



## Dental Care for Persons with Intellectual Disabilities

by Dr. Tracy Doyle, B.Sc. D.D.S. M.Sc., FRCD(C)  
& Shauna Hachey, RDH, MHS

The World Health Organization (WHO) reports over 300 million people with intellectual and developmental disabilities (IDD) globally. In general, persons with disabilities experience higher rates of poverty, lower rates of employment and education and they lack access to health care services, when compared to persons without disabilities. These social determinants of health contribute to poor health outcomes. Moreover, persons with disabilities are more likely to smoke and be physically inactive, further contributing to poor health outcomes, including risk of co-morbid conditions and obesity (WHO Global report on health equity for persons with disabilities).

When we focus on persons with IDD, oral health care is one of the top unmet health care needs amongst these individuals (Koneru and Sigal, 2009). A significant percentage of persons with IDDs do not have an

established dental home, resulting in a higher prevalence of dental caries, periodontitis and poor oral hygiene (Koneru and Sigal, 2009). The oral health status of individuals with IDD has been evaluated and documented with unfavorable results. The Canadian Special Olympics Special Smiles Screening Program revealed that almost 20% of the athletes examined (N = 349) had untreated dental caries, 40% had clinical signs of gingival disease, approximately 25% had missing teeth and 10% reported oral pain. A staggering 10% of athletes screened had an urgent dental need. Similarly, the results of study of institutionalized persons with IDD indicate poor oral health status. One-fifth of residents were found to be edentulous (N = 219). An overall DMFT of 23.1 and an average number of missing teeth were reported as 20.5 among the dentate residents, and all were diagnosed with periodontal disease (Pregliasco et. al. 2001).

# the UNISON

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## CDHNS Council Chair's Message

**Kayla Leary-Pinch**



Coincidentally, as the previous Chair had written in last Spring's newsletter, I'm writing this message as winter has decided to arrive in Nova Scotia. For a good majority of this season, not a plow has been dropped nor have body temperatures risen from shoveling the fluffy white stuff. Whilst the air temperature tingles our faces, it is a strong reminder that we still have time left to enjoy the beauty of winter. My hope is that while reading this, the spring has sprung, longer days have arrived and a light jacket is all you need to enjoy what nature has to offer.

As the transition into the next season brings new beginnings, I arrive at the end of my first term on Council, half of that time being honored to Chair an active, responsive, open-minded, educated committee of both registrants and public members. I am grateful for the knowledge, experiences, discussion, opportunities and the professionals I have met during my first term on Council. Serving on Council has given me knowledge to better understand the role of the CDHNS in the regulation of the profession and protection of the public. I would encourage any registrant to get involved in our profession, outside of our daily employment. Your experience is valuable and you will gain professional connections and knowledge as well. I would like to take a moment to extend my appreciation to all Council, committee members, and staff for their hard work and dedication to the mission and vision of the CDHNS. There are currently six vacant positions on CDHNS Council and I look forward to continued collaboration with both returning and new members, in whichever capacity I can provide.

The beginning of March not only brought the prospect of warmer weather and increased vitamin D, but also the new IPAC standards (see Registrar's message on page 3). As primary healthcare providers, we partake in lifelong learning and this ensures we deliver ethical, standardized, optimal care to the public. The CDHNS continues to participate in the creation of a Common Foundations Act and will update registrants as additional details are available. Finally, I would like to remind registrants of the CDHNS AGM, taking place on May 13th, 2023. Again, it will be held virtually, so please watch your emails for registration details. I look forward to continuing to support our profession and it's continued growth into the future. I hope to see you all soon!

Best regards,

**Kayla Leary-Pinch**

Chair, CDHNS

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# From the Desk of the Registrar

Stacy Bryan Registrar



As I write this, we have just passed another milestone — the launching of the Nova Scotia oral health care providers' [Joint Infection Prevention and Control \(IPAC\) Standards](#), which were effective March 1, 2023. As you're aware, this joint document, approved and used by three of the four oral health regulators, is consistent and congruent with the Provincial Dental Board of Nova Scotia's (PDBNS) IPAC Standards as well.

The emergence of COVID-19 caused many oral health care providers to evaluate their current infection prevention and control (IPAC) practices to see if they were sufficient. Nova Scotia oral health professionals followed through and critical gaps in a practice setting's IPAC were addressed. As a team, you ensured the fundamental elements of IPAC were in place, and followed, to prevent the transmission of infectious agents in oral healthcare settings. All of this meant that most of you were well-prepared for the transition to the updated IPAC Standards.

