



I DON'T WANT RADIOGRAPHS

by Kim Haslam

Radiographs are an important tool that must be used appropriately and ethically by dental hygienists. However, use of radiographs doesn't come without resistance.

Some of the most common statements dental hygienists receive from their clients are, "I don't want x-rays. I don't need them." or "I am getting too much radiation. I don't want any more." How do we tell our clients that we are making appropriate decisions regarding x-rays, including preventing them from 'excess' radiation and assist them in making an informed decision?

First, we explain the risks/benefits. If radiographs are not exposed, it could result in undiagnosed diseases such as caries, abscesses, periodontal disease and other pathologies. Risks from dental radiograph exposure are NOT significantly greater than the risks from everyday activities in our modern life. The chances of a person developing cancer from a Full Mouth Survey (FMS) is one in a million. (Dentist News Network, 2016) Whereas,

the risk of developing cancer spontaneously is 3300 in a million: much higher. (Iannucci & Howerton, 2017) Dr. Dale Miles, Oral and Maxillofacial Radiologist, who taught at Dalhousie in the 1980's, in an interview, discussed the risk of a FMS (using film based radiographs) and compared similar stats. There is a 1 in a million chance of developing cancer by: smoking 1.4 cigarettes, eating 40 tablespoons of peanut butter, drinking 30 cans of diet soda or consuming ½ bottle of wine. (Dentist News Network, 2016) Other examples are 10 minutes on a bike, 300 miles in a car, or 1000 miles in an airplane. (Iannucci & Howerton, 2017)

Secondly, we can explain the steps taken provide protection for clients based on the ALARA principle (As Low As Reasonably Achievable). ALARA ensures every reasonable measure will be taken to reduce exposure to radiation and minimize risk. (Iannucci & Howerton, 2017)

the UNISON

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We welcome your ideas, articles and letters. Submit to the Editor at members@cdhns.ca

CDHNS Council Chair's Message

Shannon O'Neill Chair



As I step into the role of Chair of the CDHNS, I have been reflecting on those who have held the position before me and the strong foundation that they have laid. My experience as a dental hygienist, as well as holding the position of Vice-Chair of the CDHNS, have prepared me well for this incredible position.

I would like to thank outgoing Council Chair, Jennifer Clark, and outgoing Executive Council member, Carrie Morrison, for their leadership and contribution to the CDHNS Council.

At the CDHA leadership summit in PEI last year, I had the good fortune to listen to William (Bill) Nippard, dental hygienist and motivational speaker. He says that [leadership is about positive influence](#).

I am looking forward to this year of representing the CDHNS, Council activities and the opportunity to continue to positively influence the business of reviewing policies and regulations, committee and auditor reports, Council education and planning next year's AGM with the Registrar and staff.

I am particularly excited to welcome Hilary Boudreau and RaeLynn MacLean as new Council members to the CDHNS this year. Orientation is part of the process for new members to Council. If you are interested in becoming a Council member, the timeline to apply is early 2020. More information will be available in the December 2019 UNISON.

In the meantime, it's autumn and it's licence renewal time for dental hygienists in Nova Scotia. I offer a special hello to those who have recently become licensed for the first time with the CDHNS. I hope you will consider becoming a Council member or joining a CDHNS committee, in the future. Please contact the CDHNS office for more information at info@cdhns.ca.

Your participation enables the CDHNS to operate in the best interest of the public as a self-sustaining regulatory authority. Our members are recognized by the public as essential health care providers.

Shannon K O'Neill, BA, RDH,
Cert. public health Chair, CDHNS

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From the desk of the Registrar

Stacy Bryan Registrar



Expiry Notices: All expiry notices will be sent to members by email. **Online renewal is mandatory for all members.** It is the member'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 the same online process as last year. The steps are outlined in more detail in the expiry notice email you will receive.

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 a practising member and I wish to renew as a practising member. 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, 2019 and run until October 7, 2019 (11:59 pm). The renewal portal will remain open until October 31, 2019.

At the May 4, 2019 Council meeting, Council set the renewal deadline for the 2019/20 year as the first Monday, i.e. **October 7, 2019 (11:59 pm)**. Although October 31 is the licence expiry date, the CDHNS was advised by legal counsel to allow sufficient time to review and process the increased number of applications and to follow up on any inquiries which resulted from licence renewal applications. This timeframe ensures that members 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.

The CDHNS staff must review all 750+ applications, complete any necessary follow up, approve CPRs, accept and apply the fees, manage receipts, and mail new licences for November 1, 2019. 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.

A complete application, including payment of fees and any other requirements e.g., CPR at the level specified by Council, must be received by the October 7, 2019 deadline.

