

*Dear Colleagues,*  
**As you are probably aware,  
cannabis will become legal in  
Canada on October 17, 2018.**

The provincial government has launched a cannabis public awareness campaign. The campaign focuses on encouraging Nova Scotians to visit the provincial website - [www.novascotia.ca/cannabis](http://www.novascotia.ca/cannabis) - to get information on cannabis and legalization.

The campaign has two key tracks: general awareness and cannabis-impaired driving, and seeks to educate Nova Scotians in an approachable and informative way. These topics were identified during numerous stakeholder engagement sessions, public consultation and focus groups with Nova Scotians. It includes ads on video, online display, billboards, radio and social media.

To support the campaign, government has expanded its cannabis website. Reliable information on a wide range of topics, including what the rules will be in Nova Scotia, information on health effects of cannabis use, driving while impaired, guidance on speaking to children and teens about cannabis, and workplace impairment, is available at

[www.novascotia.ca/cannabis](http://www.novascotia.ca/cannabis). We encourage you to take a look and also to share this information with your partner and stakeholder networks.

Please watch for the campaign and share social media posts if you'd like. They will be on the Nova Scotia government's Twitter, Facebook and Instagram pages.

Visit the website for any information you need. The website will continue to be updated with new information as we move closer to legalization and once cannabis is legalized.

If you have any questions, please contact me.

Sincerely, **Dr. Robert Strang**  
Chief Medical Officer of Health

[Robert.Strang@novascotia.ca](mailto:Robert.Strang@novascotia.ca)

# the UNISON

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

Editor-In-Chief:  
**Rosemary Bourque**

## CDHNS Council

**Jennifer Clark** - Chair  
**Shannon O'Neill** - Vice Chair  
**Allison Craig** - Exec. Member  
**Carrie Morrison** - Exec. Member  
**Michele Brennan** - Public Member  
**Greg Glynn** - Public Member (awaiting  
appointment by Government)  
**Mallory Brent**  
**Teanne MacCallum**  
**Lindsay Macdonald**  
**Danielle Newell**  
**Nicole Stevens**

CDHA NS Director: **Wendy Stewart**  
Registrar: **Stacy Bryan**

Deadline for next Newsletter  
Submission: Dec 1, 2018

Published 3 times per year: March/April,  
August/September, December/January.

## AD RATES

2" x 3.5"	\$45.00
1/4 pg.	\$57.50
1/2 pg.	\$115.00
Full pg.	\$225.00

Rates are subject to change.

Publication of an ad does not  
necessarily imply that the CDHNS  
agrees or supports the claims therein.

We welcome your ideas, articles and  
letters. Submit to the Editor at  
[members@cdhns.ca](mailto:members@cdhns.ca)

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## CDHNS Council for 2018/19

We are pleased to announce the election of the  
following three individuals to CDHNS Council during  
the 2018 AGM — Allison Craig, Teanne MacCallum,  
and Shannon O'Neill.

**Allison Craig:** This is Allison's second term on  
Council. She has also agreed to serve as an Executive  
Member of Council during the 2018/19 year.



**Teanne MacCallum:** This is Teanne's first term on  
Council, although she only recently finished serving on  
CDHNS's Continuing Competency Committee.



**Shannon O'Neill:** This is Shannon's third term on  
Council. She was also elected as Vice Chair for the  
2018/19 Council year.

## We've Been Listening:

As of June 1, 2018, CDHNS now takes credit card payments through  
Plastiq, a third-party service provider. You can pay with MasterCard, Visa or  
American Express:

Please note that payments may take 3-5 business days to process and that  
a Plastiq service fee will be applied (2.5% for credit cards, 1% for debit  
cards).

For more information about Plastiq, please go to: [Frequently Asked  
Questions About Plastiq](#)

# 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 have tried to streamline the online process a bit this year, so you will notice some changes. The steps will be outlined in more detail in the expiry notice email you receive. Once renewal opens, your first step after logging into your membership profile will be to complete a questionnaire and select the action you wish to do during this renewal e.g., "I am currently in the **Practising** class and I want to renew in the **Practising** class." Once you've indicated your intention, you will be taken to the next step required for the action you chose.

**Licence Renewal Period: The licence renewal period will start on September 1, 2018 and run until October 9, 2018 (11:59 pm).** The renewal portal will remain open until October 31, 2018.

