



What is our front-of-package symbol initiative?

Health Canada is proposing a nutrition symbol for the front of food packages. The symbol would help consumers quickly and easily identify foods that are high in sugars, sodium and / or saturated fat.

Health Canada is asking for feedback from all interested Canadians on the design of the proposed front-of-package nutrition symbol until **April 26, 2018**. The responses will help guide the choice of the final symbol.

Get involved as a health professional and consumer– there are a variety of ways to provide your own feedback and to encourage your friends and colleagues to provide their input.

<https://www.canada.ca/en/health-canada/programs/consultation-front-of-package-nutrition-labelling-cgi.html>

<https://www.healthyeatingconsultations.ca/front-of-package>

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the UNISON

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

Editor-In-Chief:
Rosemary Bourque

CDHNS Council

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

Deadline for next Newsletter
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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

CDHNS Council Chair's Message



Jennifer Clark *Council Chair*

Hope everyone survived the winter. Spring is such an exciting time of year and it reminds us of "Spring showers bring May flowers." Spring also is when dental hygiene students are graduating and embarking on an exciting career path in oral hygiene.

In April, we celebrate Oral Health Month along with National Dental Hygienists Week™. We have many opportunities to share our knowledge and careers with the public during Oral Health Month.

In June, CDHNS will be hosting our Annual General Meeting (AGM) along with continuing education. We are a fortunate health profession because our members actively attend the AGM each year. I hope that you and your colleagues continue to support this important event and that our numbers continue to grow. It's a chance to learn more about the college, network with fellow professionals, and receive valuable education.

Have a wonderful spring and I hope to see you in June at the AGM.

Staffing Changes

Congratulations to Anna Marie Gonsalves and her family on the birth of their son Xavier Grayson who was born on January 31, 2018.

A warm welcome to Jennifer Dicks, who has taken on the role of CDHNS Administrative Assistant during Anna's maternity leave.

Notice of Cancellation of Registration and Practising Licence on Request

In accordance with the *Dental Hygienists Act and Regulations*, the registration and practising licence of Lindsey Thompson has been cancelled at her request. She remains in "good standing" with the CDHNS. She is no longer authorized to practice dental hygiene in the Province of Nova Scotia.

Effective December 22, 2017, Ms. Sonya Mosher has permanently retired from the practice of dental hygiene. We wish her all the best in her future endeavours.

From the desk of the Registrar



Stacy Bryan Registrar

It's hard to believe I have been serving as your Registrar for over 6 months. I've even managed to complete interviews for the maternity leave position of Administrative Assistant during my first "weather bomb".

I have had an opportunity to meet many of you in person and I appreciate your warm welcome and support. I continue to be in awe of the passion and commitment that NS's dental hygienists demonstrate for their communities' well being – you are to be commended in your persistence to ensure that all Nova Scotians receive equitable access to high quality dental hygiene care throughout this province.

These first six months have also given me an opportunity to become more familiar with the practice of dental hygiene in NS, including some of the common questions/concerns that dental hygienists are facing in NS. Jennifer Clark, CDHNS Council Chair, and I have had the privilege of speaking to several of the study clubs within NS to learn more.

Use of Service Codes

During this time, I have fielded numerous calls from CDHNS members asking about the appropriate use of service codes. I thought this would be a good opportunity to provide clarity to all CDHNS members on this area.

Background Information

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

The Canadian Dental Hygienists Association (CDHA) developed a National List of Service Codes (CDHA-NLSC) for its members. They were most recently revised in 2017.

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

Both coding systems define a "unit of time" in the same manner – "each unit of time is 15 minutes". If a procedure takes a partial unit of time, the procedure code for a "half unit of time" should be used. **The procedure code time used must never exceed the actual time spent providing the treatment procedure.**

"It is a misuse of the fee guide to charge for more units of time during an appointment than the total time the client was seated and attended by the dental hygienist. It is appropriate to bill for all the time that the dental hygienist takes to provide oral care. Additionally, the procedure code used must accurately reflect the service provided."

(Canadian Dental Hygienists Association, 2018, p. 5)



Image courtesy of the Canadian Dental Hygienists Association

Ethical and Legal Obligations

CDHNS members are governed by two standards of practice documents adopted by the CDHNS – the CDHA's Code of Ethics (2012) and the CDHA's Entry-To-Practice Competencies and Standards for Canadian Dental Hygienists (2010).