Thank you to all CDHNS registrants who have reached out to the CDHNS for clarity on implementing these Standards. As promised in the March 1, 2023 communiqué, the CDHNS worked with all of the oral health regulators and have included IPAC-specific 'frequently asked questions' in our FAQ document posted in the CDHNS Registrant Portal under the IPAC/COVID-19 Tab.

You will also have the opportunity to participate in the online (asynchronous) continuing education module being developed by the Nova Scotia Dental Association (NSDA). This online asynchronous (on-demand) module is accessible to all oral health professionals, including dental hygienists. We would like to once again thank the NSDA for making this available to all oral health professionals.

## Use of Service Codes

Once again, we are fielding calls and emails from CDHNS registrants regarding the appropriate use of service (billing) codes. I thought I would take this opportunity to underscore some of the common elements regarding the appropriate use of service codes. This was also published in previous newsletters (Spring 2018 and Spring 2021).

## Background Information

Service coding systems were developed to define service procedures and/or units of time spent performing such services in a standardized manner for third-party insurers. Service codes are documented in clients' charts, are used to prepare client invoices, and are submitted to third-party insurance carriers for reimbursement.

The Canadian Dental Hygienists Association (CDHA) developed a National List of Service Codes (CDHA-NLSC) for its members. The codes were most recently revised in 2022.

Dental hygienists may need to be familiar with two service code systems depending on their practice settings. Dental hygienists working in dental hygiene practices use the CDHA-NLSC codes when documenting the services provided to their clients. Dental hygienists employed in dental practices typically use the Canadian Dental Association's Uniform System of Codes and List of Services (CDA USC&LS).

## Ethical and Legal Obligations

You must (1) select an accurate service/procedure code and (2) bill your time accurately. Further, it is your responsibility to accurately record details of the services you provide, including units of time.

**Each unit of time is 15 minutes.** If a procedure takes a partial unit of time, the procedure code for a "half unit of time" should be used. **The procedure code time used must never exceed the actual time spent providing the treatment procedure.**

- Dental hygienists must use the service code that accurately describes the service or procedure provided. For example, if you apply fluoride varnish as a desensitizing agent, select the CDHA Desensitization of Teeth service/procedure codes under 00640 or the CDA code 41301. However, if you use the same fluoride varnish as a caries prevention therapy, use the CDHA Fluoride Applications service/procedure code 00611 or CDA code 12101.
- Use of "unit of time" service codes must accurately reflect the amount of time spent providing the

defined service/procedure only. For example, it is not appropriate to add units of time under the scaling and root planing codes to cover time spent on other activities such as sharpening instruments or disinfecting and setting up the operatory. Time spent on these other activities is considered part of the general overhead and the recovery of these costs is factored into all procedure fees.

However, it is appropriate to integrate the time spent on procedures directly related to providing the service, e.g., administering anaesthetic to manage pain during scaling or root planing. For example, if it takes 10 minutes to administer local anaesthetic, when required for scaling, it would be appropriate to integrate that time into the total amount of scaling units performed for that client.

*"It is a misuse of the fee guide to charge for more units of time during an appointment than the total time the client was seated and attended by the dental hygienist."*

(Canadian Dental Hygienists Association, 2022, p. 5)

**Did You Know?** The local anaesthetic codes in both the CDHA National Listing of Service Codes (00721-00723) and the CDA USC&LS Codes (92101 and 92102) include the following description: "Not to be used in conjunction with treatment procedures." This means that if an oral health care provider is doing any procedure, such as scaling, root planing, or a filling, a local anaesthetic administration code must not be added as an additional code for that appointment. *It would be rare for these codes to be used.*



### **It is your responsibility to accurately record the details of the services you provide.**

Allegations that a dental hygienist has overbilled may be considered by the Investigation Committee of the College to determine if the actions constitute professional misconduct. Such conduct could also be the subject of an investigation by third-party carriers or the subject of a civil action in court.

Insurance carriers can refuse to accept any future insurance claims from a provider found to have knowingly overbilled clients. The provider, in this case, would be either the dentist for whom the dental hygienist works with or the dental hygiene business owner (RDH). Insurance carriers can also initiate a civil claim against a dental hygienist to recover monies paid out under fraudulent claims.