For the past three years, the deadline for submission of a complete application for renewal of a licence has been the first Monday of October. 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/expiry notice, as determined by Council.

At the May 4 and 5, 2018 Council meeting, Council set the renewal deadline for the 2018/19 year as **October 9, 2018 (11:59 pm). A complete application, including payment of fees and any other requirements e.g., CPR at the level specified by Council, must be received by that deadline.**

If you renew between October 10 and 31, 2018, you are considered to have missed the Council-set deadline of **October 9, 2018**. If repeated and flagrant violations of these deadlines and the renewal process occur, a complaint may be referred to the Investigation Committee.

Individuals who do not meet the Council-set deadline of October 9, 2018 but submit a **complete renewal** application **between October 10 and October 31, 2018** 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 class must pay an **additional \$20 payment**.

Members who do not renew by **October 31, 2018** will no longer hold a licence. If they want their practising 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.

## 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, 2018. If CPR certification was completed 12 or more months *prior* to November 1, 2018, the system will not allow the member to proceed with online renewal as a practising member until an updated CPR card or 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](http://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 that your CPR has been approved.
4. The CPR section of your Member Profile will indicate that your CPR has been approved for the renewal year November 1, 2018 to October 31, 2019.

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. For this year's renewal, all CDHNS members who were practising during all or part of the November 1, 2017 to October 31, 2018 renewal year will be required to list the total number of practice hours worked from Nov 1, 2017 to Oct. 31, 2018.

### 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, 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.**

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 right side of your member portal, and you will be able to proceed through the renewal application – update your Member Profile information, complete the good character and fitness to practice declaration, and generate an invoice to make payment.

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 licenses for November 1, 2018. 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.

### Reminders re: Online Renewal for Non-Practising members

This year, non-practising members will be able to 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 your 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 2018/19 renewal year? Ensure that you carefully read the information included with the expiry notice email. Contact CDHNS directly (via phone or email) if you have any further questions.*

**Standard practice for notice and reminders will be given for the 2018/19 renewal period.** These standard practices are as follows:

- **August 31, 2018** - initial notice of licence renewal/expiry is sent by email. This notice will also be available on the website.
- 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.**

## June 2, 2018 AGM/Continuing Competency (CC) Event — *Making Connections*

This was another well-attended CDHNS event. A total of 242 CDHNS members attended the AGM and 212 attended the CC Event.

Not only were there multiple opportunities to learn throughout the day, but there were numerous opportunities for members to interact with each other, and the CDHNS Council and staff, both formally and informally.

60 participants completed the post-event survey.

- 89.22% rated the overall event *good* to *excellent*.
- 76.92% rated the content *very relevant* to *extremely relevant* to their dental hygiene practice setting.

In addition to general feedback on the venue, attendees provided input in-person during the event or in the post-event survey on the following areas:

Area	Action taken by CDHNS	Member Role
You provided feedback regarding general improvements to the AGM.	Council will consider all feedback and revise the process, as appropriate.	<ol style="list-style-type: none"> <li>1) Attend the next AGM</li> <li>2) Continue to provide feedback for improvement</li> </ol>
You need clarification on how a regulatory body works versus a membership association.	<p>Council is committed to ensuring clarity is provided and recognizes that this will take time. Two actions taken to date:</p> <ol style="list-style-type: none"> <li>1) Invited Deanna Williams to speak at the AGM; recorded the session so that members who couldn't attend, could view it after the event.</li> <li>2) Included a follow up article in this newsletter.</li> </ol>	<ol style="list-style-type: none"> <li>1) Read and/or listen to the information provided.</li> <li>2) Ask questions via <a href="mailto:Registrar@cdhns.ca">Registrar@cdhns.ca</a> so that we can continue to provide information on areas that are still unclear.</li> </ol>
You provided feedback and ideas for future Speakers and topics for future CC Events	The Member Services Committee will consider all feedback provided and search for high quality, relevant speakers.	Continue to provide feedback on speakers or topics by emailing <a href="mailto:members@cdhns.ca">members@cdhns.ca</a> .
There is a need to revise the Continuing Competency Program Requirements	<p>The CC Committee will continue with their plan to complete a comprehensive review of the document. This will include a view to ensure that the CCP Requirements are in-line with legislation, have the "right touch", and are clear and easy for members to understand. <i>See the communication in this newsletter from the Chair of the CC Committee for full details.</i></p> <ul style="list-style-type: none"> <li>• Proposed changes will be circulated to Council for their review and approval.</li> <li>• Draft changes proposed by Council will be circulated to Members for feedback.</li> <li>• Additional feedback will be sought from members on other areas that require revision.</li> <li>• Council will consider all feedback and finalize changes.</li> <li>• Changes will be implemented through a multi-phased process where some revisions will be made effective January 1, 2019; others will be phased in over time.</li> <li>• Members will be notified throughout the process.</li> </ul>	<ol style="list-style-type: none"> <li>1) Provide feedback on the survey and during any in-person member consultations e.g., Chair and Registrar visits to Study Clubs.</li> <li>2) Stay informed e.g., read the newsletter and any other CDHNS communications that provide updates on the CCP Requirements.</li> </ol>



