



Oral Cancer Screenings Can Save Lives

by Christina Singer

Dental hygienists play a crucial role in the early detection of oral and oropharyngeal cancer. Performing routine extra and intra oral exams on all clients can result in early cancer detection, which has the potential to save lives. The Canadian Cancer Society has alarming statistics on oral cancer rates in Canada. In 2017, nearly five thousand Canadians were diagnosed with oral cancer — 3200 men and 1450 women (Canadian Cancer Society, 2018). Last year over a thousand people died from oral cancer — 860 men and 400 women (Canadian Cancer Society, 2018).

Smoking and the Risk of Oral Cancer

It is widely accepted that cigarette smoking greatly increases your chance of developing oral cancer. Smokers are 5-10 times more likely to develop oral cancer compared to non-smokers. The risk is increased in smokers who also drink alcohol. Exposure to benzopyrene, a chemical found in cigarettes, can

Did you know?

According to a research survey conducted at Dalhousie in 2014, of the 212 CDHNS practising members who responded, 84% identified a suspicious finding in the head and neck region and 94% directly or indirectly referred a [client] for biopsy/diagnosis of a suspicious finding.

Tax, CL, Haslam, S Kim, Brilliant, MGS & Doucette, Heather & E Cameron, J & E Wade, S. (2015). Oral cancer screening: knowledge is not enough. *International Journal of Dental Hygiene*.

cause the mutation of cells in the oral cavity potentially leading to the development of oral cancer. Of those diagnosed with oral cancer, 37% are expected to die within 5 years. (Government of Canada, 2011) Oral cancer is often diagnosed in the later stages, resulting in poor prognosis. Dental hygienists have the opportunity and professional responsibility to change this by performing routine oral cancer screenings. **Early detection is key to increasing the survival rate.**

Continued on page 12

the UNISON

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

Editor-In-Chief: **Kelly Hurlburt**
Contributing Editor: **Rosemary Bourque**

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- Greg Glynn** - Public Member (awaiting appointment by Government)
- Mallory Brent**
- Teanne MacCallum**
- Lindsay Macdonald**
- Danielle Newell**
- Nicole Stevens**

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

Deadline for next Newsletter
Submission: July 24, 2019

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

Canada Post Publications
Mail #40049154

AD RATES

- 2" x 3.5" \$45.00
- 1/4 pg. \$75.00
- 1/2 pg. \$140.00
- Full pg. \$250.00

Rates are subject to change.

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

CDHNS Council Chair's Message



Happy Spring Everyone! Hope you stayed warm during the bitterly cold winter we have had the pleasure of enduring this year. Spring weather will be right around the corner and is something to look forward to. Each year we celebrate winter leaving and spring emerging along with National Oral Health Month (April) and National Dental Hygienists Week™ (April 6-12, 2019). Be sure to mark your calendars for the second week of April and take the time to show your pride and passion for our profession by putting your purple on.

Throughout the year, CDHNS sends out requests for volunteers who would be interested in serving on various committees. If you have not taken advantage of these opportunities in the past, I want to encourage you to consider submitting your name to volunteer on one of the Committees that have current openings. You will note on page 9 that there is an opening for a CDHNS Smoke Free Nova Scotia Rep. The diversity of perspectives that members bring to these working groups helps the organization meet its mission and remain current with emerging oral healthcare and legislative/regulatory initiatives. Finally, I want to express my gratitude to our current Committee

members and Chairs, for the time they contribute to CDHNS. They commit their time, creative energies, and reflective analytical skills to address issues of concern to CDHNS as a regulatory organization. Thank you.

I am excited that we have enough people interested in volunteering to be part of Council that we will have our first election ever in the history of the CDHNS.

