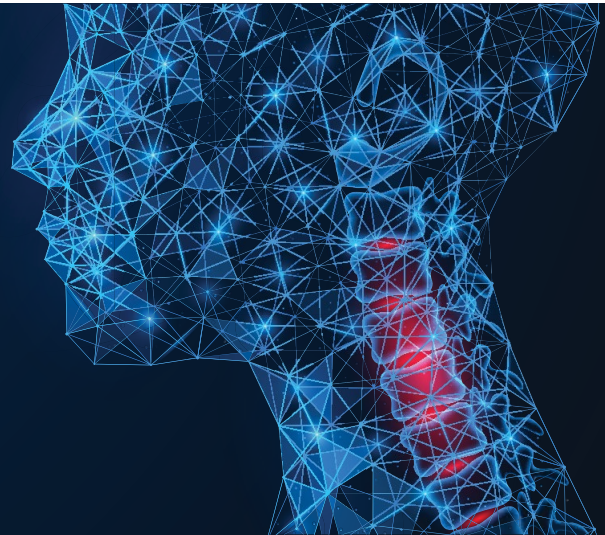


Ergonomics Part 2: *Consequences of Poor Ergonomics Amongst Dental Hygienists*

By Becca Scarratt, BScPt, MSc, MOPPOQ



Prevalence and Risk Factors of Work-Related Musculoskeletal Disorders (WMSDs):

Due to postural demands of static positioning and awkward postures, dental hygiene professionals are at high risk for developing work-related musculoskeletal disorders (WMSDs), specifically in their wrists and hands (60-69.5%), neck (54-83%), shoulders (35-76%) and lower back (Parsons 2019, Partido 2017, Morse 2010, Hayes 2009).

Risk factors of WMSDs, with specific reference to dental hygiene include: poor flexibility, improper positioning, infrequent breaks, repetitive movements, weak postural muscles, prolonged awkward postures and improper adjustment of equipment (Gupta 2011).

This article will focus on three common injuries related to poor ergonomics for dental hygienists: eyestrain, tech-neck and carpal tunnel syndrome (CTS).

The most common causes of eye strain include: looking at digital device screens, reading or looking at dental mirrors without pausing to rest your eyes, being exposed to bright light or glare, straining to see in very dim light and of course driving long distances and doing other activities involving extended focus. Eyestrain signs and symptoms include: sore, tired, burning or itching, watery

or dry eyes; blurred or double vision; headache; sore neck, shoulders, and/or back; difficulty concentrating, or feeling that you cannot keep your eyes open. During the work day, dental hygienists are encouraged to take a pause. The golden rule in ergonomics is the 20-20-20 rule. That is to say, every 20 minutes, take a 20 second break and look 20 feet away. During the 20 second pause, why not try a few eye exercises such as 'The Box'. For 'The Box' eye exercise, first move your eyes horizontally three times to the right and then to the left, without moving your neck or head. Next, close your eyes for 5 seconds and then move your eyes up and down three times and then close your eyes a second time for 5 seconds. Finally, move your eyes first clockwise three times and then counter clockwise 3 times and finish by closing your eyes for a last 5 seconds. When practicing 'The Box' exercise, during the 5 seconds that your eyes are closed, it is even more relaxing to place the heel of your hands over your eye sockets.

Tech-neck is officially the act of holding your head flexed and forward while looking down at your hand-held device or laptop screen. This neck posture is seen all too often among dental hygienists who have a forward head posture instead of using their eyes to look downwards towards the client. As is evident from the name,

Continued on page 13

the UNISON

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CDHNS Council

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Greg Glynn - Exec./Public Member

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Wendy Stewart

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1/4 pg.	\$75.00
1/2 pg.	\$140.00
Full pg.	\$250.00

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

CDHNS Council Chair's Message

Kayla Leary-Pinch



We were hopeful that 2021-2022 would be a year of returning to normal. However, it was anything but, with the global pandemic continuing to impact persons and industries worldwide. The Council and CDHNS staff continued to successfully navigate the ever-changing pandemic and I would be amiss if I didn't take this opportunity to thank them for their contributions. This year, Council recently approved new policies for orthodontic procedures and permanent restorative procedures. This was a time-consuming project and I appreciate all of the effort that went into its implementation. For more information regarding these new policies, please refer to page 6 of the newsletter. Another change this year for registrants is the separate collection of the CDHA and CDHNS fees. The CDHNS will no longer collect payment on behalf of the CDHA. Should CDHNS registrants decide to seek out and use an alternate insurance provider other than the CDHA, they are welcome to do so. It is, however, the licence holder's responsibility to ensure that the insurance policy meets the minimum requirements as set out in the PLI policy. Please refer to page 8 for more information.

I would like to take a moment to introduce myself, as I move into my new role as Council Chair for the CDHNS. I have been a practising registrant of the CDHNS for 10 years and was elected to Council in 2021. In 2012, I graduated from Oulton College's dental hygiene diploma program, obtained my Bachelor of Dental Hygiene in 2015 from Dalhousie University and in 2019, I completed my Master of Education degree from Acadia University. In my daily life, I practice in general dentistry one day a week and the remaining days, in orthodontics. I have always been committed to being actively involved in my community and have been/am presently involved in various roles with many boards, committees and organizations. The knowledge and experience I've acquired in these roles will assist me in navigating this new role as Council Chair. Also in my corner is Vice Chair, Hilary Boudreau, who has served as Chair and a role model for those who have, and will come after. I am thankful her expertise will remain on the Council to assist me this year. I am currently serving as the president of another non-profit organization and, therefore, have some experience and knowledge surrounding budgets, financial statements, policy, governance and management. I feel this role has prepared me to maintain the high level of professionalism, knowledge and best practice, that has been demonstrated by our outgoing Chair, Alison Craig. Thank you, Allison, for your time, knowledge, kindness and fun, from all of us who've had the pleasure of serving with you. You will be missed.