## AGM/Continuing Competency (CC) Event *continued...*

Area	Action taken by CDHNS	Member Role
The online professional development record was new to most members. There were areas that needed further clarification and a few potential revisions.	<ol style="list-style-type: none"> <li>1) Two revisions were made to the existing system:                             <ol style="list-style-type: none"> <li>a. The default year was updated to 2018.</li> <li>b. You are now able to upload up to three documents per CC Activity entry.</li> </ol> </li> <li>2) A <i>Continuing Competency Cycles Frequently Asked Questions</i> document was developed for members that includes step-by-step instructions on how to upload new learning activities.</li> </ol>	<ol style="list-style-type: none"> <li>1) Upload all of your learning activities for your existing cycle online e.g., if your current cycle is January 1, 2017 to December 31, 2019, upload all learning activities for that time period.</li> <li>2) Review the FAQ document, as needed. You will find it in your Member Profile under Library (subfolder – Practice Protocols and Policies)</li> <li>3) Provide feedback on the revised online system and the document. Are there other questions that should be included? (Send to <a href="mailto:info@cdhns.ca">info@cdhns.ca</a>)</li> </ol>

## CPR Requirements for 2018/19 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, 2017 and prior to October 9, 2018.

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.

**A hands-on component is required.** Please ensure that the CPR course you take has a hands-on component. Online CPR courses are not acceptable. CPR course must include classroom instruction and practicum experience

Evidence of CPR certification must be:

- received and approved prior to October 9, 2018, (to renew without the additional \$100 payment).
- received and approved between October 10 to October 31, 2018 (includes the additional \$100 payment).
- at the correct certification level.
  - o For this year's renewal, the CPR requirements are CPR Level C with AED or the Healthcare Provider level, or equivalent.
- 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.

### 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.

#### 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.<sup>1</sup>



<sup>1</sup> Image reference: Laerdal®:  
[https://cdn0.laerdal.com/cdn-4ad4d8/globalassets/documents/17-16235/little\\_anne\\_infographic\\_hor\\_ver.pdf](https://cdn0.laerdal.com/cdn-4ad4d8/globalassets/documents/17-16235/little_anne_infographic_hor_ver.pdf)

## CPR Requirements Effective on or after November 1, 2018

In accordance with Section 8 (1) (c) of the Regulations, individuals wishing to obtain a practising licence (new applicants or those renewing) “must be currently certified in CPR, to the level approved by the Council”.

On a regular basis, Council performs a review of the CPR requirements to confirm that the level is appropriate. A comparison of the CPR course levels offered by different organizations was completed. It was discovered that some CPR providers/organizations have made significant changes to the content taught within their courses entitled Level C CPR. For example, one of the larger organizations’ Level C CPR with AED does not teach two-rescuer CPR for infants, children, or adults; pulse check, jaw thrust, or rescue breathing – the majority of this content is taught in other Level C CPR courses offered by other providers.

To provide clarity and consistency, at the May 4 & 5, 2018 CDHNS Council meeting, Council passed the following resolution regarding CPR.

For all new registrants applying for registration or a practising licence on or after November 1, 2018, and all CDHNS members who are renewing for 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; and
- use of an automated external defibrillator (AED).

### What CPR does this future new requirement equate to with different organizations?

The following information will be updated closer to the actual renewal period next year (November 1, 2019 to October 31, 2020). However, 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 CPR/AED Level Health Care Provider (HCP).