Individuals who do not meet the Council-set deadline of October 7, 2019 but submit a **complete renewal application between October 8 and October 31, 2019** will be required to pay additional fees. During this time period:

- Members wishing to renew their practising licence must pay an additional **\$100 payment**.
- Members wishing to renew in the non-practising licence category must pay an **additional \$20 payment**.

Members who do not renew by **October 31, 2019** will have their licence suspended. If they want their licence renewed, they will be required to pay reinstatement fees in addition to the \$100 payment, and will be required to provide proof they have met all other licensing requirements. (This information was published in the last CDHNS Annual Report, and is repeated here for ease of reference.)

If you renew between October 8 and 31, 2019, you are considered to have missed the Council-set deadline of October 7, 2019. 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 Practising members

CPR: As part of the online process for renewing as a practising member, the system will confirm that the member's CPR certification will be current on November 1, 2019. If CPR certification was completed 12 or more months prior to November 1, 2019, the system will not allow you to proceed with online renewal as a practising member until an updated CPR card/certificate, at the level required by Council, has been uploaded and approved by CDHNS staff. To upload your CPR and obtain approval, 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, 2019 to October 31, 2020.

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.

Practice Hours: The next step will be to add your practice hours. All CDHNS members who were practising during all or part of the November 1, 2018 to October 31, 2019 renewal year will be required to list the total number of practice hours worked from Nov 1, 2018 to Oct. 31, 2019.

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.

What constitutes dental hygiene practice in Nova Scotia?

Section 22 of the Act provides details regarding dental hygiene scope of practice. In conjunction with the Regulations (including Sections 25 and 26: Scope of Practice), the practice of dental hygiene is defined. Only CDHNS members who hold a practising licence may engage in the practice of dental hygiene in Nova Scotia, whether as a volunteer or for remuneration. The practice of dental hygiene includes members who act as clinicians, educators, researchers, administrators, managers, health promoters, and/or consultants. When asked to report your practice hours, do not just calculate the hours you spent providing clinical care, include hours where you provided dental hygiene care in any of the areas noted above e.g., an educator, researcher, administrator, health promoter, or consultant. This may include positions like dental supply company sales rep, infection prevention and control consultant, and dental hygiene department manager. **All positions count towards accumulation of practice hours and all positions require a CDHNS practising licence.**

Reminders re: Online Renewal for Non-Practising members

Non-practising members may renew online as a non-practising member or transfer to become a practising member 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 members 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 2019/20 renewal year? Ensure that you carefully read the information included with the expiry notice email.*

Standard practice for notice and reminders will be given for the 2019/20 renewal period. These standard practices are as follows:

- August 30, 2019 - 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.
- **Nov 1** - the licence will expire.

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

May 24, 2019 AGM and 10-Year Celebration Events Summary

The CDHNS AGM was held on May 24th, 2019 at the Atlantica Hotel Halifax. Overall, it was a very successful event, with 183 in attendance, including our invited guests. The general business was shared with all of those in attendance, focusing on highlights in the Annual Report for the fiscal year, Feb 1, 2018 to October 31, 2018, including the audited financial statements. Co-presenters Ondina Love, Chief Executive Officer, CDHA, and Wendy Stewart, CDHA Board Director, NS, both spoke about the CDHA's activities. Sonya Bishop, Chair of the Quality Assurance (QA) Committee, shared the Committee report, and Heather Doucette, Professor, School of Dental Hygiene, presented on the Phoenix House Collaborative Care model.

Save the date: **Next year's AGM will be held on May 9th, 2020 in Halifax, NS.** More details to follow.

10-Year Celebration of Self-Regulation:

Immediately following the AGM, we held an event, celebrating 10 years of self-regulation. There were 130 members, as well as several special guests, in attendance. This was an opportunity to look back and reflect on how far we have come and recognize the members of our profession. For any licensed, practising member in attendance who graduated 25 years ago or more, we

presented gold plated Swarovski crystal CDHNS pins, as a celebration of their service to the profession of dental hygiene. *Anyone who falls within these parameters, who was not in attendance, can still receive a pin. They must be picked up at the CDHNS office.* Please contact us at info@cdhns.ca to inform us you will be coming to pick up your pin.



An award was also prepared for Patricia (Pat) Smith for her 51 years of service! This is the highest number of years of service, of a current practising dental hygienist,

based on her year of graduation from her dental hygiene program. Pat is a 1968 graduate of Dalhousie's Dental Hygiene program. Unfortunately, she wasn't able to attend that evening, but she was able to accept it at a later date.

The award was presented to Pat by Stacy Bryan, Registrar, shown above.

Resource Centre — Dental Hygienists Community Outreach



Pictured: Robyn Bellefontaine-Mandru and her daughter, Anna.