Select an accurate service/procedure code

Under Principle 3: Integrity of the CDHA Code of Ethics, Section 7 states: "Dental hygienists communicate the nature and costs of professional services fairly and accurately..." (p.7). Dental hygienists must accurately submit claims for reimbursement and those claims must be accurate statements of the services rendered and fees charged to the clients.

Allegations that a dental hygienist has knowingly overbilled a client may be considered by the Investigation Committee of the College, subject to investigation by third-party carriers and/or subject to a civil action in court.

In other words, dental hygienists must use the service code that accurately describes the service or procedure provided. For example, if you apply fluoride varnish as a desensitizing agent, select the CDHA Desensitization of Teeth service/procedure codes under 00640 or the CDA code 41301. However, if you use the same fluoride varnish as a caries prevention therapy, use the CDHA Fluoride Applications service/procedure code 00611 or CDA code 12101. If the application of fluoride varnish serves both purposes (caries prevention and desensitization), only use one service/procedure code. It would not be appropriate to use both the fluoride and desensitization code.

Bill your time accurately

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

Notice of Correction from Winter 2017 newsletter:
Practising members: 683
Non-practising members: 49

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

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

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

Revised, with permission, from *Spring 2017 CRDHA InTouch*:
Message from the Registrar <http://crdha.ca/media/249129/intouchspring2017finalsmall.pdf>

Three Year Notice: Requirements for Practice Hours

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

Three-year 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

CDHNS AGM and Making Connections Continuing Competency Event



Location: Dalhousie University,
Halifax Campus
(Marion McCain Arts & Social
Sciences Building –
6135 University Ave., Halifax, NS)

For full registration details and
accommodation information, please
refer to the informational brochure
that was sent to all members in
early April. It is also posted on our
website under **AGM 2017-2018**.

http://www.cdhns.ca/images/2018_cdhns_connect.pdf

Program at a Glance

Time	Activity	Credit hours	Category
8:00-8:30 am	Registration		
8:30 am-9:45 am	Annual General Meeting (AGM)	1	3
10:00 am	Welcome from Chair, Jennifer Clark		
10:05-10:15	Margo Reibe-Butt – Nourish Nova Scotia	0.25	3
10:20 – 11:20	Wanda Fedora - Working together for Oral Health in the Third World	1	3
11:20-Noon-	Connecting with the Registrar and Chair of the CC Committee – What’s so Important about Continuing Competency?	0.75	3
12:00-1:30 pm	Lunch		
1:30-4:00 pm	Irene Iancu – The Oral Health & Overall Health Connection*	2.25	1

Total credits if all sessions attended: 2.25 credits in Category 1 and 3 credits in Category 3

*CDHA is a generous sponsor for this event – The afternoon speaker, Irene Iancu, is sponsored by Crest + Oral B. Look for CDHA and Crest+ Oral B’s booths in the lobby during breaks and at lunch.

Notice of Annual General Meeting (AGM)

This is official notice of the General of the CDHNS.

Meeting Agenda

Chair’s Address and Welcome
Greetings
CDHA NS Director– Wendy Stewart
Call to Order
Approval of Agenda
Approval of June 3, 2017 Minutes
Deanna Williams – Presentation
Annual Report/Audit Statement
Continuing Competency Committee Report
Nominations Committee Report
Election of Council Members
Recognition and Awards

Saturday June 2, 2018

8:00-8:30 Registration
8:30-9:45 am – AGM

Location: Dalhousie University, Halifax Campus.
(Marion McCain Arts & Social Sciences Building –
6135 University Ave., Halifax, NS)

- The AGM is open to all CDHNS members
- There is no charge to attend
- Advance registration is required

The link below will allow you to pre-register for the **AGM only** or for the **entire event**.

[link to register](#)

1) **Announcements**

Patricia Grant, CDHNS Registrar, spoke to several housekeeping issues before the meeting began and drew for the first door prize.

2) **Call to Order**

Joyce Lind, Chair of Council, called the 8th Annual General Meeting of the College of Dental Hygienists of Nova Scotia to order at 8:35 am.

3) **Welcome and Opening Remarks** - introduction of Council Members and guests.

Chair, Joyce Lind, welcomed friends and colleagues, remarking that it is both a privilege and pleasure to chair this year's annual general meeting. She thanked those who had travelled some distance to attend the meeting, and for taking the time to come to participate in our AGM. Joyce noted the unwavering support of so many members, with approximately 195 members registered for the morning meeting.

Special guests: The Chair acknowledged that a representative from the Dept. of Health and Wellness was invited to bring greetings to our members at the AGM but because of the recent election no representative was available to attend at this time.