## We want to respond to you in a timely manner

The following emails are no longer used or monitored:

*[jennmackay@eastlink.ca](mailto:jennmackay@eastlink.ca), [admin@eastlink.ca](mailto:admin@eastlink.ca), [pdgrant@eastlink.ca](mailto:pdgrant@eastlink.ca)*

Emails sent to these addresses are not received by CDHNS staff members. Please use the emails listed on the website and in this newsletter to contact CDHNS staff.

## Awards, Celebrations, and Registrant Welcome

### CDHNS Highest Academic Award for Dalhousie Dental Hygiene Graduating Diploma Student 2018



Congratulations to Lauren Ferguson 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 28, 2018 and she received \$500.

### Welcome to New Registrants and Congratulations to 2018 DH graduates!

Since reporting on membership numbers in the 2017/18 Annual Report, (up to January 31, 2018) the CDHNS has registered 43 new registrants, of these 33 were 2018 graduates. Twenty-one graduates were from the School of Dental Hygiene at Dalhousie University, six graduates from Oulton College in Moncton and six from Ontario. We congratulate all new graduates and welcome the newest members to the profession and to the CDHNS!



## Dalhousie's Bicentennial

Dalhousie University will be celebrating its 200th anniversary in 2018, and the Faculty of Dentistry will be coordinating a series of events to mark this milestone during Homecoming Weekend (September 27-29, 2018). The festivities will include the grand re-opening and renaming of the renewed dental clinic, continuing education and general interest courses, the Dentistry Alumni Dinner featuring the 2018 Outstanding Alumni Awards, class reunions, and more!

If you would be interested in helping to coordinate a class reunion in conjunction with these festivities, please email [alumni.dentistry@dal.ca](mailto:alumni.dentistry@dal.ca) or call 902-494-2431.





**A few fast facts about Cannabis from “*Be in the know about legal cannabis in Nova Scotia*”**

Fact	Comment
The <a href="#">Smoke-free Places Act</a> will apply to the use of combustible cannabis in public places.	Individuals can be fined up to \$2,000 for a violation. Municipalities may pass additional bylaws that further restrict the use of cannabis in public places. Be aware of local bylaws.
There are no changes to medical cannabis.	Cannabis legalization will not affect the way <a href="#">medical patients</a> access cannabis.  If someone has been authorized by their health care practitioner and Health Canada to access cannabis for medical purposes, it can still buy it from licenced producer, grow by the individual for their own medical use, or someone may be designated it to grow for them. Health Canada will continue to regulate medical cannabis.
The chemical delta-9-tetrahydrocannabinol (THC) is the ingredient in cannabis that impacts someone’s brain and body.	Educate yourself and your clients about the potential impacts this active ingredient may have – short term, long-term, and what happens when cannabis is combined with other substances. This includes mental health effects, pregnancy and breastfeeding effects, and potential risks for cannabis poisoning. <ul style="list-style-type: none"> <li>• Obtain an accurate comprehensive health history from your clients that includes the use of cannabis in any form.</li> <li>• Monitor and inform your clients of any negative oral effects that you think may be caused by cannabis use.</li> </ul>
Find out the facts e.g., cannabis smoking effects.	According to the <a href="#">Canadian Centre on Substance Use and Addiction’s Report on the Respiratory Effects of Cannabis</a> : <ul style="list-style-type: none"> <li>• Cannabis smoking has been consistently related to a greater incidence of cough, wheeze, aggravation of asthma, sore throat, chest tightness, shortness of breath and hoarse voice.</li> <li>• Cannabis smoke contains many of the same chemicals as tobacco smoke, several of which are known carcinogens.</li> <li>• Evidence for a link between cannabis smoking and serious conditions such as lung cancer is mixed. Further research is needed to clarify whether cannabis smoke is a causal factor for lung cancer.</li> <li>• It is essential for healthcare professionals to be aware of the impact of cannabis smoking on respiratory health so that they can inform and advise their patients, as well as develop strategies to promote further awareness and general respiratory health.</li> </ul>
Impairment in the workplace	According to the <a href="#">Canadian Centre on Substance Use and Addiction’s Report on the Respiratory Effects of Cannabis</a> : <ul style="list-style-type: none"> <li>• Cannabis smoking has been consistently related to a greater incidence of cough, wheeze, aggravation of asthma, sore throat, chest tightness, shortness of breath and hoarse voice.</li> <li>• Cannabis smoke contains many of the same chemicals as tobacco smoke, several of which are known carcinogens.</li> <li>• Evidence for a link between cannabis smoking and serious conditions such as lung cancer is mixed. Further research is needed to clarify whether cannabis smoke is a causal factor for lung cancer.</li> <li>• It is essential for healthcare professionals to be aware of the impact of cannabis smoking on respiratory health so that they can inform and advise their patients, as well as develop strategies to promote further awareness and general respiratory health.</li> </ul>
Responsible use of cannabis is encouraged.	The Nova Scotia government outlines <a href="#">ways</a> to ensure that those who choose to use cannabis are responsible, understand the risks, and take actions to lower the risk when using cannabis.
We know you want to learn more.	The government website provides links to other good resources: <a href="#">Health Effects of Cannabis, Government of Canada</a>   <a href="#">Weed Myths, Nova Scotia Early Psychosis Program</a>   <a href="#">Clearing the Air on Cannabis, Canadian Centre on Substance Use and Addiction</a>