The CDHNS Resource Centre is available to all members. Contact us to request supplies needed when promoting dental hygiene in your community! We can help out with things such as toothbrushes, floss, tooth savers, timers, stickers, activity sheets and pamphlets. Requests can be made to members@cdhns.ca. Please allow sufficient time for us to prepare the requested supplies for you.

"Thank you so much for the items you kindly donated to help me deliver two presentations to the children of Open View Preschool in Lawrencetown, NS again this year. The toothbrushes, timers, stickers, floss sticks, tattoos and small tooth necklaces were so

wonderful. I made a dental model from large marshmallows and it helped to engage the students (age 2-5) in the class with their brushing and flossing. Both classes loved the model. I appreciate your support."

Robyn Bellefontaine-Mandru, RDH, Porter's Lake, N.S.



Interested in taking the local anaesthetic course for Dental Hygienists through Dalhousie's Continuing Dental Education?

If there is enough interest, a course may be offered in the Spring of 2020. Contact CDE at cde.dentistry@dal.ca to have your name entered on the list of interested individuals.

CPR Requirements for 2019/20 Renewal

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.

To renew on-time, CPR certification must be completed between November 1, 2018 and prior to October 7, 2019.

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.**

CDHNS members who are renewing their licence for the November 1, 2019 to October 31, 2020 renewal year, the level of CPR certification must include, at a minimum, classroom instruction and practicum experience related to:

- one and two-person rescuer chest compressions for adults, children and infants.
- one and two-person rescuer adult, child and infant bag-valve mask technique and rescue breathing.
- relief of choking in adults, children and infants.
- use of an automated external defibrillator (AED).

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 Health Care Provider (HCP) 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).

Red Cross CPR

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

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 members, a [CPR section](#) of the website indicates providers who have notified the CDHNS that they will provide courses for members based on the licensing requirements.

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 certification card.

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.

Cardiopulmonary Resuscitation (CPR)
performed within 2 minutes can
DOUBLE or TRIPLE
a victim's chance of survival!¹



¹ Image reference: Laerdal®:

https://cdn0.laerdal.com/cdn-4ad4d8/globalassets/documents/17-16235-little-anne-infographic_hor_ver.pdf

Evidence of CPR certification must be:

- received and approved prior to October 7, 2019, (to renew without the additional \$100 payment).
- received and approved between October 8 to October 31, 2019 (includes the additional \$100 payment).
- at the correct certification level.
- unaltered.
- legible and clearly include the date the course was completed.
- If your CPR card or certificate doesn't list the date you took the course, you will also need to upload your receipt.

CDHNS Highest Academic Award for Dalhousie Dental Hygiene Graduating Diploma Student 2019

Congratulations to Zoe Rolle who is this year's recipient of this CDHNS Award. The award is presented to the Dalhousie DH graduating diploma student with the highest standing in all subjects. The presentation took place on May 24, 2019 and was presented by Shauna Hachey, Assistant Professor, School of DH, Dalhousie Faculty of Dentistry.



Dalhousie is offering a refresher course (DEHY 4000)

for dental hygiene graduates who have been licensed to practice in Canada and are considering returning to practice, or for those who still hold a practicing licence but would like to calibrate their skills. This course will consist of an on-line pre-study component and a clinical component. The pre-study component will support participants as they prepare for the clinical portion of the course. Both a Five-Day and a Ten-Day Clinical Course will be offered, depending on the learning needs of the participant. (The course will run from April 20th to May 1st, 2020.) This course will run through the Dalhousie's Faculty of Dentistry Continuing Education. Deadline for course registration is December 15th, 2019.

For more information follow this link:

<https://academicalendar.dal.ca/>

Contact info: **902.494.1674**
or cde.dentistry@dal.ca

Dalhousie's Faculty of Dentistry Continuing Professional Education

The following sessions may be of particular interest to dental hygienists. Unless noted otherwise, all courses listed are held in Halifax. For a full listing of the courses offered, go to <https://www.dal.ca/faculty/dentistry/continuing-education.html>:

September 28, 2019, Homecoming-CE Day:

- **Management of mucogingival defects: Rationale and surgical techniques.** Presenters: Dr. Kevin Macdonald and Dr. Kale Wudrich
- **Research based dentistry.** Presenters: Dr. Danny Boyd and Dr. Richard Price

October 19, 2019 (Acadia University, Wolfville, NS) **Oral pathology and Oral radiology clinical updates.** Presenters: Dr. Peter Chauvin, Dr. Ernest Lam

November 2, 2019, **Dental photography simplified** (lecture and hands-on) Limited Enrollment: 20 participants. Presenter: Dr. Robert Loney