I hope to see many of your smiling faces at the 10-year celebration of CDHNS on May 24th. It will be an opportunity to reflect on the past decade and reconnect with your colleagues from all over our beautiful province. The evening will not only be a chance to celebrate the past 10 years, along with the present, but look forward to the future of our profession here in Nova Scotia as we continue to collaborate with others to "*prevent more and treat less*". Our aim is to provide equitable access to oral health care for *all* Nova Scotians by being part of the solution that helps to address the inequities and reducing unnecessary barriers to care.

Jennifer Clark Council Chair

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From the desk of the Registrar — Accountability and Responsibility



Stacy Bryan Registrar

As I write this, I have been working with the 10-year Celebration Planning Committee as we are near the official 10-year mark of dental hygiene self-regulation here in Nova Scotia. This has caused me to reflect on my last 30 years in dental hygiene with a view to how far we've come in this profession overall, and to identify the roles and responsibilities of each dental hygienist as a *regulated member* of this profession.

We are accountable for our actions and must maintain the standards of care that we provide to the public. Remaining current and ensuring that the dental hygiene services we provide are evidence-based, safe, and effective is a top priority. This is not an easy task. Dental hygienists are faced with a continuously changing world, including our health care system. However, dental hygienists continue to rise to the task and the willingness to take on the self-regulation responsibility is another sign of acceptance of that accountability.

We are bound by Practice Standards and a Code of Ethics that help guide how we provide dental hygiene services. As 'critical thinkers', we use the best evidence available when formulating our care plans or community service action plans. As part of a health care team, and an advocate for our clients (individuals or groups of people), we evaluate the care they are receiving, or identify the socioeconomic gaps/barriers that are preventing receipt of care, and work within our 'sphere of influence' to ensure the public's needs are met, and are up to the standard.

As health care professionals, we cannot abdicate our responsibilities and say, "That's another team member's responsibility, not mine". We must "contribute to actions that will support change and facilitate access to care" (Canadian Dental Hygienists Association, 2010, p. 17) and help to "initiate positive changes within our practice environment by using evidence-based literature and the practice standards" (Canadian Dental Hygienists Association, 2010, p. 19).

How does this look 'on the ground'? I will touch on two prime examples to highlight our responsibilities to our clients and the general public. Christina Singer's article about ensuring that we complete a head and neck exam on all clients is a good example of a practice standard that each clinical dental hygienist must integrate into practice. Ensuring the standards of infection prevention and control

are followed in clinical settings is another example. Even if you do not complete the reprocessing in your practice, you must still ensure that you do your part to break the chain of transmission. You are ultimately responsible for ensuring that each client you treat receives sterilized instruments.

If you identify gaps or practices that do not meet the current standard, work within your team to problem-solve how to address these issues. One of the most critical components of dental hygiene practice is communication – with the client, your colleagues, other health care professionals, your local community, government, etc. Use your communication skills to help achieve your desired change. *Let's help make the next 10 years of self-regulation even better for Nova Scotians by becoming stronger advocates for high quality, accessible, equitable, dental hygiene care.*

Canadian Dental Hygienists Association. (2010). *Entry-To-Practice Competencies and Standards for Canadian Dental Hygienists*. (CDHA, Ed.) Ottawa, ON.

Notice of Removal from the CDHNS Register on Request

In accordance with the Dental Hygienists Act and Regulations, the following individuals have been approved by the Registrar to be removed from the CDHNS Register following their submitted request since the last newsletter publication. Their names have been removed from the CDHNS Register.

Name	Note
Beverly Dunlop	Held Membership in the Practising Class prior to lapse of practising licence on November 1, 2018
Laura Leger	Held Membership in the Non-Practising Class prior to lapse of non-practising membership on November 1, 2018

What constitutes dental hygiene practice in Nova Scotia?

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

Professional Corporation

Permits: We are pleased to advise members of the CDHNS of the recent approval and upcoming implementation of a process for the issuance of permits to professional corporations to carry on the practice of dental hygiene. *Watch your email for more information on the requirements and the application process.*

Help Us Celebrate 10 Years of Self Regulation

We, at the CDHNS, look forward to celebrating the upcoming ten-year anniversary, along with all of our fellow dental hygienists and other colleagues. There will be a reception to commemorate this milestone.