**Did you know?**  
*The Canadian Pharmacists Association has developed a CPhA monograph on cannabis. Use your free subscription to the eCPS through CDHA to access this new monograph.*



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

## CDHA CORNER

### Dear friends and colleagues,

Summer is finally here! My summer started a week early, as I recently attended the International Policy Governance Association conference in Savannah, Georgia. Both CDHNS and CDHA use the policy governance model to operate, which enables councils and boards to focus on setting future-minded goals, rather than managing internal operations. I enjoyed this conference immensely. It got me thinking about how policy governance principles can be applied to our everyday lives.



First, policy governance encourages diversity in viewpoints. Although we may not all agree on a subject, this variety should be embraced.

Second, policy governance focuses on the future rather than the past or present. We cannot control the past, and often not even the present. We can, however, plan for the future. We can change things that are not working for us and choose positive activities instead of dwelling on the negative ones.

Finally, policy governance encourages proactivity rather than reactivity. How can we make the world a better place? In our profession, how can we make a difference in people's overall health through their oral health?

CDHA will hold a Leadership Summit along with its annual general meeting in Charlottetown, PEI, October 12–13, 2018. I hope to connect with many of you there. Our conferences are a great way to collect continuing competency credits, but even more importantly, they are an opportunity to connect with other members and the board. We would love to hear from you and learn your vision for our profession.

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

## 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.

#### FREE webinars now on demand:

Community Water Fluoridation

Instrument Reprocessing Essentials

A Comprehensive Approach to Dry Mouth & Sensitivity, *sponsored by Colgate*

Orofacial Function Matters

[www.cdha.ca/webinars](http://www.cdha.ca/webinars)

#### Online Courses

*Lifelong Smiles for Individuals with Intellectual Disabilities*

This four-module course, made possible through a partnership with Special Olympics BC, is designed to help oral health professionals more effectively connect with and support clients with intellectual disabilities in maintaining good oral health over their lifetime.

[www.cdha.ca/onlinecourses](http://www.cdha.ca/onlinecourses)

### UNMASKING OUR DENTAL HYGIENE SUPERHERO!

The submissions were numerous—818 in all, including 4 from Nova Scotia—and the judging extremely difficult, but we're thrilled to finally unmask the identity of CDHA's dental hygiene superhero. Congratulations to our competition grand prize winner Donna Lee and two honourable mentions: Mary Ito and Lisa Chovin. We look forward to sharing all the inspiring stories over the coming year.

### 2018 CDHA SUMMIT

Registration is now open for CDHA's fall summit #CDHASummit18 in PEI. Join us for a leadership session, sponsored by Philips, featuring presentations on respectful workplace culture, using social media, and advocacy and, on day two, a professional development session followed by lunch and CDHA's annual general meeting, sponsored by Johnson & Johnson. [www.cdha.ca/summit](http://www.cdha.ca/summit)

### TIP SHEET FOR DENTAL HYGIENE IMAGES

Are you using images of dental hygiene clinicians, clients or practice settings on your website? For an oral health advertising campaign? To enhance fact sheets or brochures? If so, please review and download CDHA's handy new checklist to ensure you are accurately portraying dental hygienists and reflecting proper dental hygiene practice.

[www.cdha.ca/imageBank/Top\\_TipsDHPPHOTOS\\_final.pdf](http://www.cdha.ca/imageBank/Top_TipsDHPPHOTOS_final.pdf)

### NEW MEMBER BENEFIT: RED CORNER STORE

Proudly Canadian, RED Corner Store is committed to offering you exclusive savings on major brands including Kate Spade, Swarovski, Vitamix, and LG, with attentive service and easy shopping. FREE shipping is available on products such as appliances, electronics, housewares, jewelry, apparel, and more. Start shopping and saving today!