If you are in doubt about the use of the service codes as a Nova Scotia dental hygienist, please contact the CDHNS for clarification.

**Did You Know?** Under the Dental Hygienists Act of Nova Scotia, a person who wishes to work as a dental hygienist in Nova Scotia must be registered and licensed with the CDHNS. It is not sufficient for an individual to hold a practising licence in another Canadian province or territory. The practising licence in the original jurisdiction authorizes them to practice in that jurisdiction, not Nova Scotia. If you have individuals applying at your place of employment to practice dental hygiene, please direct them to contact the CDHNS directly, or send them to the CDHNS website for further details, and to access the online application. Practising dental hygiene in Nova Scotia without being registered with the CDHNS and without holding a Practising Licence is a punishable offence under the Dental Hygienists Act.

## Council Nominations for 2023

The following six CDHNS registrants have been nominated, according to the rules set out, and have accepted the nomination for election to the CDHNS Council at the AGM on May 13, 2023. Each nominee was asked to submit a brief biography and a statement of intent. The following names have been offered for the six positions that will be open for Council.



### **Bethany Boucher:**

This will be Bethany's second term on Council. She received her diploma in dental hygiene in 2014, from Dalhousie University. Since graduating with her dental hygiene diploma, she has worked in general dentistry practices, including several years spent in Switzerland. She is currently a member of the CDHNS Council.

**Statement of Intent:** I hope to continue working on Council and making a difference.



### **Kayla Leary-Pinch:**

This will be Kayla's second term on Council, serving as Chair for the past year. She is a 2012 graduate from Oulton College's dental hygiene diploma program. She obtained her Bachelor of Dental Hygiene in 2015 from Dalhousie University. In 2019, she obtained her Master of Education degree from Acadia University. Kayla

works in an orthodontic practice and general dentistry practice. Kayla is very active in her community. She serves as President of the Lifesaving Society, as well as the National Lifesaving Society Board of Director for NS. She also serves as Vice-Chair of the South West Hants Fire Society and as a member of the South West Hants Fire Society, Auxiliary. Kayla holds the position of Director for the West Hants/Uniake Community Health Board and is the volunteer Fire Captain for the Windsor Fire Department. She is also the current training officer for St. John Ambulance Waterville Division.

**Statement of Intent:** I would like the opportunity to continue serving Council so that I may continue to assist in public protection, professional regulation, safety, and empowerment of registrants to be regarded

as primary healthcare providers. Having volunteered on Council for the last term, I have had the privilege of working alongside many skilled peers offering various perspectives, which provided opportunities for self-reflection and development in my own delivery of care. I have encouraged collaboration, discussion, and open communication. Council has been a wonderful, enlightening experience in all aspects and I look forward to serving in the future.



### **Karen Fletcher:**

This will be Karen's first term on Council. Karen graduated from Algonquin College in 2010 with a Diploma in Dental Hygiene. She previously obtained a diploma of dental technology from NSCC Institute of Technology. She currently works full time for a family dentistry practice and runs a mobile dental

hygiene practice through which she provides mobile dental hygiene services to clients in hospitals, long term care facilities and private homes. Karen volunteered in West Africa where she collaborated with the communities to provide dental hygiene care in areas of need. She is the co-founder of her local study club. She volunteered with Girl Guides of Canada, acting as the NS International Advisor as well as volunteering with the American SAC Board, serving on the Student Advisory Committee.

**Statement of Intent:** I would like to be elected to Council to learn more about policies and regulations and to be part of the Council's continual growth, success, and improvement. I would like to add my experience as a dental hygiene business owner to assist the Council in increasing the presence of dental hygiene business owners throughout Nova Scotia to increase access to dental hygiene care in a variety of settings. I am ready for a new challenge.



**Larissa LeBlanc:** This will be Larissa's first term on CDHNS Council. She graduated from George Brown University with a diploma in dental hygiene in 2018. Prior to this, Larissa obtained a Bachelor of Arts, in Psychology, from Cape Breton University in 2016. She currently works as a Public Health dental hygienist and previously worked in both orthodontic and general

dentistry practices. Throughout her studies, Larissa served as class President at George Brown College. She also served on the accreditation committee (CDAC), as the student representative. Larissa held a seat on student Council and volunteered at Sunnybrook Hospital in the dental clinic and Toronto Public Health, where she assisted in school screenings, oral health education and provided various dental hygiene services.