November 16, 2019, **Dental care for persons with intellectual disabilities and other special health care needs.** Presenters: Dr. Daniel Albert, Dr. Heather Carr, Dr. Tracy Doyle, Dr. Evan Shaw

Three Year Notice: Requirements for Practice Hours

Notice is hereby given that Council has approved a requirement for licensing or licence renewal that for registrants who have graduated **more than three years prior** to their application for a licence or licence renewal the registrant must provide evidence of 600 hours of practice as a dental hygienist within the 3 years immediately preceding the date the Registrar receives a complete application (initial or renewal). **The 600 hours requirement will take effect on November 1, 2020.** For more information and background on this subject see Unison, Vol 43, Issue 3 Quality Assurance - Practice Hours. To provide feedback on this requirement, please contact the Registrar at registrar@cdhns.ca.

If you are concerned that you may not have the necessary practice hours by the **Nov 1, 2020 deadline**, consider completing the Dalhousie Refresher Course offered Spring 2020. See the Refresher Course info on this page, for further details.



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

CDHA CORNER

**Dear friends and
colleagues,**

*Summer is finally here!
Summer is a quieter time
for the CDHA directors.
Since our last meeting in
February, my main focus
has been reviewing the
monitoring reports which
are submitted regularly
by our CEO, Ondina Love.*



*These keep us updated on the progress being made by
CDHA towards achieving our vision for the profession.*

*I have also been working with CDHA's Ownership
Linkage Committee to prepare for our upcoming annual
conference, October 3-5 in St. John's, Newfoundland &
Labrador. As directors, we are always looking for new
ways to engage with you, our members, at these events.
We particularly want to find out what you imagine
our profession can be in the future. The theme of the
conference is "Discover," and we have a wide range of
oral health topics presented by internationally recognized
speakers for you to explore. I hope to be able to connect
with many of you there.*

*Finally, I would like congratulate Dianna Major, CDHA's
Dental Hygiene Healthcare Superhero for 2019. From
an impressive field of 856 nominees from across Canada,
Dianna was chosen for her client focus, leadership skills,
and making her community a better place in which to live,
work, and play.*

Enjoy the rest of your summer.

Sincerely,

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



UNMASKING OUR DENTAL HYGIENE SUPERHEROES!

The submissions were numerous—856 in all, including 47 from Nova Scotia—and the judging difficult, but we're thrilled to reveal our grand prize winner, Dianna Major, and two honourable mentions: Bev Woods and Shivon Hayles.

Check out their stories at
www.dentalhygienecanada.ca/superherowinners

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development with **webinars that are now available to members for FREE**, saving you hundreds of dollars.

NEW webinars recently released:

Canada's New Food Guide: Highlights & Oral Considerations

Understanding Cardiovascular Conditions, *sponsored by Crest + Oral-B*

Noise Levels in the Workplace, *sponsored by CFDRHE*

Homewood Health: Member & Family Assistance Program

Motivating Clients to Achieve Whole Mouth Health, *sponsored by Colgate*

Webinars coming soon:

2019 Job Market & Employment Survey, October 16

www.cdha.ca/webinars

2019 Conference:

Save the date! CDHA will host its next national conference, **October 3-5**, in St. John's, Newfoundland & Labrador. Make plans now to join us on the rock! Registration now open. www.cdha.ca/conference

HEALTHY AND RESPECTFUL WORKPLACE SURVEY RESULTS

Last fall CDHA conducted its first survey of members to determine the nature and scope of issues that either support or undermine healthy and respectful workplaces. Respondents provided feedback on their experiences of harassment, bullying, and abuse in the workplace. Highlights of the survey report are available at www.cdha.ca/HealthyWorkplace and will be used to develop CDHA member resources in the coming year. CDHA's member & family assistance program is available now for individuals in need of immediate support. www.cdha.ca/homewood

NATIONAL DENTAL HYGIENISTS WEEK™ (NDHW™)

Another phenomenal event is in the books with an overwhelming number of social media posts, 791 purple-themed photos, thousands of website downloads, extensive media coverage, and 1,310 colouring contest entries; greetings from government officials; 21 landmarks lit purple across North America, as well as the Tornado Tower in Qatar (home of the Canadian Embassy). THANK YOU! to everyone who took part. Our photo gallery at www.cdha.ca/pypophotos highlights all the amazing events from coast to coast. For the next three years, NDHW™ will take place from April 4-10.

MEMBERSHIP RENEWAL

Your CDHA membership is automatically renewed when you complete your annual CDHNS registration. CDHA membership provides access to many great benefits. Check out the advantages in our infographic and video. www.cdha.ca/6reasons



www.cdha.ca



info@cdha.ca



[@thecdha](https://twitter.com/thecdha)



www.facebook.com/theCDHA

CDHA's 2019 Dental Hygiene Superheroes Award:



The grand prize winner, chosen from 856 entries, nationwide, was Nova Scotia's very own, Dianna Major! Dianna will be featured in the summer issue of CDHA's *Oh Canada!* magazine.