Date: Friday May 24, 2019

Time: 6:45 pm to 9:00 pm

Location: The Atlantica Hotel Halifax, 1980 Robie Street, Halifax.

This celebration is being held immediately following the AGM which will be held in a separate room at the same location. We encourage anyone with any stories or pictures that they may have, to submit them to us at members@cdhns.ca or mailed directly to the CDHNS office at #11-2625 Joseph Howe Drive, Halifax, NS B3L 4G4. **All submissions should be received no later than Wednesday, May 1, 2019.**

For full registration details and accommodation information, please refer to the informational brochure that will be sent to all members in early April. It will also be posted on our website under AGM and 10-year celebration (May 2019).

Notice of Annual General Meeting (AGM)

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

Meeting Agenda

Chair's Address and Welcome
Greetings
CDHA NS Director– Wendy Stewart
Call to Order
Approval of Agenda
Approval of June 2, 2018 Minutes
Phoenix House Collaborative Care Model – Heather Doucette
Annual Report/Audit Statement
Report of Quality Assurance Committee
Report of Nominations Committee
Election of Council Members
Awards and Recognition

Friday May 24, 2019

4:30-5:00 pm: Registration
5:00-6:30 pm: AGM (1.5 credit hours, category 3)

Location: Atlantica Hotel, 1980 Robie Street, Halifax.

- 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, the 10-year celebration only, or for the AGM and the 10-year celebration.

[link to register](#)

1) Registrar Welcome and Announcements

Stacy Bryan, College of Dental Hygienists of Nova Scotia (CDHNS) Registrar, personally welcomed everyone and addressed the fact that there had been an overwhelming registration response to this year's AGM and CC Event. Stacy also thanked everyone for the warm welcome she has received since her arrival to Nova Scotia and taking on the role of the Registrar for the past eight months.

2) 8:32: Chair's Address and Welcome

Jennifer Clark, CDHNS Council Chair, personally welcomed all in attendance and thanked everyone for taking time out of their busy schedules to be apart of this years AGM. The Chair then introduced a few of the special guests that were in attendance.

- Wendy Stewart — CDHA NS Director
- Heather Doucette — full time faculty at the School of Dental Hygiene at Dalhousie and representative at the ISANS booth.
- Patricia Grant — CDHNS's inaugural Registrar
- Council Members

Jennifer Clark did a more formal introduction of the Registrar, Stacy Bryan, acknowledging her educational and professional accomplishments; outlining her years of service and contribution to dental hygiene and the overall oral health and health communities.

3) 8:37 am: Canadian Dental Hygienist Association NS Director – Wendy Stewart

Jennifer Clark, Chair introduced Wendy Stewart. She noted her past roles with NSDHA, CDHNS and her current roles with CDHA, Halifax Dental Hygiene Society (HDHS) and Dalhousie University. Wendy presented an overview on the activities of the CDHA over this past year. This included an overview of their Ends, support tools for Members, e.g., Advocacy Tool Kit and the 2017 Job Market & Employment Survey, position statements, and social media campaigns, including National Dental Hygienists Week™ for 2018.

4) 8:56 am: Call to Order

Jennifer Clark, Chair of Council, called the 9th Annual General Meeting of the CDHNS to order.

5) Approval of Agenda

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

Motion 1: To adopt the agenda as presented. Moved by Shannon O'Neill and seconded by Vanessa Romain-Amirault. Motion carried.

6) Approval of CDHNS AGM Minutes from June 03, 2017

The Chair directed the members' attention to the draft minutes of the 2017 AGM in the Spring 2018 Newsletter and meeting package and asked that they be accepted (as presented) or (as amended).

Motion 2: To approve the CDHNS AGM Minutes of June 03, 2017 as presented. Moved by: Joyce Lind and seconded by Kim Haslam. Motion carried.