[www.cdha.ca/redcornerstore](http://www.cdha.ca/redcornerstore)



[www.cdha.ca](http://www.cdha.ca)



[info@cdha.ca](mailto:info@cdha.ca)



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# Prize-a-Day

## GIVEAWAY

Renew before November 1 and receive automatic entry in our prize-a-day giveaway draw for the chance to win a PHILIPS Sonicare power toothbrush.\*

The earlier you renew, the better your chances of winning!

\*All new and renewing members will be entered in the draw.



## CDHNS Committee Updates

### We need you

The CDHNS Credentials Committee is looking for 1 Member to fill a vacancy as soon as possible.

The Member Services Committee is always looking for interested CDHNS members to join their Committee.

CDHNS Committee members will receive category 3 continuing competency credits for Committee participation. (See the CCP Requirements document for further details.) Please submit your inquiries and/or name to CDHNS at [registrar@cdhns.ca](mailto:registrar@cdhns.ca)



*Image courtesy of the Canadian Dental Hygienists Association*

### Member Services Committee – Meet Your Colleague Initiative

I would like you to participate in the Member Services Committee's newest initiative, **Meet your Colleague**. This is a fun way for our members to get to know a little more about each other, outside of our dental hygiene lives. We have such a diversified and talented group, with varying hobbies and interests and the idea is to learn a little more about each other. The plan is to feature a different dental hygienist in each newsletter. Participation is voluntary; here's how it will work:

- Email [members@cdhns.ca](mailto:members@cdhns.ca) to indicate your interest in participating. Put Meet your Colleague in the Subject Line. Include your name and contact information in the body of the email.
- We will randomly select one dental hygienist to feature.

If you are chosen:

- You will be provided with a list of 40 questions.

- 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!!
- Include a clear headshot of yourself
- Provide the following information:
  - Where you are currently working
  - How long you have been practicing dental hygiene

This newsletter features Krystina Augustine as our first "Meet your Colleague". You may have seen some "quick facts" about Krystina during the AGM/CC Event in June, 2018 when the Member Services Committee introduced the idea to the attendees.

It will be fun. C'mon, get to know your colleagues!

Sincerely,

**Angie Nowe**, Chair, Continuing Competency Committee

### Continuing Competency Committee

What a pleasure it was to have the opportunity to interact with members during the CC event in June. I hope that the short educational session that I did with the Registrar provided some insights about quality assurance in general, and in particular about the Continuing Competence Program (CCP) Requirements.

Your feedback during the session affirmed that the CC Committee was on the right track when we determined earlier this year to launch a comprehensive review for the Continuing Competency Program Requirements document. The purpose of the review is to ensure compliance with legislation and to make the requirements more streamlined with a goal of improving clarity and making the CCP requirements easier to understand.

As we move forward with this review, we do it through a number of lenses, including that of right-touch regulation. By using this approach, we make sure that the level of regulation is proportionate to the level of risk to the public. It builds upon the principles of good regulation<sup>1</sup>, including our roles and responsibilities, as outlined in the legislation. This means that we ask ourselves what risks we are trying to regulate, while being focused on regulating that risk and balancing that oversight with the resources required to promote good practice and high-quality dental hygiene care. This better enables us to anticipate changes before they occur and respond in a proactive way that prevents and minimizes risks<sup>2</sup>.

In addressing the CDHNS's responsibility to protect the public, quality assurance is one element that CDHNS uses to meet this responsibility of ensuring dental hygienists provide safe and effective dental hygiene care.

In addition, we are also working to align the practice hours cycle with the CCP cycle, since both are part of a Quality Assurance Program.

You will be an important part of this review. Please take the time to answer the survey that will be sent out to all CDHNS members later this fall. The revisions will be introduced in phases and members will be notified of upcoming changes.

I would encourage you to read the [current CCP Requirements document](#) again to ensure that you are responding correctly to the survey questions.