**Statement of Intent:** I hope to be considered for a position on Council, as I have a deep love of the profession, and I believe I possess valuable knowledge, expertise and a positive outlook that would make me a valuable member of the team. I have always held the profession of dental hygiene to the highest standard and believe that as a member of Council, I would bring an energetic, positive attitude to the table and would work to continue to promote an excellent standard of care. I believe that my previous experience with Council and committee work, along with working in various dental settings will help bring valuable knowledge and expertise to this position.



**Leora Weatherhead:**

This will be Leora's second term on Council. She is a graduate from Dalhousie's dental hygiene diploma program in 2005. She also completed her local anaesthetic course from Dalhousie in 2019. She has been working in the same general dentistry practice for 18 years. She served on the CDHNS Council the past two years.

**Statement of Intent:** My experience on the CDHNS Council has sparked my interest, and also highlighted how very lucky we, as dental hygienists, are to be self-regulated. I am aware there is a lot to learn and hope to be given the opportunity to continue becoming a skilled and competent Council member.



**Sonya Bishop:** This will be Sonya's first term on Council. She graduated from Dalhousie University in 2003 with a diploma in dental hygiene. She has worked the past twenty years as a clinical dental hygienist in a general/family private dental practice. She is currently a member of the Investigations Committee.

She served three consecutive terms with the Quality Assurance Committee, including four years as Chair, ending in 2021. She was selected by the CDHNS as a member of the Expert Working Group for the Entry-to-Practice Canadian Competencies (EPCCODH) for Dental Hygienists Project (March 2020).

**Statement of Intent:** After many years of clinical dental hygiene practice, I felt drawn to serve my profession, through participation. Working with many dental hygienists through CDHNS committees has been largely rewarding. It would be a great privilege to be elected to the CDHNS Council. I hope to broaden my legislative learning and continue to serve the profession, the CDHNS, and its registrants.



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# CDHNS Annual General Meeting



The AGM will be held virtually, once again. For full registration details please refer to the informational brochure that will be sent out to all registrants in early-mid April. It will also be posted on our website under [AGM May 2023](#).

## Program at a Glance

|                    |  | Credit hours | Category |
|--------------------|--|--------------|----------|
| 9:00 am – 10:45 am | <b>Annual General Meeting (AGM)</b>  | 1.25         | 3        |
|                    | <b>Dr. Tracy Doyle and Shauna Hachey, RDH: Dental Care for Persons with Intellectual Disabilities*</b> | 0.50         | 1        |

\*To obtain credit hours for this presentation, you must complete a [reflection document](#). Your participation at the rest of the AGM is monitored through your voting. *There is no need to complete a reflection document for the rest of the AGM.* If you vote throughout the AGM, you will be issued a certificate of attendance.

## Notice of Annual General Meeting (AGM)

This is the second notice of the Annual General Meeting of the CDHNS.

### Meeting Agenda

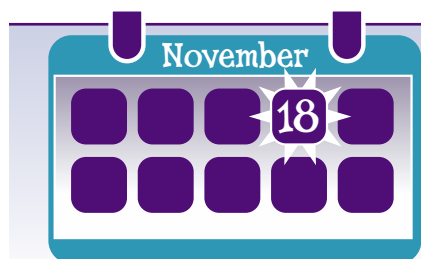
- Chair's Address and Welcome
- Greetings
- CDHA NS Director – Wendy Stewart
- Call to Order
- Approval of Agenda
- Approval of May 14, 2022 Minutes
- Dr. Tracy Doyle and Shauna Hachey, RDH: *Dental Care for Persons with Intellectual Disabilities*
- Annual Report/Audit Statement
- Report of Quality Assurance Committee
- Report of Nominations Committee
- Election of Council Members
- Awards and Recognition
- Adjournment

### Saturday, May 13, 2023 (Virtual)

9:00 am – 10:45 am: AGM

- ☐ The AGM is open to all CDHNS registrants
- ☐ There is no charge to attend the AGM
- ☐ Advance registration is required

**Click here** to review the 2022 draft minutes to be approved at the AGM May 13, 2023. You will also find the minutes in the CDHNS Library on your Main Page under the sub folder AGM (Fiscal Year to October 31, 2022)



## Save the Date!!

The CDHNS will be offering another full day CC Event on November 18, 2023. Based on registrant feedback, this event will be offered virtually, once again. *More details to follow at a later date.*

## Celebrating National Oral Health Month and National Dental Hygienists Week™

National Dental Hygiene Week™ (NDHW™) takes place April 4-10, 2023 as part of Oral Health Month in Canada.