Joyce Lind introduced the Council members in attendance and asked each to stand when their name was called. In attendance were: Allison Craig, Jennifer Clark, Donna Samson, Angie Nowe, Carrie Morrison, Nicole Stevens, Vanessa Romain-Amirault, and Greg Glynn.

Regrets: Michele Brennan and Shannon O'Neill

4) **Additions to the Agenda**

Chair called for any changes or additions to the agenda as circulated. No additions were brought forth.

5) **Approval of Agenda**

Chair called for a motion to adopt the agenda as circulated.

Motion to adopt the agenda as presented. Moved by Allison Craig and seconded by Nicole Stevens. Motion carried.

6) **Approval of CDHNS AGM Minutes from June 03, 2016.**

The Chair directed the members' attention to the minutes of the 2016 AGM in the meeting package and asked for any errors or omissions. None were noted.

Motion: To approve the CDHNS AGM Minutes of June 03, 2017 as presented. Moved by: Joanne Noye and seconded by Donna Ernst-Henry. Motion carried.

7) **Canadian Dental Hygienists Association (CDHA) NS**

Director - Joanne Noye, presented a brief oral report on the activities of the CDHA. Unfortunately, due to technical difficulties beyond our control, the presenters were unable to use the PowerPoint presentations they had prepared but spoke to the members from their notes. The Chair thanked Joanne for her comments.

8) **Annual Report / Audit Statements** - copies circulated.

Joyce Lind presented remarks regarding the Annual Report of the CDHNS noting that it is a "snap shot" in time. It provides information on the structure and function of the

College and provides statistics and highlights of the activities of the Council and College for the past year. The Registrar, Patricia Grant, reviewed the Audit statement as presented in the Annual Report.

Motion: To receive the annual report and audit statements: Moved by Wanda Fedora and seconded by Angie Nowe. Motion carried.

9) **Continuing Competency Guidelines** – Sonya Bishop, Chair, CDHNS Continuing Competency Committee. Due to the technical difficulties experienced during the meeting, this presentation had to be postponed until a later date; alternatively it will be printed in the Unison newsletter.

10) **Report of the Nominations Committee**

Donna Samson presented the Nominations Committee Report on behalf of the Nominations Committee.

11) **Election of Council Members**

Donna Samson presented Nominations Slate on behalf of Council. The six nominees as presented were: Jennifer Clark – Beaverbank, Lindsay Macdonald – Halifax, Carrie Morrison – Dartmouth, Danielle Newell – Halifax, Mallory Pettigrew-Brent – Eastern Passage, Nicole Stevens – Chester

There were six (6) positions vacant on Council and six (6) nominees. These members were duly nominated and accepted the nominations and are elected or re-elected by acclamation to Council on June 02, 2017 for a term of two (2) years.

Motion: To approve the election by acclamation of the nominees. Moved by Sharon Gallop, seconded by Sharon Hearn. Motion carried.

12) **Recognitions and Awards:**

Recognition of Committee Council, public members, committee members and volunteers.

The Chair noted that our College would suffer greatly without the help of our membership, in stepping forward as skill-based volunteers for their profession. So many members of our College, and now the public as well, use their special skills and talents to strengthen the infrastructure of our organization. The College acknowledged and thanked our committee members who have helped out over the past year.

Retiring Council Members – Angie Nowe, Donna Samson and Joyce Lind. Jennifer Clark, Vice Chair of Council presented the retiring Council members, Angie Nowe and Donna Samson, with a small token of appreciation and thanked them for their service to the profession. Both retiring Council members served on Council for the past five (5) years.

In addition, Jennifer, recognized and thanked the retiring Chair Joyce Lind, who served on Council for three full terms, a total of six years and the last three she served as Chair of Council. Joyce was presented with a gift on behalf of Council and the CDHNS.

13) **Adjournment:** Joyce Lind announced the meeting was adjourned at 9:25 am.

AWARDS

Congratulations to Second Year Dalhousie DH Students

CDHNS supports 2nd Year DH Student Presentations at Dalhousie University School of Dental Hygiene.

First Prize Winners

Handheld X-Ray Devices: The Pros, The Cons & The Safety,
Advisor: Prof K. Haslam



Mahshid Alami-Harandi, Pamela Stone, Jennifer Clark, (CDHNS Chair), Haley Benoit, MacKenzie Beaton

Second Prize Winners

To Polish or Not to Polish, Advisor: Prof H. Doucette



Lauren Ferguson, Katelyn Moore, Jennifer Clark, (CDHNS Chair), Lindsey Foote, Laura McCloskey

Third Prize Winners

The Impact of Mental Illness on Oral Health
Advisor: Prof R. Sampson



Jill Russell, Cassie Cook, Jennifer Clark, (CDHNS Chair), Shianne Ferguson, Victoria Huestes.