I would like to take the opportunity to thank all of our returning Council members, Danielle Newell – (returning after one year off Council), Mallory Brent, RaeLynn Maclean, Shelby DeVan, Leora Weatherhead, Greg Glynn, Hilary Boudreau, Bethany Boucher. Newer members to our Council are: Neala Spencer (July 1, 2022), David Acker, public member appointed by Gov't on June 30, 2022, and Elizabeth Mann, public member appointed by Gov't Jan 28, 2022. I would also like to thank the outgoing Council members (Alison Craig and Joyce Lind). To those I may not have had the opportunity to work alongside for long and to those I look forward to collaborating with, thank you for your dedication and commitment, it's priceless. Finally, to our registrants, thank you for ensuring the successful delivery of dental hygiene services to clients in our beautiful province, so that they may achieve optimal oral health. The role we play in the overall health of our clients is important, they're counting on us all.

Best regards,

Kayla Leary-Pinch
Chair, CDHNS

From the desk of the Registrar

Stacy Bryan Registrar



This year, you will see some new changes to the renewal process. Please review the information in this section carefully, as well as the full detailed information in the Notice of Expiry/Notice of Renewal that will be sent to all CDHNS registrants at the end of August. We are hoping that the changes we have made with our new database provider will help to streamline this process and make it more user-friendly. As always, we are open to feedback on ways to improve in the future.

Expiry Notices: All expiry notices will be sent to registrants by email. [Online renewal](#) is mandatory for all registrants. It is the registrant's responsibility to ensure that they hold a valid practising licence at all times, regardless of notice sent or other circumstances.

On your Registrant Portal, as of September 1, 2022, you will see a Renewal Tab. This Tab will outline the steps you must follow, including those that will be required before you can submit your application.

In the application itself, the first step will be to complete a questionnaire and select the action you wish to do during this renewal e.g., I am currently in the **Practising** class and I want to renew in the **Practising** class. You will also be able to indicate if you wish to remain on the CDHNS Register, but not renew your licence (i.e., let your licence expire/lapse) OR request to be removed from the CDHNS Register. **Regardless of your intention, you must still proceed through the renewal form.** Once you indicate your selection on the questionnaire section at the beginning of the form, the appropriate sections will show for you to complete.

Licence Renewal Period: The licence renewal period will start on September 1, 2022 and run until October 3, 2022 (11:59 pm). The renewal portal will remain open until October 31, 2022.

At the April 23, 2022 CDHNS Council meeting, Council set the renewal deadline for the 2022/23 year to **October 3, 2022 (11:59 pm)**. For the past seven years, the renewal deadline has typically been set for the first Monday of the month. This remains the same for this upcoming renewal as well.

Although October 31 is the licence expiry date, the CDHNS was advised by legal counsel to allow sufficient time to review and process the increased number of applications and to follow up on any inquiries which resulted from licence renewal applications. This timeframe ensures that registrants receive their licences prior to November 1 and do not experience any disruption in their ability to practice. Accordingly, all information must be received by the CDHNS by the specified date on the renewal notice.

The CDHNS staff must review all 830+ applications, complete any necessary follow up, review and approve CPRs, accept and apply the fees, manage receipts, and email new licences for November 1, 2022. 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 3, 2022 deadline.

Individuals must meet the Council-set deadline of October 3, 2022 to submit a complete application, including payment of fees and all other requirements. Individuals who do not meet the Council-set deadline of October 3, 2022 but submit a complete renewal application **between October 4 and October 31, 2022** will be required to pay additional fees. During this time period:

- Registrants wishing to renew their practising licence must pay an additional **\$100 payment**.
- Registrants wishing to renew in the non-practising licence category must pay an additional **\$20 payment**.
- Registrants who do not renew by October 31, 2022 will no longer hold a licence. If they want their licence renewed, they will be required to pay reinstatement fees, in addition to the \$100 payment, and will be required to provide proof they have met all other licensing requirements.

(This information was published in the last CDHNS Annual Report, and is repeated here for ease of reference.)

If you renew between October 4 and 31, 2022, you are considered to have missed the Council-set deadline of October 3, 2022. If repeated and flagrant violations of these deadlines and the renewal process occur, a complaint may be referred to the Investigation Committee.

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Reminders re: Online Renewal for CDHNS Registrants in the Practising Class

Practising registrants may renew online in the **practising class** or transfer to the **non-practising class**.

Ensure you have the right documents/information before you begin.

(1) Practice Hours: Have your practice hours calculated and ready to enter in the application form. All CDHNS registrants who were practising during all or part of the November 1, 2021 to October 31, 2022 renewal year will be required to list the total number of practice hours worked from Nov 1, 2021 to Oct. 31, 2022. **You must enter your practice hours into the system even if you intend to transfer to the non-practising class for 2022/23.**

1. For those wishing to obtain a practising licence for the 2022/23 year who graduated more than 3 years prior to application, and whose practice hours cycle runs from Nov 1, 2019 to Oct 31, 2022, **you must have practiced a minimum of 600 hours in dental hygiene within the last 3 years.** (These practice hours may have been accumulated here in NS or in another jurisdiction where you were licenced to practice dental hygiene).
 - o *If you have not practiced the requisite number of practice hours within the last 3 years, the Registrar will contact you to discuss further options, once you've entered in your hours on the system.*

(2) CPR: As part of the online process for renewing as a practising registrant, the system will confirm that your CPR certification will be current on **November 1, 2022**.