To support registrants in getting out the message that oral health is important to overall health, the CDHNS's Member Services Committee is undertaking the following activities:

**Educational Brochure:** The CDHNS has once again partnered with Leslie Kenwell, RDH, in creating another educational brochure, *Oral Health for your Infant*. This brochure will be a wonderful tool to help educate clients on infant oral care. The CDHNS has a limited number of printed copies. If you are interested in obtaining some brochures, please contact the CDHNS to make a request. An electronic version of this brochure can be accessed by following this [link](#).

Please note that there are still some copies of last year's SDF brochures available as well.

**Commercial:** In 2021, the CDHNS presented a short 30-second commercial to highlight dental hygiene practice throughout Nova Scotia, from a regulatory standpoint, and featured local dental hygienists and clients. We encourage all registrants to share this commercial on your social media platforms such as Facebook, Twitter, Instagram, etc., to help promote our profession during National Oral Health Month.



**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 [Professional Corporation Permit 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.**

The increased risk for dental disease is not related to a genetic predisposition, rather the numerous barriers preventing routine dental care and timely diagnosis of dental problems (Pregliasco et. al. 2001). Most people with IDD living in Ontario report unmet dental needs requiring treatment and barriers to obtaining care (Koneru and Sigal, 2009). A survey in Ontario revealed that 90% of general dentists treat persons with disabilities but less than 60% treated persons with developmental disabilities (Loepky and Sigal, 2006).

### **Barriers to the IDD population accessing oral health care include:**

1. Cost of dental treatment
2. Lack of dental insurance
3. Lack of transportation
4. Fear and anxiety related to dental procedures and the dental environment
5. Lack of perceived need for dental care
6. Inability to tolerate dental treatment, requiring specialized services such as sedation and general anesthesia
7. Inability to communicate dental pain and other dental concerns
8. Difficulty physically accessing dental offices.
9. Increased time required to treat and inability or unwillingness of dental practitioners to accommodate longer appointments
10. Lack of practitioners willing to treat the special needs population due to a lack of education in the undergraduate curriculum and a lack clinical experience

Studies indicate dental training programs devote minimal didactic and clinical curriculum hours to care for persons with special needs. A Canadian survey of undergraduate dental programs report that all dental professionals recognize the need for additional education in special care dentistry (Sherman and Anderson, 2010).

There are those with IDD who require sedation, including general anesthesia, to deliver dental care safely and effectively. In these cases, access to care can be further complicated by long waitlists, the need to travel long distances and lack of coverage for sedation and anesthesia. However, most individuals with IDD can be treated routinely in a dental office with minor modifications to typical standard dental care.

### **Practical tips to improve delivery of dental care:**

1. Allowing extra time for appointments
2. Desensitizing clients to the dental environment, including introductory visits to the office prior to the first appointment
3. Scheduling clients at the same time of the day, in the same operatory, with same dental staff, to build relationships and increase familiarity
4. Individualizing the dental experience for each client based on sensitivities, using a pre-appointment questionnaire
5. Preparing clients for what to expect during a dental appointment by utilizing social stories developed for your office, or those available as storybooks
6. Modeling dental procedures on models or favorite stuffed toys using a tell-show-do approach and using developmentally appropriate language

It is very important to recognize the role of caregivers in maintaining good oral health for individuals with IDD. If caregivers have a low level of oral health literacy and poor oral hygiene, those in their care are at risk of poor oral health and dental neglect. Fortunately, the majority of persons with disabilities and their caregivers value the importance of oral health for overall health (Koneru and Sigal, 2009). Specialized oral care advice to assist both clients and their caregivers is often necessary to meet individual client needs.

### **Initiatives exist to improve health outcomes for individuals with IDDs.**

Healthy Athletes is a program sponsored by the Special Olympics that encompasses many health domains including vision, hearing, general health and wellness, mental health, physical fitness and oral health. Special Smiles, the oral health program, conducts dental screenings in order to collect population health data for the IDD population while providing valuable oral health education and basic care to this vulnerable population. The Special Smiles program also allows oral health professionals, including students, the opportunity to interact with individuals with IDD in a non-threatening and energetic environment. These interactions create positive experiences and build trust between athletes and dental volunteers that will translate into clinical practice.