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>:

April 21, 2018 | (Truro, NS) **Cancer, drugs and pain: A multi-disciplinary approach** — John Fraser, BSc, MDCM, CCFP, Yang Gu, BDS, MSc, DiP OMOP, FRCD(C), Lisa Johnson, HBSC, DDS, FRCD(C) and Paula Yliheikkilä, LDS, DDS, MSc

April 28, 2018 | (9:00 am – Noon) **Evidence-based Q & A in periodontics and implant dentistry** — Dr. Nader Hamdan, BDS, MSc, MDent (Perio), FRCD(C), Diplomate ABP

April 28, 2018 | (1:00 – 4:00 pm) **Conquering biofilm with ease** — Presenter: Anna Louise Tolan, DipDH, FADIA

May 3-6, 2018 | **Local anesthesia for the dental hygienist** — Presenters: Dr. JC Doucet and Dr. James Brady

May 5, 2018 | **A comprehensive review of implant protocols and novel considerations for implant success** — Presenter: Dr. Phil Walton

May 26, 2018 | **Photons to voxels – the new role of 3D imaging in dentistry** — Presenter: Dr. Bruno Azevedo

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 re-naming 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 or call 902-494-2431.



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

CDHA CORNER

Dear friends and colleagues,

Did anybody else enjoy the coverage of the 2018 Winter Olympic Games? It was amazing to see athletes from around the world perform to the best of their abilities, and it was definitely a proud Canadian moment to watch Skate Canada win team gold in figure skating! It got me thinking about how we can achieve excellence in our profession.



One easy way to be the best that we can be is to stay connected and current. Read your communications from the College of Dental Hygienists of Nova Scotia (CDHNS) and the Canadian Dental Hygienists Association (CDHA). They contain information vital to your profession, and being up-to-date on association news can often prevent frustration and confusion. With technology today, most answers can easily be found online or by sending a quick email. My nephew's advice is always just "Google it!"

The primary focus of my first board meeting in October 2017 was to carefully review, assess, and update CDHA's "Ends." We reviewed the membership survey that was conducted last year, as well as results from a focus group with past board presidents, input from focus questions and discussion with provincial presidents and executive directors, and finally input from the student ownership linkage session held at the Ottawa conference.

I look forward to continuing to work with other enthusiastic and committed board directors from across the country at the board table in the coming months.

Wendy Stewart, RDH
CDHA board director, Nova Scotia

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development so we're thrilled to announce that **all webinars are now available to members for FREE**, saving you hundreds of dollars.

FREE webinars now on demand:

Community Water Fluoridation

Maintaining Dental Implants: It Takes Two, *sponsored by Philips*

Instrument Reprocessing Essentials

Smoking Cessation: New Treatment Approaches *sponsored by Johnson & Johnson*

From the Vault Special Offer, *sponsored by Philips*

www.cdha.ca/webinars

Online Courses

Radiation Safety for Dental Hygienists

Developed with the Ontario Association of Medical Radiation Sciences, this four-module online course will provide you with fundamental knowledge about the safe operation of x-ray equipment. Find out how radiation affects the body and how you can protect yourself, your co-workers, and your clients from unnecessary exposure.

www.cdha.ca/radiationsafety

CHECK YOUR MOUTH

CDHA has partnered with the Oral Cancer Foundation and the American Dental Hygienists Association on a "Check Your Mouth™" initiative to help individuals identify the early signs and symptoms of oral cavity cancers. The Check Your Mouth™ campaign features an interactive website (www.checkyourmouth.org) that offers easy-to-use tools and tips for a quick visual and tactile examination of the oral cavity.

FILLING THE GAP IN ORAL HEALTH CARE

CDHA recently commissioned research to identify options for reintroducing dental therapy training into postsecondary education programs, recognizing that the closure of Canada's last dental therapy program in 2011 has led to significant oral health human resource shortages. *Filling the Gap in Oral Health Care*, a CDHA position statement, presents the results of this research. www.cdha.ca/fillingthegap

PHARMASAVE PARTNERSHIP

Visit www.youtube.com/theCDHA to view the multimedia presentation CDHA developed for Pharmasave pharmacists across Canada to help equip them with the knowledge they need to have informed discussions with their patients about oral health.