Sincerely,

**Sonya Bishop**

Chair, Continuing Competency Committee

<sup>1</sup> <https://www.professionalstandards.org.uk/what-we-do/improving-regulation/right-touch-regulation>

<sup>2</sup> <https://crnns.ca/about-crnns/relational-right-touch-regulation/>

## 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>:

Sept 29, 2018: **September Homecoming Continuing Dental Education – CE Day** — Presenters: multiple

Oct 26 & 27, 2018: **Obstructive sleep apnea: A multi-health disciplinary approach with an emphasis on oral appliances**— Dr. Fernanda Almeida and Dr. Reg Goodday, Dr. Richard Balys, Dr. Margaret Rajda, and Dr. Daniel Stuart

Nov 3, 2018: **Small field of view cone beam computed tomography (CBT) for dentistry: Applications and Interpretation** — Presenter: Dr. Curtis Gregoire Dr. Phil Walton

Nov 17, 2018: **The cannabis craze: Dealing with reality – how to address substance abuse in the workplace** — Presenter: Nadine Wentzell

May 24 & 25, 2019: **Update on advanced periodontal instrumentation** (lecture and hands-on) — Presenter: Anna Pattison (Limited enrolment for hands-on – 50 participants) *Please note:* Next year's CDHNS AGM will be held on Friday evening May 24, 2019 in conjunction with Dalhousie's CE event. The AGM is a separate event and requires registration directly through CDHNS. Registration for the AGM will open in spring 2019 through CDHNS.



### Did you know?

According to the Canadian Paediatric Society (CPS), “sports and caffeinated energy drinks pose serious health risks to children and youth, and should be avoided”. “Sports and caffeinated energy drinks may contribute to obesity and dental cavities in children and adolescents,” said Becky Blair, co-author of the statement and a member of Dietitians of Canada. “When it comes to staying hydrated, water is the best choice for kids.”<sup>1</sup> In October 2017, the CPS published a position statement on Energy and Sports Drinks in Children and Adolescents. The abstract is below:

“Sports drinks and caffeinated energy drinks (CEDs) are commonly consumed by youth. Both sports drinks and CEDs pose potential risks for the health of children and adolescents and may contribute to obesity. Sports drinks are generally unnecessary for children engaged in routine or play-based physical activity. CEDs may affect children and adolescents more than adults because they weigh less and thus experience greater exposure to

stimulant ingredients per kilogram of body weight. Paediatricians need to recognize and educate patients and families on the differences between sport drinks and CEDs. Screening for the consumption of CEDs, especially when mixed with alcohol, should be done routinely. The combination of CEDs and alcohol may be a marker for higher risk of substance use or abuse and for other health-compromising behaviours.”<sup>2</sup>

Read the full article at: <https://www.cps.ca/en/documents/position/energy-and-sports-drinks>

<sup>1</sup>Canadian Paediatric Society. (2017, Oct 6). *Position Statement: Energy and sports drinks in children and adolescents*. Retrieved from Canadian Paediatric Society: <https://www.cps.ca/en/documents/position/energy-and-sports-drinks>

<sup>2</sup>Canadian Paediatric Society. (2017, Sept 26). *Media Relations*. Retrieved from Canadian Paediatric Society: <https://www.cps.ca/en/media/kids-should-avoid-sports-and-energy-drinks-paediatricians-advise>

## Dental Hygienists in Your Community

### Dental Hygienists Community Outreach using Resource Centre Products

Many thanks to the CDHNS for their contribution of brushes, flossers and stickers to the North End Community Health Centre pre-school oral screening program. This year, the volunteer dental hygienists, Sarah Grant, Rae-Lynn MacLean and Teanne MacCallum, screened over 25 children between the ages of 3-5. Each child had their teeth disclosed, then brushing and flossing techniques were reviewed with the child and their parent/guardian and the last step was a fluoride varnish application for each child. The children were happy to receive their goodie bag of supplies and we couldn't have done that without your thoughtful contributions. Thank you!