The Canadian Society for Disability and Oral Health (CSDH) works with many Canadian oral and public health organizations, including Healthy Athletes to jointly advocate for Canadians with disabilities. While a young society, the CSDH has made tremendous gains over the past three years and is viewed as a national player advocating for equitable access to quality oral health care for Canadians of all ages living with disabilities. Student chapters of CSDH exist at all Canadian dental schools. Please join the CSDH in its mission to promote CARE through Collaboration, Advocacy, Research, and Education. The CSDH is an inclusive society that values and seeks dynamic members from all facets, including all oral healthcare providers, academics, educators, parents,

relatives, caregivers, people with a disability, and anyone with a profound interest in oral health care for people with disabilities. The CSDH believes in investing in the future of special care dentistry by offering free memberships to students and reasonable membership fees for general members. **Visit [csdh.ca](https://csdh.ca) to join.**

Breaking down barriers to ensure clients with IDD can access oral health care should be a priority for the dental community. Everyone deserves to smile comfortably and freely and function without pain. Everyone deserves access to affordable quality dental care to ensure good dental health and overall health.



**About the Author:** *Dr. Tracy Doyle, B.Sc. D.D.S. M.Sc., FRCD(C), has been a member of the IWK Paediatric Dental team since 2008. She completed her Bachelor of Science degree with honours at St. Francis Xavier University in 2000, followed by her Doctor of Dental Surgery Degree, with Distinction, at Dalhousie University in 2004. Dr. Doyle completed a Paediatric General Practice Residency at Toronto*

*SickKids Department of Dentistry in 2005 and graduated from the University of Toronto with a Masters Degree and Paediatric Dental Specialty in 2008. She is an Assistant Professor and Undergraduate Program Director with the Division of Paediatric Dentistry, Dalhousie University and a Staff Paediatric Dentist at IWK Health. Dr. Doyle is very active as the clinical director of the Special Smiles Program with Nova Scotia Special Olympics. She is the proud Mom of twin boys and a little girl.*



**About the Author:** *Shauna Hachey, RDH, MHS, is an Associate Professor at Dalhousie University in the School of Dental Hygiene, Faculty of Dentistry. She is a Canadian Society of Disability & Oral Health Board Member and a Nova Scotia Health Scientific Affiliate. She is a Healthy*

*Populations Institute scholar (HPI) and co-lead of the HPI flagship project, Putting 'Oral Health is Health' into Action. Her research explores integrative oral health approaches to improve access to oral care for those most in need.*

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## 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.

Cardiopulmonary Resuscitation (CPR)  
performed within 2 minutes can

**DOUBLE** or **TRIPLE**

a victim's chance of survival.<sup>1</sup>



### 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.

### 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.

## Notice from the Quality Assurance Committee



**Sydney Nelson,**  
CDHNS QAC Chair  
2022/2023

The Quality Assurance Committee (QAC) conducted registrant audits, which took place over two sessions, in February, for those practising registrants who were randomly selected for audit for the cycle ending Dec 31, 2022.

A total of 46 practising registrants were audited. The following decisions were made: 6 registrants were

pending (unable to determine if requirements were met, more information required); 9 registrants had not met requirements; 31 registrants met requirements; and one extension was granted (due to extenuating circumstances), for whom an action plan was completed and reviewed at the time of audit. The one individual who received an extension is included in the totals.

*Congratulations to those registrants whose audits were found to be complete (met) with no follow-up required.*

**Study Clubs:** All Study Club annual reports submitted for 2022 were reviewed to determine eligibility for credits and category assignment.

**Mentoring Opportunities:** We are pleased that several registrants have expressed interest in pursuing learning activities through mentoring. Refer to Section 3.1.6 of the CDHNS CCP Requirements document for further information. Use the [Mentoring Contract Form](#) (fillable pdf) to submit your request.

**Reflection Documents:** These were introduced as of October 1, 2021 for virtual, online learning events that do not have a post test. Once again, this year, for those that filled out and submitted these reflection forms, the QAC was pleased with responses and could tell that thought and effort were put into these reflections. The QAC has also developed examples of how to complete the Reflection document. See the [Continuing Competency section](#) of the CDHNS public website for the reflection document, the examples, and the FAQ document. You will also find this same information in your Registrant Portal.