NEW ADVOCACY TOOLKIT FOR MEMBERS

Successful advocacy depends on local efforts by members to deliver a strong message to their elected representatives on issues affecting their community. To help prepare dental hygienists for this advocacy work, CDHA has developed a handy toolkit.

www.cdha.ca/advocacy

NATIONAL DENTAL HYGIENISTS WEEK™

Save the date, April 7-13, 2018. Watch for details at www.cdha.ca/ndhw

DO YOU KNOW A DENTAL HYGIENE SUPERHERO?

We're recognizing dental hygienist superheroes across Canada.

Find out more at www.dentalhygienecanada.ca/healthcaresuperhero



www.cdha.ca



info@cdha.ca



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



www.facebook.com/theCDHA

Council Nominations for 2018

The following CDHNS members have been nominated according to the rules set out and have accepted the nomination for election to the CDHNS Council at the AGM on June 2, 2018. Each nominee was asked to submit a brief biography and a statement of intent. The following names have been offered for the three positions that will be open on Council.



Allison Craig: This will be Allison's second term on Council. She is a 1996 graduate from Dalhousie's dental hygiene diploma program. Since that time, she worked for eight years in private practice and is now full time with public health (14 years). She specializes in population oral health

promotion through policy and advocacy, as well as systems change approaches.

Allison has always been active with her profession — NSDHA component societies, study clubs, Continuing Competency Committee and now CDHNS Council. She is also on the SAC (Student Advisory Council) at her daughter's school and she is a steward with her local of the NSGEU.

Statement of intent: I believe this second term would allow me to participate to a larger degree in the Council's Policy Governance process as well as enhance our ownership linkage. I look forward to what Council may be involved in the coming two years.



Teanne MacCallum: This will be Teanne's first term on Council. She is a 2007 graduate from Dalhousie's dental hygiene diploma program, who has since completed her degree in dental hygiene through Dalhousie (2010) and her Masters of Arts in Education (2017). She works part-time in private practice and

teaches at Dalhousie's Dental Hygiene program.

Teanne has served on a variety of Dalhousie University Committees on behalf of the School of Dental Hygiene since 2009, including Dalhousie University Clinical Research Group (2015-Present), Dental Organizer of the Primary School Oral Screening Clinic for the North End Community Health Centre (2013 -2017), and co-chair of the Celebratory Dinner Committee for the Faculty of Dental Hygiene's 50th Anniversary (2012-2013).

Statement of intent: I feel it is important to be actively involved in the profession in some capacity. I served on the Continuing Competency Committee for several years and when my term was up I felt like I should apply for another committee and give back to our profession. If we want to grow as a profession and make changes, then we need to step up to the plate and attempt to be change agents. If elected, I will bring a "can do" attitude to Council and will do my best to represent our profession in the best manner possible.



Shannon O'Neill: This will be Shannon's third term on Council. She is a 1997 graduate from Dalhousie's dental hygiene diploma program. She also holds a Bachelor of Arts in History and Political Science from Saint Mary's University (1993) and a certificate in Public Health Strategic Communications

from Concordia University (2018). Shannon has worked for the last twenty years in both public health and private practice.

She presently serves as Vice Chair of CDHNS Council and as Chair of Council's Ownership Linkage Committee. Last year, she coordinated the Oral Health Assessment Clinic for Syrian Newcomer Children on behalf of CDHNS and other partners. She recently represented CDHA at a Global Health Strategy session on social responsibility in Italy and she published an article in the winter 2017 edition of CDHA's Oh Canada magazine.

Statement of Intent: I am standing for re-election to Council in order to continue to advocate with others for the best interest of the public and members of CDHNS. I also want to be an ambassador for high quality oral health for Nova Scotians, especially those who experience unfair access to oral health.

We want to respond to you in a timely manner

The following emails are no longer used or monitored:

jennmackay@eastlink.ca
admin@eastlink.ca
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.