7) Deanna Williams: Presentation

Deanna Williams presented via live-streaming. Jennifer Clark (Chair) provided a brief summary of Deanna's accomplishments. Her presentation addressed topics such as the origins of regulation, what public interest means, the accountabilities of a regulator, and the challenges with managing competing interests. She also highlighted current trends across jurisdictions with respect to professional regulation. Her slides were posted in the Members Library, accessible through each Member's Home Page after logging in. The link to her recorded presentation was also posted. Members who viewed the recorded presentation following the AGM, or virtually during the live-streaming, were eligible to claim 0.5 hour of CC credit in category 3 for viewing the presentation.

8) Annual Report / Audit Statements

Jennifer Clark, Chair, and Stacy Bryan, Registrar, presented remarks regarding the Annual Report of the CDHNS noting that it is intended for the general public audience, in addition to the members. 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, Stacy Bryan, reviewed the Audit statement as presented in the Annual Report. She addressed the CDHNS's strong financial position and credited the previous Registrar, Patricia Grant, for being in this position.

Motion 3: To receive the annual report and audit statements: Moved by Anne McKeen and seconded by Heather Bell. Motion carried.

9) Continuing Competency Committee Report

Sonya Bishop, Chair, CDHNS Continuing Competency Committee presented her report. She noted that during the year in question, Feb 1, 2017 to January 31, 2018, 38 members were audited. The results were published in the Spring 2017 newsletter. This year's results were posted in the Spring 2018 newsletter and a total of 42 members were audited on February 3, 2018.

She highlighted a few important points for members based on the CC Committee's audits.

- An FAQ document will be sent out to assist audited members in sending correct documentation.
- Members were also reminded that as of January 2018, all members are now required to record their CC online for their current cycle e.g., if a member's cycle started January 1, 2017 and ends December 31, 2019, all the CC obtained during that time period is to be uploaded in the online system.
- It is often the case that the Committee requests additional information due to lack of documentation provided by members for their CC courses.
- If supporting documentation is not uploaded onto the system, members were reminded to retain all supporting documentation of their courses in case of audit.

Sonya concluded by informing the members that the Committee was launching a comprehensive review of the CCP to make the requirements more streamlined (e.g., improve clarity and make them easier to understand). Members will be asked for feedback at varying steps throughout the process.

10) Report of the Nominations Committee

Jennifer Clark presented the Nominations Committee Report on behalf of the Nominations Committee. She presented the names of the following individuals who have been duly nominated for Council for a two-year term:

- Allison Craig, Hebbville
- Teanne MacCallum, Halifax
- Shannon O'Neill, Beaverbank

Motion 4: To receive the Nominations slate as presented. Moved by Wendy Stewart, seconded by Cindy Reid. Motion carried.

11) Election of Council Members

Jennifer Clark declared the three nominees elected by acclamation and requested members to join her in welcoming the newly elected and re-elected members of the CDHNS for 2018.

12) Recognitions and Awards

Volunteers and Committee Members

Jennifer Clark, Chair, called on Shannon O'Neill, Vice Chair, to address the Volunteers who selflessly dedicate their time and talents to service CDHNS through Committee work, educational sessions and providing feedback. Shannon also expressed her appreciation for all the CDHNS members who served on Committees over the past year for their hard work and dedication.

Retiring Council Member

Shannon O'Neill, Vice Chair, presented the retiring Council member, Vanessa Romain Amirault, with a small token of appreciation and thanked her for her service on Council. Vanessa served with CDHNS since 2016 and has assisted Council in various ways which included serving as an Executive Council Member.

13) Adjournment

Jennifer Clark announced the meeting was adjourned at 9:52 am.

Brushing up on Mouthcare gets a fresh new look

Submitted by Cheryl Bell, Faculty of Dentistry, Communications Advisor



The Brushing up on Mouthcare program, first created in 2008, was re-launched at Northwood Ivany Place in December 2018, with a new website containing resources to support daily mouth care for those who depend on others for care.