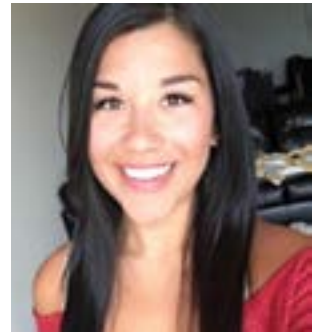
**Teanne MacCallum, RDH**



Image courtesy of the Canadian Dental Hygienists Association

### Meet your Colleague — Krystina Augustine

**Krystina works at Metro Orthodontic Specialists and has been practising for 4 years.**



1. *Which store would you like to max-out your credit card?* Lululemon
2. *What are three things still left on your bucket list?* Travel to European countries, have children and buy my dream car.
3. *If you could have any one superpower, which would you choose? And why?* The ability to read minds, because I think it would be fun to really know what people are thinking ;)
4. *What technology innovation made the most impact on your life?* Wifi, growing up in Northern NB I grew up on dial-up internet.
5. *How would you spend one million dollars?* As mentioned earlier traveling and buying multiple french bulldogs! (I'm obsessed with frenchies)
6. *What is your favorite sport to watch?* Would I be a true Canadian if I didn't say Hockey!?
7. *What would you like to be known for?* Being able to see the positive in life and making the best out of situations
8. *What is your favorite outdoor activity?* Taking my dog Lou to different trails around Halifax and going to the beach!
9. *What do you enjoy doing to relieve stress?* Going to the gym, stretching, getting a message
10. *What are you going to do when you retire?* That seems so far away, but I would like to think I will be going south for the winters because I love sun!

**CPR Course Offerings for Members:** There are a variety of organizations and providers across the province who provide CPR courses that meet the requirements for CDHNS renewal and registration. On the CDHNS website, we have listed a few course options from individuals who have contacted us about their course offerings. Go to: <http://cdhns.ca/index.php/members/cpr-information-courses>



Submitted by Deanna L. Williams, BScPhm, RPh., CAE, CDir

Regulatory bodies are established in Canada through provincial statutes or laws, to assure public safety through the regulation of designated professions or occupations. While provincial laws vary across Canada, the legislated mandate for regulators to put public interest first is clear and common to all regulatory bodies, across Canada, and internationally. Canada's model of self-regulation is unusual in that regulated professions still elect members of their professions

onto regulatory Councils, whereas in all other leading jurisdictions, all Council members, both professional and public, are appointed by government. Canadian regulators also retain autonomy with respect to setting fees and budgets, as well as the privilege to 'discipline our own' through panels that include a majority of professional members from Council and the profession. In most other jurisdictions, disciplinary processes and hearings are conducted independent from the regulatory Councils or from the regulator itself. The privilege to self-regulate can be and has been lost; examples include teachers and lawyers in the UK; denturists in Ontario; teachers and real estate brokers in British Columbia; and engineers in Quebec. ***Self-regulation is truly a privilege that regulated professions in Canada should both appreciate and strive to keep.***

Regulatory bodies are expected to meet their legislative and regulatory obligations in a way that inspires public confidence and trust and also has the general support of the profession. What is in the public interest is often in the profession's interest too. Continuing competency is a clear example where it is both in the professional and public interest that all regulated professionals be held accountable to demonstrate competency both at entry into the profession and throughout the time one is licensed. It is important to be clear about the public benefit and resist pressures to 'cloak' professional interest as public interest. To retain credibility, regulators must avoid issues that are clearly grounded in professional interest, such as reimbursement, employment and competition matters.

*Doing the "right things" sometimes means that regulatory Councils must take positions that are not popular with the profession.*

Regulators are challenged daily to "do the right things and to do them right". Doing the "right things" sometimes means that regulatory Councils must take positions that are not popular with the profession. Under Section 5 of the Act, CDHNS's Council has both been tasked with serving and protecting the public interest and the advancing and promoting the profession with responsibilities. The Act underscores that the public interest must always come first. Clarity and understanding regarding the respective roles and responsibilities of the regulatory role and the professional advocacy role within the Act are key to ensuring that the regulatory body can meet its own legislative mandate to put the public interest first.

## Three Year Notice: Requirements for Practice Hours

(effective in the three-year period starting November 1, 2017)

Notice is hereby given that Council has approved a requirement for licencing or licence renewal. 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 hygienists within the 3 years immediately preceding the date the Registrar receives a complete application.

Hours of practice will be tracked beginning November 1, 2017 and 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](mailto:registrar@cdhns.ca)***

# UNISON

College of  
Dental Hygienists  
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## *Important dates to remember*

### **CDHNS Events**

**September 1, 2018:** Licence Renewal begins

**October 12 and 13, 2018:** CDHA Summit (Leadership Session, Professional Development Session, and AGM — Register through CDHA)

**May 24, 2019:** AGM (held in conjunction with Dalhousie's Continuing Dental Education 2-day course with Anna Pattison)

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

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Halifax NS B3L 4G4

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