HEALTHY *eating* Strategy

The Proposal in a Nutshell

- Health Canada is proposing to require a front-of-package nutrition symbol on foods high in sugars, sodium or saturated fat. 'High in' thresholds have been established in such a way to capture foods that can contribute to excess intake of these nutrients.
- Examples of foods that would require a front-of-package symbol include: soft drinks, fruit juice, sugary breakfast cereals, sweet baked goods (high in sugars); mixed dishes, soups, crackers, sauces and condiments (high in sodium), and processed meats, pizza (high in saturated fat).
- Health Canada is proposing to exempt some products from the requirement to display the front-of-package symbol in certain cases. These include when:
 - there is evidence of protective effects on health. Examples include fruit and vegetables without added sugar, salt or saturated fat, homogenized and 2% plain milk, foods with a healthy fat profile, such as canola oil, olive oil, nuts, seeds and their derivatives, as well as eggs;
 - the information on the symbol is repetitive, such as on packages of sugar, honey, maple syrup and salt; or
 - there is no Nutrition Facts table on the product, such as foods sold in farmers' markets and roadside stands.
- The front-of-package nutrition symbol would be attributed to Health Canada, appear in a consistent location on the label, and be proportional to the size of the package. These elements have all been shown to increase the effectiveness of the symbol.
- Health Canada is seeking feedback on 4 different symbols. Results from these consultations as well as from consumer research Health Canada is undertaking will help inform the final design of the symbol. The final regulations are expected to be published by the end of 2018.

Why is Health Canada Proposing a Front-of-Package Nutrition Symbol?

- Canadians are struggling with high rates of obesity and chronic diseases. Poor diets, including those that are high in sodium, sugars or saturated fat, are a primary risk factor for chronic diseases such as heart disease, stroke, type 2 diabetes and cancer.
- We know people often do not have time to examine or find it challenging to use the Nutrition Facts table on the back or sides of products. This new symbol is meant to help all Canadians make informed choices in the blink of an eye at the grocery store, and to have easy access to important information on nutrients linked to chronic disease.
- This initiative is part of the [Healthy Eating Strategy](#), which aims to curb the rising burden of obesity and chronic disease by making the healthier choice easier for all Canadians.
- Other complementary initiatives that are part of the Healthy Eating Strategy include: revising Canada's Food Guide, banning industrial trans fat, reducing sodium, restricting the marketing of unhealthy foods and beverages to children under 13 years of age, and improving access to and affordability of nutritious foods to residents of isolated Northern communities.



STOP! Clean Your Hands Day – May 4, 2018

It's time for health care providers and clients to come together again for clean hands- STOP! Clean Your Hands Day returns Friday, May 4, 2018. Get involved.

There are a variety of tools and resources that you can access to promote effective hand hygiene.

<http://www.patientsafetyinstitute.ca/en/Events/StopCleanYourHandsDay/Pages/ToolsResources.aspx>

Member Services Committee-For Us, By Us!

This Committee is the vehicle through which members have the opportunity to participate, engage and promote our profession. It is an advisory committee to the Registrar or designate. It serves as a liaison between CDHNS membership as a whole and CDHNS Administration/Registrar.

Some of the responsibilities include coordinating the Annual CDHNS Continuing Competency event, undertaking projects considered to be of interest and professional benefit/promotion to the general membership of CDHNS, and exploring options and opportunities to support CDHNS in achieving ENDS. For 2018, this Committee will focus on one particular END - Members inspire value in the profession:

- They recognize and represent themselves as professionals and are supported by their colleagues and the College
- They provide, maintain and improve competence and quality of practice
- Increase member engagement and involvement with other organizations e.g., Health Boards, other professions



Image courtesy of the Canadian Dental Hygienists Association

Building Relationships



Diane Wooden Consulting Human Resource Management

As an employee or an independent contractor, have you ever struggled with building relationships—with your patients, your colleagues, even with each other? We believe that a work environment with strong, trust-filled relationships results in more happiness and more productivity! We are offering four sessions to support you in building the healthy workplace you deserve—helping you build stronger, more resilient relationships.

We deliver a program designed to help you evaluate your own communication styles and understand those of others. You'll learn some specific tools to help you have better, more connection-building conversations, specifically with patients.

We all have and always will have disagreements with other people. The best time to improve and build on relationships is when we are cool, calm, and collected. We'll learn how to get there, even when what we really want to do is fight or flee. If we decide to resolve the disagreement, we'll need to know how to ensure success for all of us. If we decide to let go of the disagreement, we need to figure out just what that means.

Your Investment as a Dental Hygienist

Regular tuition for all four sessions is \$300+HST per person. We offer a special group rate of \$250+HST per person when two or more people register per organization. To learn more or to book your customized Building Relationships program, please contact

Diane@dianewooden.com
or call **902.221.7944**



Celebrating National Oral Health Month and National Dental Hygienists Week™

National Dental Hygienists Week™ (NDHW™) took place April 7–13, 2018 as part of Oral Health Month in Canada. This week emphasizes “Oral Health for Total Health”.