If CPR certification was completed 12 or more months **prior to** November 1, 2022, the system will not allow you to submit your online renewal form as a practising registrant unless you upload an updated CPR card/certificate, at the level required by Council, with your application. This will then be reviewed and approved by CDHNS staff.

If you've already completed a CPR, help expedite the renewal process by uploading your CPR for approval now, rather than waiting for renewal. Follow these steps:

1. Log into your Registrant Portal at www.cdhns.ca > Member Login > enter your email address and password.
2. Scroll down the right-hand side of the page to 'links' and select "CPR Approval Form". You will also find the same form under the CPR Tab.
3. Once approved by CDHNS staff, you will receive an email notifying you of the approval.
4. The CPR Tab of your Registrant Portal will indicate that your CPR has been approved for the renewal year **November 1, 2022 to October 31, 2023**.

(3) Professional Liability Insurance (PLI): You will be required to upload evidence of obtaining PLI at the level required by Council, i.e., the PLI Policy document. Further information on the PLI requirements can be found on page 8.

1. If you held a practising licence this year, Nov 1, 2021 to Oct 31, 2022, you will only need to upload evidence that you've purchased a new policy for the months that weren't covered in the Policy last year – i.e., Jan 1, 2023 to the end of the renewal year.
2. If you are applying to transfer from non-practising to practising, you will need to upload evidence that you've purchased PLI that provides coverage for the full year (Nov 1, 2022 to Oct 31, 2023).

Please do not send your purchased policies to the CDHNS now. You will be required to upload them as part of the renewal application.

Once you've confirmed you have all the necessary documents, please click on the renewal application link and proceed through renewal – update your profile, upload your required documents, answer the good character questions, and generate an invoice to make payment.

Reminders re: Online Renewal for Non-Practising Registrants

Non-practising registrants may renew online in the non-practising class or transfer to the practising class if the criteria are met.

Your response on the questionnaire, at the beginning of the renewal application form, will determine the steps required for renewal.

Non-practising registrants wishing to transfer to the practising class must meet the requirements for licensing as outlined in the Regulations. Allow a minimum of 2 weeks for the Non-Practising to Practising process to be completed. For those who graduated three or more years ago, in addition to CPR and PLI, you must also provide evidence of having completed the following requirements 3 years immediately before applying for a practising licence:

- having practiced within the last 3 years, and
- having obtained 45 hours (credits) of continuing education, as set by Council. (For information on the 45 hours criteria, refer to the CDHNS [Continuing Competency Program Requirements](#) document.)

Know the Facts: Trying to decide whether you should renew as practising or non-practising for the 2022/23 renewal year? Carefully read the information included with the expiry notice email. *Contact the CDHNS office if you require further clarification.*

Standard practice for notice and reminders will be given for the 2022/23 renewal period. These standard practices are as follows:

- August 29, 2022 - 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 Registrants.

From the Desk of the Registrar *continued*

- A two-week email notice is sent prior to the deadline.
- A one-week notice by email prior to the deadline for those who have not renewed.
- **November 1** - the licence will expire.

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

Did you know? (1) We have developed a Renewal Frequently Asked Questions document again. It is located in the Library of your Registrant Portal under the sub folder Renewal Information for CDHNS Registrants. (2) **As advised for the last two years, the 2020/21 renewal was the last year we accepted personal cheques.** We have multiple payment options – e-transfer, credit card payment through Plastiq, business cheques, certified cheques, money orders, and cash. Ensure that your payment is processed on time. Review the Notice of Expiry for payment options and deadline reminders.

November 19, 2022, Upcoming Continuing Competency Event

Conscious Connections

On Saturday, November 19, 2022, the CDHNS is pleased to offer a full day (6 hours) of virtual continuing competency sessions, to all CDHNS registrants. Each presenter is preparing a post-test evaluation of their session. Following the event, each registrant will be sent the appropriate post-tests, based on the sessions they registered to attend. Further details on the post-test delivery and requirements will be included in the brochure circulated to all registrants closer to the date.

Registration will open on Wednesday, October 12, 2022 and early bird prices will be in effect until Friday, October 28, 2022. Advance registration is required.

Confirmed Speakers:

- Kim Haslam, **'I'm Done with Dental Hygiene' -The Impact of Burnout** (2 hours, Category 3)
- Ann Devine, **Unconscious Bias** (1 hour, Category 1)
- Amy Sullivan, **Compassion Fatigue** (2 hours, Category 3)
- Andrea Hare, **Client Compliance-Our Biggest Challenge** (1 hour, Category 3)

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

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

We look forward to 'seeing' you all there!

May 14, 2022 CDHNS AGM/CC Session

The CDHNS Annual General Meeting was held virtually again this year, on May 14, 2022. Overall, it was very successful, with 337 CDHNS registrants registered to attend and voted. Stacy Bryan, Registrar, welcomed everyone to the AGM. Allison Craig, then CDHNS Chair, presented her message and welcome. Wendy Stewart, (CDHA NS Director/CDHA President) presented a pre-recorded greeting from the CDHA, which included an update of the CDHA activities that occurred over the last year. Dr. Brent Young presented a 30-minute educational session titled, *Indigenous Health Equity*. Following this session, the general business was shared with all those in attendance, focusing on highlights in the Annual Report for the fiscal year, November 1, 2020 to October 31, 2021, including the audited financial statements. Sydney Nelson, Chair of the Quality Assurance (QA) Committee's

submitted report was circulated prior to the meeting and was declared 'filed' at the AGM. Mallory Brent, Chair of the Nominations Committee, reported on behalf of this committee.