Dr. Mary McNally (Faculty of Dentistry) led the relaunch in collaboration with Caregivers Nova Scotia and Dalhousie's School of Dental Hygiene, Healthy Populations Institute, and Computer Science student outreach program. "Brushing Up" is user friendly and organized to help care-providers meet Nova Scotia's long-term care guidelines.

Please see www.brushingup.ca

Notice from Dalhousie's School of Dental Hygiene: Accepting Applications for the BDH Program

The School of Dental Hygiene is accepting applications for the Bachelor in Dental Hygiene at Dalhousie University. This program offers those with a diploma, the opportunity to complete a degree. The program focuses on three areas:

1. **Community Outreach and Health Promotion**—students must be eligible for licensure in Nova Scotia so that they can work independently in a number of community settings. Settings include but are not limited to, the Oral Cancer Center, the Children's Hospital, a youth shelter and Public Health school initiatives such as the fluoride rinse program.
2. **Teaching**—students learn strategies in clinical and classroom teaching. They have an opportunity to teach in the first-year dental hygiene pre-clinic and clinic. Many of the current dental hygiene faculty at Dalhousie are graduates of this program and have benefited from this experience.
2. **Research**—students, under the tutelage of the Research Development Officer at the Faculty of Dentistry, are provided a sound foundation in research and have the opportunity to design and implement a simple, focused research project. Over the years, several research projects have been disseminated through various means including publications in peer-reviewed journals.

We hope you will consider joining us next year! If you have any questions, please contact Cara Tax, Director, School of Dental Hygiene at cara.tax@dal.ca or 1-902-494-8864.

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

What's in your Water? Advisor Prof S. Hachey



From left to right: Lindsay Sibley, Victoria Harrop, Elizabeth Verran and Jane-Victoria Turpin, Jennifer Clark (CDHNS Chair) and Shauna Hachey (faculty advisor).

Second Prize Winners

Cannabis: Newly Legalized!, Advisor Prof K. Haslam



From left to right: Emily Gilice, Brittany Burns, Shelagh Cosman, Lillian Cherry and Jennifer Clark (CDHNS Chair)

Third Prize Winners

Orofacial Myofunctional Therapy: One More Piece of the Collaborative Puzzle, Advisor Prof A. Wade



From left to right: Anastasia Karst, Ellen Langley, Jennifer Clark (CDHNS Chair), Mary Collins-Dionne, Amanda Langford (missing), Rachel Arbing (missing)

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>:

SATURDAY, APRIL 13, 2019 **Contemporary management of dental traumatic injuries** Truro, NS Presenters: Dr. Jennifer MacLellan, Dr. Isabel Mello

THURSDAY, APRIL 25 TO SUNDAY, APRIL 28, 2019 **Local anesthesia for the dental hygienist** (lecture and hands-on) Halifax, NS Presenters: Dr. Ben Davis, Dr. Jean-Charles Doucet, Dr. James Brady Limited enrolment: 34 participants

FRIDAY, APRIL 26, 2019 **Medical emergencies for the dental office** (lecture and hands-on) Halifax, NS Presenters: Dr. Laurel Murphy, Dr. Chris Lee, Darryl Chickness, Sue Murphy Limited enrolment: 40 participants

FRIDAY MAY 24 & 25, 2019: **Update on advanced periodontal instrumentation** (lecture and hands-on) — Presenter: Anna Pattison (Limited enrolment for hands-on – 50 participants) *Please note:* This year's CDHNS AGM and the 10-year celebration will be held on **Friday evening May 24, 2019** in conjunction with Dalhousie's CE event.

Get Involved in your study clubs!

Many of you are already part of a local study club, however, there are still many who have yet to get involved. We invite you to use this forum as a way to stay connected with your colleagues and keep informed on what's happening within your profession! Check out the website for a [listing of study clubs registered with CDHNS](#).