To support our membership in getting out the message that oral health is important to overall health, the CDHNS partnered with CDHA to develop a commercial that was posted on our newly developed YouTube account. The link was circulated to all CDHNS members in an email in early April. It was also posted on the main page of our website, along with a separate “Superheroes” tab. Thank you to all dental hygienists who continue to demonstrate passion and dedication for serving your community.

<https://youtu.be/TSj52mShWDI>

Nova Scotia dental hygienists are undoubtedly superheroes!

At the time of publication, we were near the beginning of Oral Health Month, and many members were still scheduled to complete activities within their community. However, we did receive some activity updates from members that we were able to publish in this newsletter.

Robyn Bellefontaine–Mandru: *“I spoke to two groups of students, one today (March 29th) and one yesterday (March 28th). The children loved my presentation.*

Thank you for providing all of the wonderful supplies to aid me in my presentation and the wonderful dental model and large tooth brush.”



Robyn Bellefontaine-Mandru and her daughter Anna at Open View Preschool.

In the News

Maritime Noon: On March 28, 2018, to help launch National Oral Health Month, two Nova Scotia registered dental hygienists — Joyce Lind and Andrea Hare — participated in the radio broadcast, *Maritime Noon*. This interview provided Joyce and Andrea with an opportunity to share the important messages that oral health is an integral part of overall health and that Nova Scotia dental hygienists are dedicated to being part of the solution to ensure that all Nova Scotians have equitable access to oral health care services. During this session, they were also able to interact with the public and hear their concerns about oral health care in the Maritime provinces.

Ten years ago, the Nova Scotia Government of the day produced a report, the Nova Scotia Oral Health

Review (<https://novascotia.ca/dhw/healthy-development/documents/Nova-Scotia-Oral-Health-Review.pdf>), outlining steps to address acute oral health needs for specific segments of our population. Ten years later, CDHNS and its members remain committed to being part of the solution. As part of that commitment, the CDHNS commissioned a white paper *Preventing More to Treat Less* (2014) which outlined the significant contribution that dental hygienists make to the prevention of oral diseases and to the promotion of oral health every single day. It also identified the need to develop a comprehensive oral health strategy for Nova Scotia that optimizes the scope of practice of dental hygienists, and to involve dental hygienists in the making and delivery of this strategy to the public. To quote Joyce Lind,

(Council Chair during the 2014 release of the White Paper), “It is time to shift the focus from treatment to prevention and use our resources — both human and financial — more effectively.” The 13 recommendations outlined within that report are still relevant today.

To listen to the oral health broadcast, go to: (Oral Health Interview starts at 13:43) <http://www.cbc.ca/radio/podcasts/new-brunswick/maritime-noon/>

To view the full White Paper, go to: <http://cdhns.ca/images/Prevent%20More%20to%20Treat%20Less%20OCTOBER%202%20FINAL.pdf>

Thank you to the CDHNS Member Services Committee for working with *Maritime Noon* to facilitate this interview.

Continuing Competency Chair's Report

The Continuing Competency (CC) Committee met on February 3, 2018 to perform the annual continuing competency audit for members whose cycle ended on December 31, 2017. A total of 42 members were audited. The following decisions were reached at that time. Seven members were pending (unable to determine if requirements met; more information required) three members did not meet requirements, 31 members met requirements, one extension was granted (due to extenuating circumstances). The three members who did not meet their requirements, submitted an approved action plan to meet their deficiencies that included a learning plan, with a reasonable timeline for completion.

As of April 1, 2018, all members have met their requirements with the exception of one who has until April 20, 2018 to meet their requirements (based on their approved action plan).

The CC Committee would like to remind members to retain documentation for their CC courses to provide if audited. Proper course verification enables the CC Committee to accurately award CC credits. *Please note:* A certificate of attendance is required to obtain full credit for CPR courses. [See CCP Requirements, 6.1.2 (g).]

Congratulations to those members whose audits were found to be complete with no follow up required.

It is strongly recommended that members obtain their continuing competency courses over the entire course of their cycle to fulfill your professional responsibility.

As noted in the CDHNS Unison Winter 2017 Edition, the CC Committee met in November, 2017 to review and revise the CCP Requirements document. A table of the major changes was also included in the Winter edition (p. 14). The new document came into effect on **January 1, 2018** and is posted on the CDHNS website. http://cdhns.ca/images/Continuing_Compentency_Program_Requirements_.pdf

All members are now required to record CC online. (Access through your CDHNS member login.) The section on your member portal entitled My Professional Development allows you to record a new continuing competency activity, view/edit records within your current reporting period, or print your Continuing Competency Activity Record. You may even upload supporting documentation with each new entry. Please retain all supporting documentation of CC courses in case of audit, e.g., course outline, verification of attendance.