Dianna Major, RDH, owns Dental Magic Hygiene Studio in Sackville. She participates in community events such as face painting, dressing up as a giant tooth in parades, and participating in a local highway cleanup. She is proud of her community of Lower Sackville, where she grew up, and believes that *"the more we share the better the world will be."*

There were 17 nomination letters submitted to CDHA, on behalf of Dianna. The following is an excerpt from the submissions:

"Her natural, calm demeanor makes her a favorite with anxious patients. She provides free oral cancer screenings at a local pharmacy once a month and has partnered with Dress for Success to provide free treatment to women trying to get back to work. She also volunteers at Laing House (peer support for youth with mental illness). Dianna provides students referred from the school, a free exam, x-rays, complete scaling, fluoride treatment, polish and instruction for going forward."

Dianna has made a difference in so many lives and is truly a dental hygiene super hero...."

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Your Profession**

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View all benefits at www.cdha.ca/Benefits

EARLY BIRD DRAW Renew before October 1 and receive automatic entry in our draw for the chance to win 1 of 100 PHILIPS Sonicare power toothbrushes!

*All new and renewing members will be entered in the draw. Approximate retail value of each prize: \$199.99.

Renew now
at www.cdhs.ca

Cara Tax, Director of the Dalhousie School of Dental Hygiene -Retirement

It's never too late: Cara Tax's unfolding career

By **Melanie Bremner** (article, in its entirety, can be found in the Alumni Anchor magazine)



In Cara Tax's eyes, there is a solution to every problem if you reflect on it carefully. "One thing I have learned with aging is patience; we all need to be more patient. We must allow things to happen and move forward with even strides."

It is with patience and even strides that Cara moves forward into retirement, after a successful 44-year career that didn't unfold quite as she planned. "When I first went into dental hygiene in the early 1970s, I wanted a quick job I could do for five years before I turned my attention to having a family."

Soon after graduating with a Diploma in Dental Hygiene from the University of Manitoba, Cara began teaching.

Cara explains that she has seen many positive changes in the profession since then. "I think for some time dentistry and dental hygiene were at odds with one another and now I see that we are collectively breaking down those silos in the interest of more collaborative care for our patients."

Cara was recently instrumental in the implementation of the group practice model for Faculty of Dentistry students this past September, which sees dental hygiene and dentistry students treating their patient family together, similar to the private practice model.

"Over the years, opportunities have come to me because I was continually open to new experiences." Cara says. Allowing life to unfold as it should has guided how she approaches new challenges.

One such challenge included making the decision to return to school in 2005 at the age of 50 to complete a master's degree in education. "I've always felt

that one part of my life was left unfulfilled.” Cara says. “It was one of the best things I’ve done.” Her decision was very much in line with one of Cara’s favourite phrases – it’s never too late. And it was not too late in 2018 when she was appointed director of the School of Dental Hygiene.

Cara’s career may not have taken the path she initially expected, but it is one that will have a lasting impact on her many students and the Faculty of Dentistry at Dalhousie for many years to come.

Dr. Leigha Rock: New Director of Dalhousie’s School of Dental Hygiene

Odyssey to the East: Dr. Leigha Rock Prepares for a New Role

By Cheryl Bell (article, in its entirety, can be found in the Alumni Anchor magazine)

Finding a direction

Raised in Terrace, BC, Dr. Rock wanted to be teacher when she was young and often lined up her stuffed animals for lessons. In high school she discovered a love for biology, anatomy, and physiology.

“I knew then that I wanted to be a health care professional,” she says.

Dr. Rock’s parents suggested that she study dental hygiene at the College of New Caledonia in Prince George. It was here that Dr. Rock took her prerequisite year of science and then the two-year dental hygiene diploma. She graduated and moved to Vancouver and worked as a dental hygienist for almost 20 years.

“It was the perfect job,” says Dr. Rock. “But somewhere along the line I had the feeling that it was not quite enough. I wanted to get a degree, mainly for my own sense of self-fulfillment.”

From dental hygiene to craniofacial sciences

Dr. Rock discovered that she could study part-time at UBC and continue to practise dental hygiene. Her first course in the bachelor of dental sciences (BDSc) program was oral epidemiology, a statistics and research design-intensive course that looms menacingly over many students.

“I loved it,” says Dr. Rock. “I rediscovered how much I love math. I also discovered that I have a real aptitude

for statistics and my professors encouraged me to think about graduate studies. Well, that was like fertilizer for me.”