Looking for a CPR Course Provider? There are a variety of organizations and providers across the province who provide CPR courses that meet the requirements for CDHNS renewal and initial licences in the practising class. As a courtesy to CDHNS members, a [CPR section](#) of the website indicates providers who have notified the CDHNS that they will provide courses for members based on the licensing requirements.



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

CDHA CORNER

Dear friends and colleagues,

As this newsletter goes to print, the days are finally getting longer which gives me hope that spring is on its way!

In January, I was featured in two articles in The Chronicle Herald. First, I was interviewed about the impact that cannabis has on oral health. The article was prompted by CDHA's news release on the subject, and I was pleased to be able to represent our profession. Since then, numerous clients have mentioned the article to me, which has opened dialogue on the subject. This is excellent—our clients are recognizing us as experts on oral health and are comfortable discussing a subject that was once taboo.



One week later, I was contacted by the Herald again, this time to discuss the changes to our provincial MSI coverage for children. This made me exceptionally happy, because the newspaper came to us, dental hygienists, for our expert opinion on fluoride and sealants. One of CDHA's goals is "Public Recognition: The Canadian public understands and values the dental hygiene profession." Being approached by media for our comments illustrates that they indeed understand and value our unique body of knowledge.

In February, I flew to Ottawa for CDHA's 2019 winter board meetings. We had a busy few days of meetings, along with a rewarding day on Parliament Hill, talking to MPs about the importance of oral health and lobbying for policies that will hopefully improve access to oral health care for all Canadians.

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



Hon. Geoff Regan with Wendy Stewart

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

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

NEW webinars recently released:

Homewood Health: Member & Family Assistance Program

Fundamentals of Educational Assessment

Identifying Product Hazards in the Dental Setting,
sponsored by Johnson & Johnson

Cannabis in Canada, *sponsored by Philips*

How to Put Your Purple On! for NDHW™

Webinars coming soon:

Understanding Cardiovascular Conditions, March 20
sponsored by Crest + Oral-B

Noise Levels in the Workplace, April 17

www.cdha.ca/webinars

2019 Conference:

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

NATIONAL DENTAL HYGIENISTS WEEK™

Save the date, **April 6-12**. Watch for details at www.cdha.ca/NDHW

JOIN THE CANNABIS CONVERSATION

CDHA has developed several resources on this important topic including a client information sheet and an article on consent and process of care (www.cdha.ca/factsheets). Watch the spring issue of *Oh Canada!* magazine for more.

MEET YOUR ORAL HEALTH CARE TEAM

CDHA is pleased to announce a new, dynamic resource: a multimedia presentation allowing the public to virtually "meet" the various members of their oral health care team and learn about their specific roles. This presentation is supported by a downloadable information sheet, and is also available in French. www.dentalhygienecanada.ca/youroralhealthteam



2ND ANNUAL SUPERHERO COMPETITION

We're recognizing dental hygienist superheroes across Canada. Nominate a colleague at www.dentalhygienecanada.ca/healthcaresuperhero



www.cdha.ca



info@cdha.ca



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



www.facebook.com/theCDHA

Call for CDHNS Representative for Smoke Free Nova Scotia (SFNS)

Dear CDHNS members,

I want to inform you that I am resigning from my position on the board of Smoke Free Nova Scotia, as representative for CDHNS.

I'm grateful for the wonderful experience this position has given me and I would encourage any of you to take on this role.

As a board member, you would attend monthly meetings, whenever possible, and advocate on behalf of the coalition when a tobacco control issue comes up. If you're unable to attend the meetings in person, you can attend via teleconference.

The SFNS coalition is comprised of many partners who work on tobacco control issues for a healthier Nova Scotia.

SFNS employs an Executive Director who oversees most of the work but there is an opportunity to work with wonderful partners who care about tobacco issues.

