QA Committee member, this experience has been most rewarding. Working with dental hygienists from various parts of Nova Scotia, all bringing their expertise to share, has been a wonderful opportunity. It is my opinion that this Committee has worked steadily to bring clear and concise information regarding continuing competency to all registrants.

Sincerely,

Sonya Bishop, Chair QA Committee (2020/2021)

How Long Do I Have to Retain My CC Records?

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.

Assigning Credit Hours for Online Courses

Completing online professional education is a convenient way for CDHNS registrants to identify their learning needs and seek out appropriate courses that meet those needs. You can learn at your own pace, anywhere. To support CDHNS registrants, the CDHNS Quality Assurance (QA) Committee evaluated a number of courses offered by online continuing oral health education providers.

Following these reviews, the QA Committee determined that the number of credit hours allocated by some course providers is not always consistent with the content of the courses. The Committee does revisit these course allocations on a regular basis to determine if changes are necessary. The Committee has reviewed the course providers identified and determined the following:

All online activities must meet the criteria to be eligible for credit hours e.g., must have a post-test that adequately covers the material. In addition to the general expectations noted above, below are a few sections of the CCP requirements that may be relevant to the course(s) you are considering:

- 3.1.5 (Formal Advanced Education Course or Programs)
- 6.1.5 and 6.3.2 (h) include criteria for individual self-study courses*

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	https://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): Must have a comprehensive post-test.	https://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/auth/login/?next=/en/dashboard/
Colgate Oral Health Network (COHN)	https://www.colgateoralhealthnetwork.com/ Online webinars with post-tests
Indigenous Canada: 12 Module Course: 3 hours – Cat 1; 9 hours – Cat 3	Offered through University of Alberta's Faculty of Native Studies https://www.coursera.org/learn/indigenous-canada
RDHQ (Previously called DVD Quarterly)	https://members.dentalhygienequarterly.ca/
Hu-Friedy	https://www.hu-friedy.com/education/continuing-education-classes
Hygienetown	https://www.hygienetown.com/onlinece
Pulpdent Learning	http://www.pulpdentlearning.com/
Viva Learning	https://www.vivalearning.com/
Waterpik Oral Health for Professionals	https://www.waterpik.com/oral-health/pro/education/

Please note: There are many other online providers who offer continuing professional education. These are the ones that were submitted by registrants and/or most commonly submitted to the CDHNS. *Please refer to the QAC Chair's message on page 12 regarding impending changes in effect Oct 1, 2021. **Providers may assess a user fee and/or require registration with a user name and password.

Dental Hygienists in Your Community



L to R: Ashlee Clairmont, RDH and Nicole Tufts, RDH

Call for Public Representative for the Nova Scotia Association of Architects' Governing Council

The Nova Scotia Association of Architects (NSAA) is seeking to appoint an individual to serve as one of its two public representatives on the NSAA Governing Council. The NSAA is the regulatory body for the architectural profession, whose purpose is to serve and protect the public interest in the practice of architecture in Nova Scotia. The NSAA seeks to foster and encourage diversity and inclusivity among its membership and Council, regardless of race, age, gender, identity, or disability.

The Public Representative cannot be a member of the architectural profession. The appointment of the Public Representative(s) is an effective mechanism through which the NSAA demonstrates transparency and accountability. This is a volunteer and unpaid position. The Public Representative will ensure that the public perspective is represented in the decision-making of the NSAA Council. They will have full voting rights, and will be expected to attend monthly Council Meetings, as well as the Annual General Meeting, either in person or virtually (via Zoom or another virtual platform). The Public Representative is also eligible to serve on various Committees within the NSAA; and they are expected to serve on either the Finance and Risk Committee, or the Governance Committee, which also provides oversight relative to Human Resources.

Interested candidates are requested to forward a cover letter indicating their reasons for wishing to serve on the NSAA Council, along with a current resume, no later than September 10, 2021.

For more information, please contact:

Nominating Committee
c/o Margo Dauphinee, Executive Director
Nova Scotia Association of Architects
email: mdauphinee@nsaa.ns.ca

On April 17 and 18, 2021, during National Oral Health 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.

Health Canada regulates UV, ozone devices


On June 7, an interim [order](#) was signed requiring manufacturers of UV radiation-emitting and ozone-generating devices such as lights and wands used for cleaning to apply for authorization under the Pest Control Products Act. This will be regulating UV radiation-emitting and ozone-producing cleaning devices that may pose a significant risk to Canadians and may not live up to their claims that they kill bacteria or viruses like the one that causes COVID-19 on surfaces and objects.

A warning has been issued saying it is not known how safe and effective these devices are. Health Canada warns that exposure to UV light from UV radiation-emitting devices may cause serious injuries and severe burns to the skin and eyes and inhalation of ozone from ozone-generating devices may impair lung function, inflame pulmonary tissues, and even cause irreversible lung damage.

If you are using some of these devices currently in your office, ensure that they meet relevant [Medical Devices Requirements](#) and that you are using them according to the manufacturer's direction for use.

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Quality Assurance (QA) Committee Vacancies

Continuous study and self-assessment of educational needs is the fundamental and lifelong responsibility of a professional. The continuing competency program is one aspect of Quality Assurance within the College of Dental Hygienists of Nova Scotia. The Quality Assurance Committee oversees the mandatory requirement program as outlined in the legislation, policies and documents approved by the CDHNS Council.

Members are sought who demonstrate the characteristics that support the purpose of this Committee and the [core values](#) of the organization. Desired qualities are — Commitment to upholding the public protection mandate of the College, integrity, professionalism, good personal judgement, ability to listen to all perspectives without bias, and effective interpersonal and communication skills.

There is also commitment to trying to ensure there is dental hygiene representation that adequately reflects that dental hygiene demographics, including, but not limited to geography, practice setting, and experience.

Based on the geographic, practice setting, and experiences of the remaining Committee members, while all applications will be considered, preference will be given to applicants who demonstrate all of the desired qualities listed above, and have the following — (1) more than seven years of dental hygiene experience, (2) reside outside of Halifax Regional Municipality (HRM), and (3) individuals who work with diverse populations.

A detailed Quality Assurance Committee Terms of Reference and application form will be provided to interested individuals. Please contact Stacy Bryan, CDHNS Registrar, directly at registrar@cdhns.ca.

UNISON

FALL
2021

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 50 Issue 2

Important CDHNS dates to remember

September 1, 2021: Licence Renewal begins

October 4, 2021: Licence Renewal deadline (*without penalty*)

October 31, 2021: Licence Renewal deadline (*with penalty*)

November 20, 2021: 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