Dr. Rock’s next step was to enroll concurrently in undergraduate and graduate courses in molecular biology and biochemistry at UBC and Simon Fraser University.

She began work on an MSc in craniofacial sciences in the Faculty of Dentistry at UBC and the first year of her master’s work impressed the right people and she was fast-tracked to a doctorate program. Her thesis work on the risk predictors for oral pre-cancerous lesions won not only a UBC doctoral fellowship, but a CIHR doctoral award as well.

At the end of her doctorate, Dr. Rock embarked on a post-doctoral fellowship at BC Cancer.

First steps at Dal

Dr. Rock’s immediate plans on taking up her new role involve plenty of listening, seeing existing projects through to completion, and exploring how to build on the research momentum that is alive and well in the School of Dental Hygiene. She is impressed by the collegiality of the Faculty and the respect colleagues have for each other’s work.

Find out more about Dr. Leigha Rock in the Meet Your Colleague feature in this newsletter on page 14.



You've Been Asking

Question: *I was at a continuing education course recently and the presenter recommended using certain topical anaesthetics, e.g., Best Topical Ever and TAC 20%. These products are supposed to provide more profound anaesthesia than "traditional topicals". What are they? Should I be using them in my practice?*

These products are not to be used in Canada.

Products like the ones described above are customized compounded anaesthetics that are being used in the dental field. The ones you've mentioned are produced and marketed in the USA.

In the USA, there is concern about compounded topical anaesthetics like the two you mention – partially because these types of products are not really approved by the United States Food and Drug Administration (FDA). The products that are used to compound them are approved, but not the actual finished product. These products contain high concentrations of local anaesthetics and use

should be evaluated on a client-by-client basis. They are not supposed to be sold on a "bulk basis" to dental/dental hygiene practices; but are compounded for a specific client. They are not intended for office wide use, like the non-compounded topical anaesthetics approved by Health Canada.

"Because compounded agents can include various FDA-approved drugs, there are infinite possible combinations and concentrations (Patel, 2019)." Additionally, there is no known toxic level for these customized products. Packaging for compounded substances is unmeasured. As a result, inaccurate dosing can easily occur, which can put clients at risk for systemic intoxication. (Kravitz, 2007)

Furthermore, both of these compounded products combine amides and esters, which put a variety of clients at risk. All dental hygienists must remain current regarding the use or recommendation of topical and injectable anaesthetic agents.

For a quick update on topical anaesthetics, including appropriate decision-making, go to: <https://decisionsindentistry.com/article/update-on-dental-topical-anesthetics/>

Kravitz, N. D. (2007). *The use of compound topical anesthetics: a review.* J AM Dent Assoc(138), 1333-1339. doi: <https://doi.org/10.14219/jada.archive.2007.0048>

Patel, T. J. (2019, May 9). *Update on Dental Topical Anesthetics.* Retrieved from The Journal of Multidisciplinary Care: Decisions in Dentistry: <https://decisionsindentistry.com/article/update-on-dental-topical-anesthetics/>

Assigning Credit Hours for Online Courses

Completing online professional education is a convenient way for CDHNS members 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 members, at their November 2018 meeting, the CDHNS Quality Assurance (QA) Committee evaluated a number of courses offered by online continuing oral health education providers to determine if the courses met the CCP Requirements and if the hours stated by the providers were appropriate. Following their review, 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 has reviewed the course providers identified in the table and determined the following.

Please note: CDHA Online Course allocations are reviewed consistently. Go to the [CDHNS website](#) for the most recent information.

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
RDHU: Does not meet CDHNS criteria unless it is one that includes a post-test.	If a post test is included, these courses will be eligible for 50% of the credit hours.

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	https://www.colgateoralhealthnetwork.com/
Hygienetown	https://www.hygienetown.com/onlinece
Waterpik Oral Health for Professionals	https://www.waterpik.com/oral-health/pro/education/

Table 1: Dose and background radiation of dental radiographic examinations

Type of Examination	Type of Collimation*	Effective Dose microSievert (µSv)	Days of Radiation Background
Full Mouth Survey (FMS) F Speed Film or PSP plates	Rectangular Collimation	35	4
	Round Collimation	171	20
(FMS) CCD Sensor (digital receptor)	Rectangular Collimation	17	2
	Round Collimation	85	10
Panoramic		9 - 24	1 - 3
Cephalometric		2 - 6	0.3 - 0.7
CBCT		19 - 1073	2 - 126

White, S., & Pharoah, M. (2014). *Oral radiology principles and interpretations* (7 ed.). St. Louis, Missouri: Elsevier. Pg.5.