You can check the website for more information on the work that is being done. <http://www.smokefreens.ca/>

If you have a passion for tobacco control and are interested in representing the CDHNS, please contact Stacy Bryan at the CDHNS office (registrar@cdhns.ca) or 902-444-7241.

And feel free to contact me at paulettehawksworth@gmail.com if you have questions.

Yours sincerely,
Paulette Hawksworth, RDH

Note: The CDHNS would like to thank Paulette for being such a passionate, dedicated representative for CDHNS on this Board since 2006. Paulette's contribution of her time and expertise has been invaluable over these past 13 years.

Celebrating National Oral Health Month and National Dental Hygienists Week™

National Dental Hygienists Week™ (NDHW™) takes place this year on April 6–12, 2019 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's Member Services Committee is undertaking the following activities – Billboards will be displayed in select areas throughout the month, focussing on National Oral Health Month. In regions outside of the billboard locations, local Tim Horton's with TVs will show a short ad about dental hygienists and oral health/overall health during NDHW™.

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 one activity update from a member who completed an activity in March.

"The CDHNS is such a great resource, providing teaching aids and samples for the children. I recently visited a local daycare, and the kids had so much fun getting to practice brushing on the models I borrowed from the College. Having the opportunity to use these teaching aids allow kids to learn while having fun in an interactive environment. Each child was thrilled to take home stickers, tooth holders, their own toothbrush & toothpaste...all, which were generously provided by the CDHNS."

Meaghan Adamski, RDH, Dartmouth, NS



Meaghan Adamski presenting to children at a local daycare.

Member Services Committee — Meet Your Colleague!

Consider nominating a colleague to be featured in the Unison. Members can still submit their own name, if interested. As an added incentive we are offering a small gift, as a token of appreciation, to the featured member.

In the event that we do not receive any nominations, we will randomly select a member to feature. If that member agrees to participate, we will proceed, as before. Each edition of Unison will feature a colleague from a different region of the province.

- 1) To nominate a colleague, or volunteer yourself to be featured, email members@cdhns.ca
 - a) Put Meet your Colleague in the subject line.
 - b) Give us the name and contact info of the potential featured colleague or yourself.

- 2) You/they will be provided with a list of 40 questions.
 - a) Choose 10 questions from the 40 provided. In your response, include the question as well as the answer.
 - i) Just a sentence or two will do, and remember, this is meant to be FUN!!
 - b) Include a clear headshot of yourself, preferably against a white background, if possible.
 - c) Provide the following information: Where you are currently working and how long you have been practicing dental hygiene.

This newsletter, we are pleased to introduce you to Cynthia Rushton, one of your colleagues from the Truro, in central Nova Scotia.

Sincerely,
Angie Nowe, Chair, Member Services Committee

Meet your Colleague - Cynthia Rushton

Cynthia graduated in 2010 and currently works in Truro, NS

1. **Can you play any instruments?** Yes! I've been playing guitar since I was a kid. My father has been an avid musician for over 55 years, so I guess I come by it honestly! I especially enjoy playing and singing classic country!
2. **What's the greatest bit of advice a parent or mentor has given you?** My father has always taught me and my siblings to never take "no" for an answer. If you want something bad enough and are willing to work for it, then let no one stand in your way. Maybe the first way you tried didn't work, so try a new way!
3. **What if your favorite sport to watch?** Easy! Kickboxing! I have been doing kung-fu since I was 7 and kickboxing since I was 14. I was on the Canadian Kickboxing team, and even taught both for many years. Martial arts has always been a passion of mine, I love not only the physicality but what it stands for.
4. **What is the best perk you have had at a job?** I love that my dental office (East Coast Dental Centre) not only allows but encourages me to travel to schools and discuss dental health to children. I love reaching out to all people to help educate and inform them on ways to keep their mouths/bodies healthy. I love the interaction and human connectivity I get with these outings. I have also had the privilege of dipping my toes in the realm of social media in regards to my role as RDH at ECDC. I've very much enjoyed the Facebook live videos I have done with this great clinic!
5. **What is the most important personal attribute you bring to your job?** This may sound corny or cliché, but my family! I am married my best friend and have 2 amazing little boys. I also have a pretty cool Great Dane named "Cecil"!
6. **What is the best perk that you have had at a job?** I believe I make people feel comfortable and safe. A lot of people are stressed just at the thought of having a dental appointment. I like to ease their stress by getting to know them, make sure I understand clearly what they feel anxious or concerned about, and ask them what I can do to ease their minds. I like to explain everything in easy to understand terms so they know what to expect, and I always help them understand they are my number 1 priority!