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

99 participants completed the post-event survey.

- 43% of respondents were rural; 52% were urban; and 4% were both.
- 92.92% rated the AGM good to excellent.
- 77.61% rated the CC event good to excellent.
- 97.96 responded that they would be interested in having CDHNS offer CC sessions with future AGMs.

Announcement of CDHNS Council-Public Appointments

The CDHNS staff and Council would like to extend a very warm welcome to Elizabeth (Beth) Mann and David Acker as the recent government appointed public members to the CDHNS Council. Elizabeth was appointed on January 28, 2022 (term ending January 28, 2024) and David Acker who was appointed on June 30, 2022 (term ending June 30, 2024).



David Acker - David retired from the ExxonMobil Production Company, Global Operations in 2016 with a successful career in offshore and marine asset management, both off the East Coast, and numerous international assignments. In recent years, David was involved in the decommissioning of the Sable Gas and Deep Panuke offshore fields, off the coast of Nova Scotia.

David graduated from the Royal School of Military Engineering and went on to serve on a number of peace keeping and humanitarian deployments, including serving with the United Nations. Upon completion of his military service, David made his way into what was then an evolving offshore oil and gas industry receiving a national award in Offshore Installation Management from the Robert Gordon Institute, qualifying as a major emergency management instructor and assessor.

David has a lifetime of experience in human and regulatory relations, gained in diverse and multicultural environments. David grew up in the North of England, his Canadian roots lie in Shelburne N.S. He resides in Hammonds Plains with his wife Nina. In retirement, David is actively involved with the Red Cross Emergency Response Team.



Elizabeth Mann - Elizabeth Mann MD FRCPC, served as a specialist in Internal Medicine at the VGH and QEII HSC in Halifax and Professor of Medicine at Dalhousie University for over 20 years. She had a long and successful career in clinical care, medical education and administration. She has become heavily involved in professional regulation, having completed 10 years on the Council of the College of Physicians and Surgeons of Nova Scotia, including 2 years as president of Council, followed by 5 years on the Council of the College of Paramedics of Nova Scotia, and a term on the Fitness to Practise Committee for the Chartered Professional Accountants of Nova Scotia. She has been involved in all aspects of professional regulation including investigations and professional standards.

Her entire career has involved ensuring excellence in clinical care, medical education and protection of the public. She welcomes the opportunity to join the CDHNS as a public member.

Reminder- Introduction of Two New Policies

In preparation for anticipated amendments to the Dental Hygiene Regulations, the CDHNS Council approved two new policies on April 23, 2022. These were circulated to all CDHNS registrants in May. **If you currently perform orthodontic procedures or permanent restorative procedures as a practising dental hygienist, please carefully review the [Cover Letter](#) and the relevant policy.**

- [CDHNS Policy and Requirements Regarding Authorization to Perform Restorative Procedures of a Permanent Nature](#)
- [CDHNS Policy and Requirements Regarding Authorization to Perform Dental Hygiene Orthodontic Procedures](#)

On July 25, 2022, CDHNS practising registrants were sent an update for RDHs who are only performing [Aligner Therapy](#). **If this applies to your situation, please review the document carefully and submit your application accordingly.**

These policies set out the qualifications and competencies a registrant must satisfy, effective **October 31, 2022**, in order to be authorized by the CDHNS to provide permanent restorative procedures and/or dental hygiene orthodontic procedures. **This applies to anyone who is performing these procedures**

full time or part-time; in an orthodontist or other specialty practice, or in a general dental practice.

The policies also detail the routes available for obtaining authorization.

If you currently perform orthodontic procedures or permanent restorative procedures:

- You may be required to provide a letter of currency or verification of competency, depending on your situation. Further details are outlined in the Policies. The verification templates of currency/competency confirmation are found in the *Library under Practice Protocols and Policies*.
- You will find the applications under 'Links' on the right-hand side of your Registrant Portal.

Applications and documents must be submitted in full, by **October 15, 2022**, in order to allow for sufficient processing time. Applications and documents submitted **after October 15, 2022** may not be processed until after October 31, 2022, thus resulting in an interruption in the ability to provide these procedures.

Did You Know? A registrant that performs permanent restorative procedures and/or dental hygiene orthodontic procedures after October 31, 2022 without authorization from the Registrar may be found guilty of professional misconduct and disciplined accordingly.

CPR Requirements for the 2022/23 Renewal

To assist you in understanding which CPR meets the list of requirements set by Council, a summary is provided below based on the organization's current offerings and levels.



St. John Ambulance

Based on the current course offerings and levels, the accepted course from St. John Ambulance would be *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 registrants, a [CPR section](#) of the website indicates providers who have notified the CDHNS that they will offer courses for registrants based on the licensing requirements.

Did You Know? On May 27, 2020, CDHNS Council made the decision that CPR courses that include appropriate virtual evaluation of competencies will be accepted. For further details, please review the [updated CPR document](#) on our website. The CDHNS continues to monitor the situation and will update CDHNS registrants, if there are any changes.

CDHNS registrants must obtain and provide evidence of current CPR certification, at the appropriate level, so that you can proceed with renewal of, or transfer to, the practising licence class. Prior to enrolling in a CPR course, check with the provider to confirm how you will receive your certification and how long it will take to receive it. A temporary certificate is NOT acceptable.

How can you expect to get your CPR certification/card?

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.