BEFORE EXPOSURE (ADA, Revised 2012; CDA, 2005; Iannucci & Howerton, 2017; White & Pharoah, 2014)

1. Equipment

- a. Receptor choice — radiation exposure from digital sensors reduces exposure by 50% to 90%. Exposure time is less than when using F speed film or PSP plates. (Table 1)
- b. Collimation —reduces the size and shape of the x-ray beam. By using a rectangular, instead of a round collimation, the absorbed dose is reduced by 60-70%. Rectangular collimators can be added to your position indication device (PID) (often called the cone). (Table 1)
- c. PID — directs the x-ray beam and can be either round or rectangular and come in different lengths. Both long (16 inch) and rectangular PID are more effective in reducing radiation.

2. Proper Prescribing of Radiographs (ADA, Revised 2012; Health Canada, 2000)

- a. **Perform a clinical examination before exposing radiographs. This includes clients who return for recall appointments.**
- b. Prescribe radiographs based on the clinical exam, and **individual needs and risk factors**, not on set intervals (e.g., 4 bitewings, once a year).
- c. Obtain images from previous providers, whenever possible.
- d. Use clinical judgment and apply the American Dental Association (ADA) Guidelines on Dental Radiographic Exams. ADA examples are in Table 2.
- f. The guidelines do not specify the number of bitewings on each side of the mouth (1 or 2). For a client with premolars and molar teeth, it is difficult to open all the contacts on one image, however, with

- the use of direct sensors we can now see the image before taking the 2nd bitewing. If all the contacts are open, then the 2nd radiograph is not necessary.
- g. A FMS does not have to be 20 images. Textbooks and articles often recommend an 18 image FMS for a full dentition. The number of maxillary anterior radiographs are reduced to 3, combining the lateral and canine into one view. If a panoramic radiograph has been taken, individualize the need for intra-oral exposures. (Senior, 2017)

***Did you know?** Nova Scotia dental hygienists must abide by Health Canada's Radiation Protection requirements and recommendations in Safety Code 30. This document is presently being revised. The CDHNS will announce an update when the new version is published. Until then, follow the requirements in the current Code.*

DURING EXPOSURE (ADA, Revised 2012; Health Canada, 2000; Iannucci & Howerton, 2017)

1. Technique

- a. Paralleling technique, instead of bisecting, reduces the dose to the skin by increasing the distance from the tooth to the receptor.

2. Lead aprons

- a. Section 9.2.7 Safety Code 30 (Health Canada, 2000), states:
 "The [client] **must be provided with a shielded apron**, for gonad protection, and a thyroid shield, especially during occlusal radiographic examinations of the maxilla. The use of a thyroid shield is especially

Do you know the difference between the 2 types of collimation? Review the Equipment section of this article for more details.

Table 2

	Child (Primary or Transitional Dentition)	Adolescent (Permanent Dentition prior to eruption of the third molar)	Adult (Dentate or Partially Edentulous)
Recall Client (with clinical caries or at increased risk for caries)	Posterior bitewing exam every 6-12-month intervals, if proximal surfaces cannot be examined visually or with a probe.*	Same as child	Posterior bitewing exam at 6-18-month intervals
Recall Client (with no clinical caries and not at increased risk for caries)	Posterior bitewing exam at 12-24-month intervals, if proximal surfaces cannot be examined visually or with a probe.*	Posterior bitewing exam at 18-36-month intervals	Posterior bitewing exam at 24-36-month intervals

*Radiographs are not necessary if proximal surfaces are accessible

Adapted from ADA. (Revised 2012). *Dental Radiographic Examinations: Recommendations for patient selection and limiting radiation exposure.* Pg 5.

Did you know?
Children are more susceptible to radiation than adults

Remember ALARA:
The number of exposures should be appropriate, practical, and consistent with the clinical objectives of the examination.

important in children. The shielded apron and thyroid shield should have the lead equivalence of at least 0.25 mm of lead. In **Panoramic Radiography**, since the radiation is also coming from the back of the [client], a conventional lead apron is not adequate and dual (front and back) lead aprons should be worn.”

3. Thyroid collars

- a. Must be worn on every client during intra-oral examination.
- b. Safety Code 30 (Health Canada, 2000) does not specify whether wearing thyroid collars during extra-oral radiographs (panoramic images) is required. Using a thyroid collar and/or the improper placement of the lead apron (too high on the neck) may not expose the border of the mandible and often results in an artifact on the image at or near the midline of the mandible as a result of the x-ray beam being blocked. (Iannucci & Howerton, 2017)
- c. Risk/benefit rule, as wearing the collar may increase the need for retakes, it should not be worn during extra-oral radiographs. (Iannucci & Howerton, 2017)

4. Receptor Holders (i.e. RINN kits)

- a. Prevent retakes by:
 - i. Stabilizing the receptor and reducing movement retakes.
 - ii. Aligning the receptor with the beam, preventing cone cuts etc.