On behalf of the QAC, here are a few points to remember:

- Multiple errors were observed regarding category allocation. It appears that many registrants continue to select categories based on the Provincial Dental Board of Nova Scotia's category definitions, or outdated CDHNS category definitions prior to 2018. **The categories are not the same.** Carefully review the

[CDHNS CCP Requirements](#) document to ensure you are entering your learning activity in the correct category.

- It is often the case that the QAC requests additional information due to a lack of documentation for CC courses. The lack of documentation makes it difficult to determine the eligible hours and/or appropriate category allocations. **To eliminate these requests, please obtain (and provide) as much verification for your CC courses as possible, (e.g., an agenda with start/end times, detailed course outline/description).** If you upload this information onto your CDHNS Professional Development Record, it will be easily accessible to you if you are selected for audit.
- The CDHNS Certificate of Attendance is available if needed. It is not required if the course provider already provides their own certificate of attendance or another document that verifies your attendance or successful completion. **Please ensure that each of the certificates has your name entered and the date of completion.**
- It is strongly recommended that registrants obtain their CC credits/hours over the entire course of their cycle to fulfill their professional responsibility, rather than obtaining the majority of the credit hours within the final year of your three-year cycle.

Sincerely,

**Sydney Nelson,**  
Quality Assurance Committee Chair (2022/23)

**Did You Know?** If detailed course information was provided by another registrant during a previous audit, these are kept on file, so that you do not need to submit the information again.



## Assigning Credit Hours for Online Courses



College of  
Dental Hygienists  
of Nova Scotia

### 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)                           | <a href="http://www.dentalcare.com">www.dentalcare.com</a><br><a href="http://www.dentalcare.ca">www.dentalcare.ca</a>  |
| Colgate Oral Health Network (COHN)-CE related to article review | <a href="http://www.colgateoralhealthnetwork.com/">www.colgateoralhealthnetwork.com/</a><br>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)                                     | <a href="http://www.rdhu.ca/the-rdh-view">www.rdhu.ca/the-rdh-view</a>  |

#### Courses from the providers below are eligible for the credit hours indicated by the provider\*\*

|   |   |
|---|---|
| Canadian Dental Connection  | <a href="http://www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/">www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/</a>                                  |
| Colgate Oral Health Network (COHN)                                    | <a href="http://www.colgateoralhealthnetwork.com/">www.colgateoralhealthnetwork.com/</a><br>Online webinars with post-tests   |
| Dental Hygiene Quarterly (Previously RDHQ)                            | <a href="http://www.rdhu.ca">www.rdhu.ca</a>  |
| Hu-Friedy   | <a href="http://www.hu-friedy.com/education/continuing-education-classes">www.hu-friedy.com/education/continuing-education-classes</a>                                      |
| Hygienetown   | <a href="http://www.hygienetown.com/onlinece">www.hygienetown.com/onlinece</a>  |
| Indigenous Canada: 12 Module Course: 3 hours – Cat 1; 9 hours – Cat 3 | Offered through University of Alberta's Faculty of Native Studies<br><a href="http://www.coursera.org/learn/indigenous-canada">www.coursera.org/learn/indigenous-canada</a> |
| Pulpdent Learning   | <a href="http://www.pulpdentlearning.com/">www.pulpdentlearning.com/</a>  |
| rdhu (live-streaming and on-site courses)                             | <a href="http://www.rdhu.ca">www.rdhu.ca</a> (If you have questions about a specific course re: Category or hours, please contact the CDHNS directly)                       |
| Viva Learning   | <a href="http://www.vivalearning.com/">www.vivalearning.com/</a>  |
| Waterpik Oral Health for Professionals                                | <a href="https://www.waterpik.com/oral-health/pro/education/">https://www.waterpik.com/oral-health/pro/education/</a>   |

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 reminded 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.