Study Clubs: All study club reports that were submitted for 2017 were reviewed to determine eligibility for credits and category assignments.

New Members

The CC Committee is happy to welcome two new members, Sydney Nelson and Brooklyn Hurlbut, who were appointed to this Committee in January 2018.

Sincerely,

Sonya Bishop, *Continuing Competency Chair (2017/18)*



Dental Hygienists Honoured for their Philanthropy



On April 5, 2018, Public Health Services in Eastern Zone recognized the outstanding contributions of eight dental hygienists in the Sydney area who helped to provide oral health care to clients who wouldn't have otherwise been able to afford it.

For the past 4 years, there has been a Fall event in the Sydney area called "Under One Umbrella". This event provides health services, including oral health, social services, community supports, and advocacy sectors to individuals who are either homeless or at risk of homelessness "under one roof" on one day. Among the many services provided, the opportunity to see a dentist is offered and it is a popular one! Last year alone, 80 clients lined up for the chance to receive oral health care and have their dental needs triaged.

Following Under One Umbrella, a group of community-minded health professionals get together to organize free dental treatment clinics to help address the very complex needs of these clients. Over the past four years, several free dental clinics have been held with dentists, dental hygienists, and dental assistants showing up each time to eagerly offer help.

CDHNS is very proud to say that eight dental hygienists have willingly stepped up multiple times to participate in the free dental clinics, providing free dental hygiene services for those who are most in need. Thank you to these eight dental hygienists for being part of a pro-active, creative solution that allows neighbours to come together to help each other and improve their quality of life.

Pictured above are Mary MacLeod and Jessie MacIntosh, after receiving their certificates of appreciation from Marc Arseneau, Director of Public Health, NSHA, Eastern Zone. Missing from the photo are Wanda Fedora, Tammy Gilyen, Ann MacAdam, Deanna MacDonald, Samantha MacInnis, & Donna O'Shea.

Upcoming CPR Dates

May 26th, 2018, New Glasgow

May 12th, 2018, Bridgewater

Contact Rosemary Bourque at r.b@ns.sympatico.ca to register

ORAL CANCER SCREENING FOR TODAY'S POPULATION: THE URGENT NEED FOR CHANGE

Friday May 11, 2018: 9:00 am – 4:00 pm

Dalhousie Faculty Club, 6259 Alumni Crescent, Halifax, NS

A MUST ATTEND FOR ALL DENTAL TEAM MEMBERS... are you aware of the escalating profile of oral and oropharyngeal cancers related to a common virus? According to the CDC, nearly all sexually active adults will have a HPV (Human papillomavirus) infection in their lifetime. This is fueling an escalating rise in the incidence of HPV-positive oropharyngeal cancer.

What are the implications to dentistry and how should our oral cancer screening be adjusted to compensate for this new profile? How is the virus transmitted and once an infection becomes active, will it ever go away? How does an infection transform into a malignancy? Who is at risk? Why are men at least 6X more predisposed to HPV-related oropharyngeal cancer? Above all, how do we communicate this to today's dental patient?



Join Jo-Anne Jones, 2018 Dentistry Today CE Leader for the 8th consecutive year and recipient of the PennWell Award for "The Most Important Dental Story Published" written on this subject for a presentation that will change the way you screen for oral cancer forever. Emerge equipped with the knowledge of subtle life-saving symptoms that every dental professional needs to know.

The veteran dental hygienist turned educator has a no-nonsense approach and dynamic speaking style that has made her one of North America's most sought-after lecturers in the dental community. Jo-Anne has been selected as one of DPR's Top 25 Women in Dentistry.

**DDS \$199, RDH \$149, RDA/Admin \$99
Office Rate - \$499. (4 team members)**

Registration: kathy@thebestpracticecoaching.com

<https://thebestpractice.onlinedentalconsulting.com/LiveEvents?type=preview&liveEventID=2>



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Important dates to remember

CDHNS Events

May 4 and 5, 2018: CDHNS Council Meeting

June 2, 2018: AGM and Continuing Competency Event: Making Connections

September 2018: Licence Renewal starts

Other Events

May 11, 2018: The Best Practice Coaching — Oral Cancer Screening for Today's Population: The Urgent Need for Change

June 8 and 9, 2018: NSDA AGM and Continuing Competency Event (Must register through a member of NSDA)

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