5. Exposure Factor

- a. Optimal setting on the machine should be 60-80 kV. See manufacturer’s recommendations.
- b. One size does not fit all. Bitewings and maxillary molars need a longer exposure time than anterior teeth.
- c. When exposing children, use the child settings.
- d. The machine and the type of receptor indicates the length of exposure time. Refer to the manufacturer’s exposure time guidelines.

6. Proper Technique

- a. Keep a record of the number of images that are undiagnosable. This is critical when using sensors, as there is often no record of the retakes.
- b. Seek assistance, when required. In addition to in-office support, there are courses, and some great YouTube videos to help you. Another excellent resource is this inexpensive iBook, Senior, A. (2017). *Dental Radiography: A quick reference guide for intraoral images.* iBook.

Finally, if the client continues to be unwilling to have radiographs, a decision must be made. Is the risk of undiagnosed oral diseases too great? Do you require radiographs to accurately formulate your diagnosis or develop your care plan?

Radiation is cumulative. Each radiograph increases the client’s total exposure. An image must be diagnostic not ‘textbook perfect’.

Thank you to Dr. Anthea Senior for your clarification on Safety Code 30 and your wisdom.

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About the author: Kim Haslam, DipDH, BA, MEd, is presently an Assistant Professor at the Dalhousie School of Dental Hygiene and is the Course Director of Radiology.

Member Services Committee — Meet Your Colleague!

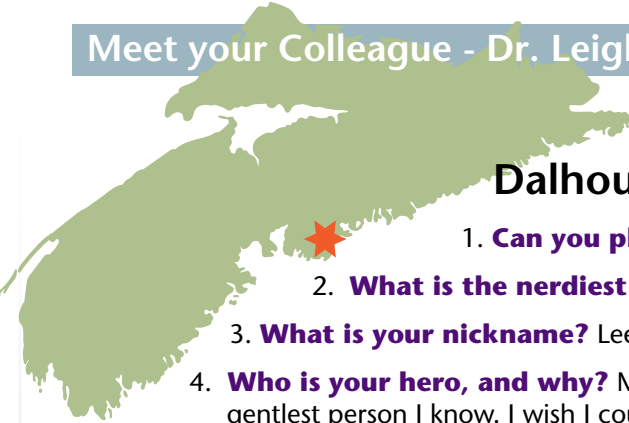
Consider nominating a colleague to be featured in an upcoming issue of the UNISON.

- 1) To nominate a colleague, or volunteer yourself to be featured, email members@cdhns.ca
 - a) Put Meet your Colleague in the subject line.
 - b) Give us the name and contact info of the potential featured colleague or yourself.
- 2) You/they will be provided with a list of 40 questions.
 - a) Choose 10 questions from the 40 provided. In your response, include the question as well as the answer. Just a sentence or two will do, and remember, this is meant to be FUN!!
 - b) Include a clear headshot of yourself, preferably against a white background, if possible.
 - c) Provide the following information: Where you are currently working and how long you have been practicing dental hygiene.

Sincerely,
Angie Nowe, Chair, Member Services Committee

Meet your Colleague - Dr. Leigha Rock

Dr. Rock is the new Director of the Dalhousie School of Dental Hygiene, in Halifax, NS

- 
1. **Can you play any instruments?** Nope, I am completely tone deaf.
 2. **What is the nerdiest thing you do in your spare time?** Statistics. I love stats!
 3. **What is your nickname?** Lee
 4. **Who is your hero, and why?** My husband, Keith. He has faced so much adversity and is the kindest, gentlest person I know. I wish I could learn to be half as humble as him. He is not only my hero, but my home and my adventure all at once. How lucky am I?
 5. **If you could go anywhere in the world on vacation, where would you go?** Paris.
 6. **What is the most important personal attribute that you bring to your job?** Determination, hard-working, integrity, an open mind, and a willingness to keep learning.
 7. **What do you enjoy doing to relieve stress?** Entertaining friends and family in our house. Life in our house revolves around food and wine and the kitchen. One of my biggest sources of joy is to share food and wine with family and friends.
 8. **If you could have a dinner with someone who is alive or dead, who would it be and why?** Stephen Hawking. I love science, statistics and math. I am amazed by the scale of his intelligence. Yet he could explain and reduce complex ideas such as quantum physics or the theory of relativity so that anyone could understand them. He was also known to be very charming and quite funny.



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UNISON

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Important dates to remember

September 1, 2019: Licence Renewal begins

October 3-5, 2019: CDHA National Conference, St John's, Newfoundland and Labrador

October 7, 2019: Licence Renewal deadline (without penalty)

May 9, 2020: CDHNS Annual General Meeting (More details to follow at later date)

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