### ACDE Webinar Series

Tuesday, April 25, 2023 | 9:00 to 11:00 PM (Atlantic Time)  
| 2.0 CE lecture hours | webinar

#### **Periodontal maintenance on the implant patient**

*Dr. Carlos Parra*

Wednesday, May 10, 2023 | 9:00 to 11:00 PM (Atlantic Time)  
| 2.0 CE lecture hours | webinar

#### **The oral systemic connection**

*Dr. Husham Edani*

Thursday, May 25, 2023 | 9:00 to 10:00 PM (Atlantic Time)  
| 1.0 CE lecture hour | webinar

#### **When to worry about white lesions in the oral cavity**

*Dr. Austin Shackelford*

Wednesday, June 14, 2023 | 9:00 to 11:00 PM (Atlantic Time)  
| 2.0 CE lecture hours | webinar

#### **Why are your patients angry and fearful and what can you do about it?**

*Dr. Dave Carsten*

Thursday, June 22, 2023 | 9:00 to 11:00 PM (Atlantic Time)  
| 2.0 CE lecture hours | webinar

#### **Medical history taking in dental patients**

*Dr. Sanjay Chand*

Contact CPE at [cde.dentistry@dal.ca](mailto:cde.dentistry@dal.ca) if you have any questions about an upcoming webinar or the registration process.

### Certification Courses

Friday, Apr 14, 2023, AM only

#### **Medical emergencies for the dental office\*** (lecture) in-person

*Dr. Chris Lee, Dr. Laurel Murphy*

Limited enrollment, 3.5 lecture hours

Friday, Apr 14, 2023, AM and PM

#### **Medical emergencies for the dental office** (lecture & hands-on) in-person

*Dr. Chris Lee, Dr. Laurel Murphy*

Limited enrollment, 3.5 CE lecture/2.5 CE hands-on

## Student Presentations Showcase



The live event took place on March 24, 2023. There is an option to attend the sessions, virtually. The deadline for submission of the post-test quizzes to CPE is May 4, 2023. <https://www.dal.ca/faculty/dentistry/continuing-education/rioh2023.html>. CE credits will be given after passing the post-event test.

### Research in Oral Health (RIOH) Session Titles:

Canada's Opioid Crisis: The effects of Opioids on Oral Health

Cleidocranial Dysplasia: A 'Strange' Disease

Flowing into the Future: Exploring Guided Biofilm Therapy

Let Us Fill You In: Botox and Oral Health

Probiotics and Their Impact on Peri-Implant Disease: Trend or Treatment?

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

## Dental Hygienists in Your Community



Vanessa Romaine-Amirault, RDH, and her son, Jeremie

"I recently presented to grade primary students at my son's elementary school, using oral resources I received from the CDHNS. As you might think, the little ones were thrilled about all the 'prizes' they received, after listening to the presentation about teeth. I think the most popular 'treasure' was the tooth holder. They couldn't wait to put their lost tooth in it for the tooth fairy! The resources arrived quickly which was greatly appreciated. Overall, it was a great presentation. I enjoyed sharing the oral resources with all the little ones!"

-Vanessa Romaine-Amirault, RDH

### Study Club Presentations:

Stacy Bryan, Registrar, and Kayla Leary-Pinch, CDHNS Council Chair, remain committed to connecting with the members of all study clubs registered with the CDHNS. To any interested study clubs, they will provide a 1.5 hour presentation which will include a question and answer period. This can be scheduled during evenings or Saturdays. Please contact Stacy at [registrar@cdhns.ca](mailto:registrar@cdhns.ca) to schedule a presentation date.

### CDHNS Resource Centre

The CDHNS Resource Centre offers many types of resources, to assist dental hygienists in their profession and in continued learning. 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](mailto:members@cdhns.ca).

*Advance notice is appreciated so that we can prepare the items and get them to you in a timely manner.*

**Did You Know?** All frequently asked question (FAQs) from previous newsletters can be found on the CDHNS website, under the 'Members' tab and then select 'FAQs'. For easy access, follow this [link](#).

### 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 members who act as clinicians, educators, researchers, administrators, 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 — as an educator, researcher, administrator, health promoter, or consultant. This may include positions like dental supply company sales rep, infection prevention and control consultant, and hygiene department manager.

**All positions count towards accumulation of practice hours and all positions require a CDHNS practising licence.**

# UNISON

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## *Important dates to remember*

**to May 4, 2023:** Research in Oral Health (RIOH) Presentations (previously known as Table Clinics) are now available virtually. *The deadline to submit quizzes to Dalhousie's CPE is May 4, 2023.*

**April 1-30, 2023:** National Oral Health Month

**April 4-10, 2023:** National Dental Hygienists Week™

**May 13, 2023:** CDHNS AGM (virtual)

**September 1, 2023:** Licence Renewal begins

**November 18, 2023:** Full Day CDHNS CC Event (virtual)

## **College of Dental Hygienists of Nova Scotia**

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