CPR Approval Submission

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

If you have already uploaded your CPR during this past year and had it approved, this section of your profile will already show that it's been approved for this upcoming renewal, i.e., it will say **November 1, 2022 to October 31, 2023**.



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Professional Liability Insurance Reminder

On August 30th 2021, all CDHNS registrants were informed that the CDHNS Council passed a resolution stating that effective **September 1, 2022**, the CDHNS will no longer collect payment for membership dues on behalf of the Canadian Dental Hygienists Association ("CDHA").

The CDHNS requires all of its practising licence holders to maintain professional liability insurance that meets the requirements set out in its Professional Liability Insurance Policy (the "PLI Policy"). These requirements are derived from the Dental Hygienists Regulations at sections 9(c) and 10.

The purpose of this requirement is to protect the public, by covering the cost of client compensation, and to protect the professional against claims of negligence, errors, or omissions in the rendering of their professional services.

You may choose to renew your CDHA membership directly with CDHA, which also includes PLI. Both the Basic and Enhanced PLI policies through CDHA meet the CDHNS requirements. You may also wish to seek out other PLI policy options. If you aren't sure if they meet the CDHNS requirements, please send the policy to Stacy Bryan, CDHNS Registrar, at registrar@cdhns.ca for review, prior to purchase. Allow sufficient time for policy assessment. For additional information, access this [link](#).

Please do not send your PLI Policies to the CDHNS in advance, unless you wish it to be reviewed to confirm it meets the Policy requirements. You will upload your PLI Policy document when you submit your renewal application form. Further details will be provided in the CDHNS Notice of Expiry/Notice of Renewal circulated at the end of August.

You've Been Asking

Q: I heard Safety Code 30 has recently been updated. What are the major changes and could you provide me with more details?

**Response provided by Kim Haslam, RDH*

Update: Radiation Protection in Dentistry: Safety Procedures for the Installation, Use and Control of Dental X-Ray Equipment Safety Code 30 (2022)

In 2019, I wrote an article for the UNISON, 'I Don't Want Radiographs' based on the 1999 Health Canada's Radiation Protection, Safety Code 30. This document has now been revised. While most of the recommendations remain the same, there are some significant changes, regarding collimation, protection, and handheld devices.

Radiation Protection in Dentistry - Recommended Safety Procedures for the Use of Dental X-Ray Equipment - Safety Code 30 (2022) can be accessed at [Health Canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radiation/radiation-protection-dentistry-recommended-safety-procedures-use-dental-equipment-safety-code-30.html](https://www.healthcanada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radiation/radiation-protection-dentistry-recommended-safety-procedures-use-dental-equipment-safety-code-30.html)

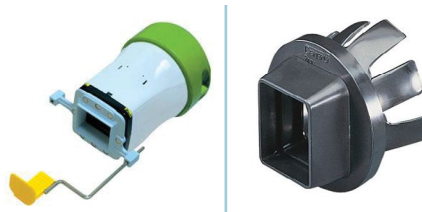
When reading the document, be aware of the words '*must*' and '*should*'.

- '*Must*' is used to indicate essential radiation protection requirements.
- '*Should*' indicates a recommendation to be implemented where possible.

Must Statements

- Rectangular collimation of the X-ray beam *must* be used, except when exposing occlusal images. For most X-ray units, there are attachable collimation units that are attached to the end of the position indicating device (see pictures 1 & 2).
- A client's clinical record *must* contain details of all radiographic examinations carried out, including indications and findings.
- The operator *must* be able to observe the client.
- X-ray units *must* have pre-settings for the client's size (adult/child) and anatomical indications (bitewings, anterior) or have a chart with the settings located near the control panel.

Pictures 1 & 2: Attachable rectangular collimation



<https://www.dentalcompare.com/5072-Rectangular-Collimator/35579-Universal-Collimator/>

Should Statements

- Radiographs *should* only be taken after a clinical examination.
- A receptor holder with an alignment device (e.g., Rinn Kit) for the X-ray beam *should* be used.
- A long cone (30 cm or longer) *should* be used.

Protection

- Thyroid Shields
 - o Clients *must* be provided with a thyroid shield for all exposures, except
 - panoramic exposures,
 - when it interferes with obtaining a diagnostic image.
- Lead Aprons
 - o Are not required except when exposing Cone Beam Computed Tomography (CBCT).
 - o May be used to aid in client comfort regarding fear of radiation.

Handheld Units

- *Must* only be used in exceptional situations, due to the location where imaging is being undertaken and/or the conditions of the client, where it is not reasonably feasible to use a device that is wall-mounted or mobile/transportable that permits the operator to initiate X-ray exposures from a distance of at least 2 m from the device.
- *Must* only be held by hand when it is not reasonably feasible for it to be supported on a stand and used remotely with the corded or remote irradiation switch.
- For at least the first year of operation where the device is routinely held by hand, each operator *must* wear a personal dosimeter until a baseline annual radiation dose is established.

**Picture 3:
Handheld radiation
device**



[https://televeresystems.com/index.php/nomad-pro-2/#iLightbox\[gallery_image_1\]/0](https://televeresystems.com/index.php/nomad-pro-2/#iLightbox[gallery_image_1]/0)

- If you are using a handheld device, please refer to Safety Code 30 for additional information.

Other Important Information

Prescribing Information

- Prescribing radiographs is within the scope of practice for Dental Hygienists registered and licensed with the CDHNS.
- Please see the following Safety Code 30 recommended prescribing guidelines:
 - o *Dental Radiographic Examinations: Recommendations for Patient Selection and Limiting Radiation Exposure* (American Dental Association/Food and Drug Administration), <https://www.fda.gov/media/84818/download>

Quality Assurance Program

- Please refer to Safety Code 30, especially if you are the owner of a dental hygiene practice.

Q: What is the difference between cultural safety and cultural humility when it comes to indigenous populations? How can this be applied in dental care when it comes down to client care?

**Response provided by Dr. Brent Young*

The Indigenous Health Primer that was published by the Royal College of Physicians and Surgeons of Canada in 2019 describes how it is the patient who decides whether a culturally safe space has been created. This can be fluid

and change over time. You may have one interaction that a patient considers to be healthy and safe, but another interaction that the same patient would consider unsafe. Cultural safety is an outcome and the end goal.

We can maximize our chances of creating culturally safe spaces through the practice of cultural humility. Cultural humility is an ongoing process whereby we develop an honest assessment of who we are and how this impacts our interaction with others. This is achieved through active reflection and can be further honed through formal and informal feedback from those around us. This information must then be applied to change the way we see and relate to the world. In the context of Indigenous people, this requires ongoing interrogation of power, privilege, and racism. Some appreciation of cultural difference is necessary, but cultural humility is centred largely on gentle curiosity, respect, and empathy for the human experience.

Q: I was just authorized by the CDHNS to perform orthodontic procedures (or permanent restorative procedures). Do I have to reapply to keep performing these procedures after Nov 1, 2022?

No, like all other CDHNS authorizations specific to a certain 'scope of practice', e.g., local anaesthetic administration, you remain authorized to perform those procedures as long as you hold a practising licence with the CDHNS, unless advised differently by the CDHNS. At all times, as per Section 23 (2) of the *Dental Hygienists Act*, you are expected to restrict yourself to only performing procedures that you are individually competent to perform, regardless of authorization.

What constitutes dental hygiene practice in Nova Scotia?

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

Faculty of Dentistry

CONTINUING PROFESSIONAL EDUCATION

Courses to watch for:

SEPTEMBER 2022 | 3.5 CE LECTURE HOURS | ASYNCHRONOUS WEBINARS
Medical emergencies for the dental office - Certification course

IN-PERSON:

NOVEMBER 2022 | 16.0 CE LECTURE AND 13.0 CE HANDS-ON HOURS
Local anesthesia for the dental hygienist – Certification course
Presenters: Drs. James Brady and Jean-Charles Doucet

**Please note that this course is worth 25 hours in Category 1 for the CDHNS CCP.*

NOVEMBER 2022 | 3.0 CE LECTURE AND 3.0 CE HANDS-ON HOURS
Medical emergencies for the dental office – Certification course
Presenters: Dr. Chris Lee, Dr. Laurel Murphy, and Darryl Chickness

Details to follow soon. Meets PDBNS requirements. If interested in these courses, contact the CDE office to be added to the waitlist.

TO REGISTER

Visit dal.ca/dentistry/cde.
Follow the registration link for the course.
For assistance, contact the CDE office at cde.dentistry@dal.ca.

  [daldent_ce](#)
  Dalhousie Dentistry Continuing Education



ACDE Webinar Series

WEDNESDAY, SEPTEMBER 14, 2022
9:00 TO 11:00 PM | 2.0 HOURS
Prevention and management of oral complications in medical oncology
Presenter: Dr. David Dean

MONDAY, SEPTEMBER 19, 2022
9:00 TO 11:00 PM | 2.0 HOURS
Collaborative healthcare for adults with intellectual disabilities
Presenter: Dr. David Fray

SUNDAY, SEPTEMBER 25, 2022
12:00 TO 1:30 PM | 1.5 HOURS
Cone beam CT: Technical aspects to get the most out of it in the clinics
Presenter: Dr. Gustavo Santaella

THURSDAY, OCTOBER 6, 2022
9:00 TO 10:00 PM | 1.0 HOUR
Recognizing and managing critical oral pathology
Presenter: Dr. Sarah Glass

MONDAY, OCTOBER 17, 2022
9:00 TO 11:00 PM | 2.0 HOURS
Alternative medicine for the dental healthcare provider
Presenter: Dr. Pamela Alberto

FRIDAY, OCTOBER 21, 2022
12:00 TO 1:30 PM | 1.5 HOURS
Top 5 prescribed drugs: What do you need to know?
Presenter: Dr. Aviv Ouanounou

More courses are listed on the CDE website at dal.ca/dentistry/cde



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

The Office of Continuing Professional Education at the Faculty of Dentistry, Dalhousie University, is planning the 2022/2023 CE program and your input would be appreciated. We are excited about the upcoming year because we plan to offer both in-person courses and continue with the online webinar program. Please take a few minutes to complete this brief [survey](#) and let us know what you would like to in the program this year. *The survey was emailed to you on August 18 and the deadline to complete this survey is September 15.*

HOMECOMING EVENTS

September 22-24, 2022

White Coat Ceremony
JD McLean Lecture
Outstanding Alumni Awards

Full day of continuing education courses
Dentistry Celebration Dinner

Registration at dal.ca/dentistry/cde

Awards

Congratulations to Second Year Dalhousie 2022 Dental Hygiene Students

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

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

First Prize Winners

Does Vaping Impact Youth Oral Health?

Advisor: Instructor A. Hare, RDH, BSc, MEd

- Angeline Maloney-Arsenault • Leah Sleigh
- Alexandra Whelan • Nicole Windsor



L to R: Leah Sleigh, Alexandra Whelan, Andrea Hare, Nicole Windsor, Angeline Maloney-Arsenault

Second Prize Winners

Sick and Stones: Will They Hurt Me?

Advisor: L. Kenwell, RDH, BEd, MEd

- Jacqueline Feltmate • Chantel Haslam
- Britney Snowdon • Charlotte Wheeldon



L to R: Chantel Haslam, Charlotte Wheeldon, Britney Snowdon, Jacqueline Feltmate

Third Prize Winners

Bridging the Knowledge Gap: Noma... The Neglected Disease

Advisor: H. Doucette, RDH, BSc, MEd

- Lindsay MacIntyre • Rachel Ward
- Melissa Wooldridge • Meichen Ye



L to R: Rachel Ward, Meichen Ye, Lindsay MacIntyre, Melissa Wooldridge

CDHNS Highest Academic Award for Dalhousie Dental Hygiene Graduating Diploma Student 2022

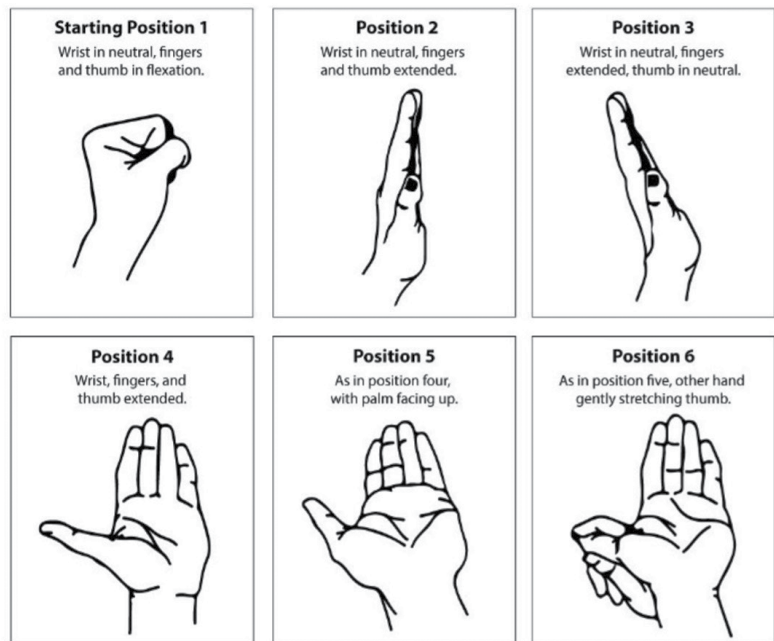


Congratulations to Lindsay MacIntyre who was this year's recipient of this CDHNS Award. This award is presented to the Dalhousie University, School of Dental Hygiene graduating student from the diploma program, with the highest academic standing in all subjects. The CDHNS congratulates Lindsay on her accomplishment.

tech-neck puts your cervical spine in a tenuous position. This so-called forward head posture increases the force on the cervical spine. The average adult head weighs 4-5 kgs which, when aligned, is supported by the bony structures, muscles, ligaments, and tendons of the neck. With forward head posture, where the ear of the head and neck are anterior to the midline of the shoulder, each 1cm of forward head posture is equivalent to 6 kgs of weight on the spine (Kocur et al 2019). Symptoms of tech-neck include head-ache, eye strain, stiff or painful neck, shoulder pain and thumb fatigue. What can you do to stop tech-neck? You can raise your phone to eye level so that your neck does not have to be tilted, look downwards with your eyes instead of compromising your neck posture, take frequent breaks away from forward head posture, stand up, arch and stretch and stay fit. In dental hygiene, you may not have your hand-held device or laptop screen with you but you are constantly looking downward, often with the same forward head posture as one sees with tech-neck. Make sure, while working, that you look downwards with your eyes, and not use a nodding motion of the neck, which becomes forward head posture. Also, constantly reposition your chair to easily visualize different quadrants of the client's teeth, while not compromising your posture. Remember that you can ask your client to turn their head either towards you or away from you or lift their head upwards to accommodate viewing the different quadrants of their teeth.

Many cases of WMSDs among dental hygienists are related to cumulative trauma and are considered repetitive strain injuries (RSIs) i.e., overuse. These RSIs can include: tech-neck (which I have already presented), deQuervain's disease, carpal tunnel syndrome (CTS), rotator cuff tendinopathy, forearm tendinopathy, cervical radiculopathy, golfer's elbow, or tennis elbow. The prevalence of RSI in adults is 5-10% but can go up to 40% (Pascarelli 1994). Those at high risk of getting RSI are those performing repetitive, monotonous movements including: industrial or construction workers, athletes, musicians, desk workers, bus drivers, cleaners, cooks, and you, as dental hygienists. Causes of RSI include: stressing the same muscles through repetition, the same posture for long periods, extended periods of time in an abnormal posture (e.g., arms overhead; constant trunk flexion to same side), lifting heavy objects, using vibratory instruments and poor physical condition.

Median Nerve Glides For Carpal Tunnel MyCarpalTunnel.com



Repeat the above exercise 3-5 times. Do the movements slowly.

Do not stay in position 6 for any length of time. Stop and return to position 1 if you feel a strong pull at any stage.

Dental hygienists are at increased risk for carpal tunnel syndrome (CTS) (18.4%) which is an RSI (Anton 2002, Harris 2020). CTS is the slowing of the median nerve on sensory nerve conduction at the wrist with symptoms of numbness, tingling or pain in the median nerve distribution due to compression on the median nerve in the wrist (Lalumandier 2001). According to Butler (1995), RSI is multifactorial so one has to address posture, diet, sleep and stress. In physiotherapy, our actions for RSI include R.I.C.E. (rest, ice, compression, elevation), splint, exercises, and stress reduction/relaxation training. Above is a diagram of median nerve exercises which often reverses the symptoms of CTS (Totten & Hunter 1991).

However, some cases of RSI may require medical intervention in the form of NSAID medications, steroid injections, or surgery. Suggestions for the prevention of CTS include: continually positioning your chair to optimize your work posture. For example, move your chair to the head of the client when working the quadrant of the teeth most visible from there; adjust the height of the client's chair so that your thighs are under the client's chair and ensure that you are always working in close proximity to the client. Secondly, when working with vibratory equipment, try using forearm supports. And finally, be fit!

Ergonomics Part 2 *continued*

In summary, performing exercises such as 'The Box' and 'The Median Nerve Glides,' taking frequent pauses during the work day using the Golden 20-20-20 Rule, avoiding forward head posture by looking downwards, with your eyes, and constantly repositioning your chair throughout treatment, are some of the ergonomic factors which, when followed, may aid in the prevention and management of WMSDs among dental hygienists.

"Pause for a moment and become fully aware of how you are sitting/standing right now and ask yourself two questions:

- 1) *Do I feel relaxed in my current posture?*
- 2) *Do I feel comfortable in my current posture?*

If YES stay there; if not then move and change it!"
B. Jam 2021



About the Author: Becca lives in Rimouski, Quebec, with her husband and has a 22-year-old son. She has her own bilingual physiotherapy clinic, specializing in sports therapy, chronic pain clients, and the treatment of the temporal mandibular joint. Becca graduated from Dalhousie in 1991 with her BSc in Physiotherapy. She has a Masters of Science in sports medicine from the University of Alberta (1988), BPHE (Bachelor in Physical Education) and BA in Criminology (1983), both from Queens University. Her extensive experience includes head physiotherapist of the Total Fitness Centre in Hamilton, Bermuda (1995), therapist for the Olympic biathlon team (1988) and working with athletes at the national (field hockey) and professional (NHL and Brickmen soccer) level. Becca enjoys cross country skiing, sailing, golf, tennis, swimming, knitting, sewing, reading, photography, gardening and painting. She returns to her roots in Nova Scotia each summer.

**References for both Ergonomics articles (Part 1 and 2) can be found by following this [link](#).*

Dental Hygienists in Your Community



L to R: Candice Poole, RDH, and Brittney Pothier, RDH

On April 9 and 10, during National Oral Health Month, 14 members of the South West Nova DH Study Club participated in their annual oral health display at the Yarmouth Mall. Supplies (in part) were obtained from the CDHNS Resource Centre and were used to help promote oral health, as well as our dental hygiene profession. It was very successful, with hundreds of visitors over the two-day event, picking up resources and/or asking oral related questions on a variety of dental topics.

"I recently did a presentation on oral health for children at the Nova Scotia Islamic Community Centre in Bedford for a mother and tots program. I would like to take the opportunity and thank the College of Dental Hygienist of Nova Scotia for kindly providing the toothbrushes for all the attendees."

-Amna Akbar, RDH



Amna Akbar, RDH, and her daughter, Zayna.

Assigning Credit Hours for Online Courses



CDHNS Quality Assurance Committee Decisions re: Assigning Credit Hours for Online Courses

While the Quality Assurance Committee has reviewed sufficient offerings from the providers below to determine whether sessions are eligible for hour-for-hour or 50% credit, the QAC has not reviewed each individual course. Please ensure that you retain (and upload) each session's course outline, learning objectives, and presenter's name and qualifications. These are used by the QAC to determine

category allocations (e.g., Cat 1 or 3) and if the topic meets the general requirements set out in the [CDHNS CCP Requirements document](#). All online activities, including those offered by the providers listed below, must meet the criteria to be eligible for credit hours e.g., must have a post-test that adequately covers the material*.

*CDHNS registrants who complete learning activities, on or after October 1, 2021, that do not have a post-test from the CE provider, may complete an alternate option, i.e., a Reflection document. Please see the sections noted above in the current CCP Requirements document.

Courses from the providers below are eligible for 50% of the credit hours indicated by the provider**

Crest and Oral B (Proctor and Gamble)	www.dentalcare.com www.dentalcare.ca
Colgate Oral Health Network (COHN)- CE related to article review	https://www.colgateoralhealthnetwork.com/ For COHN's courses that involve reviewing articles and completing the related post-tests, these are worth 50% of the credit hours stated.
RDHU: ('RDH View' sessions): Must have a comprehensive post-test.	https://www.rdhu.ca/the-rdh-view

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

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

Please note: There are many other online providers who offer continuing professional education. These are the ones that were submitted by registrants and/or most commonly submitted to the CDHNS. **Providers may assess a user fee and/or require registration with a user name and password.

How Long Do I Have to Retain My CC Records? All Members are required to retain relevant records/documents for your current cycle and your previous cycle (as noted in Section 4.5 of the CCP requirements document). Even if you are not selected for audit, you must ensure that you keep all relevant documents for these time periods.

UNISON

FALL
2022

Official Newsletter of the College of Dental Hygienists of Nova Scotia

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Important dates to remember

September 1, 2022: Licence Renewal begins

October 3, 2022: Licence Renewal deadline (*without penalty*)

October 12, 2022: Registration open for CDHNS CC Event

October 15, 2022: Ortho/Restorative Application Deadline

October 31, 2022: Licence Renewal deadline (*with penalty*)

November 19, 2022: Full-Day interactive, live-streaming
CDHNS CC Event

College of Dental Hygienists of Nova Scotia

11-2625 Joseph Howe Drive
Halifax NS B3L 4G4

www.cdhns.ca