Notice from the Quality Assurance Committee

The Quality Assurance (QA) Committee met on February 2, 2019 to perform the annual Continuing Competency (CC) audit for members whose cycle ended December 31, 2018. A total of 38 members were audited. The following decisions were reached at that time. 7 Members were pending (unable to determine if requirements met; more information required), 1 member did not meet requirements, 27 members met requirements, and 3 extensions were granted (due to extenuating circumstances). The member who did not meet requirements submitted an approved action plan to meet the deficiencies, including a learning plan, with a reasonable time for completion.

As of March 26, 2019, all members have met their requirements with the exception of one who has until April 1, 2019 to meet their requirements.

The QA Committee would like to remind members to retain documentation for their CC courses to provide if audited. Proper course verification enables the QA Committee to accurately award CC credits.

Congratulations to those members whose audits were found to be complete with no follow up required. It is strongly recommended that members obtain their CC courses over the entire course of their cycle to fulfill your professional responsibility.

There were a few common concerns we discovered during the audit:

- Please ensure you provide the necessary supporting documentation for all courses that are not offered through the CDHNS, CDHA, Dalhousie's Continuing Dental Education, or Study Clubs who are registered with the CDHNS. This includes a detailed course outline (including course hours) and learning objectives, subject matter of the activity, and the speaker/presenter's qualifications. This requirement applies to study clubs who are registered with *other* organizations. This information allows us to determine your credit hour eligibility and the correct CCP category.
- "Hands-on courses" qualify for hour for hour credit, not 2 credit hours for every hour attended.

Study Clubs: All Study Club reports that were submitted for 2018 were reviewed to determine eligibility for credits and category assignment.

New Members: The QA Committee is happy to welcome new members Kaleigh Wagner and Palmer Nelson, who were appointed to this

Committee as of May 7, 2018. I would also like to thank Brooklyn Hurlbut for her contribution to the Committee.

In the last newsletter, I wrote about the CCP Review that had been undertaken, which included a summary of the survey results and the CCP Requirements changes that were in effect as of January 1, 2019 and others that would be reviewed for the future.

Stay informed:

- Review the new CCP document in effect January 2019 posted on the CDHNS website to ensure you're aware of the requirements or changes that have been instituted.
- Refer to the CDHNS Continuing Competency Cycles Frequently Asked Questions document. You'll find it on Member Portal of the CDHNS website. Click on the Library section and go to the Practice Protocols & Policies folder.
- Taking online courses from providers other than CDHA? The QA Committee reviewed a number of online providers in fall 2018. See page 18 of this newsletter for more details.

Sincerely,

Sonya Bishop, *Quality Assurance Chair (2018/19)*

November 19, 2018

**Levy
Casey
Carter
MacLean**
Chartered Professional
Accountants

College of Dental Hygienists of Nova Scotia
c/o Stacy Bryan, Registrar
2625 Joseph Howe Drive, Suite 11
Halifax, NS B3L 4G4

Dear Members:

We are the auditors of the College of Dental Hygienists of Nova Scotia and have been engaged to randomly select a sample of members to be audited with regards to their Continuing Competency requirements. We have only been engaged to select the sample and not to audit the member's compliance with their Continuing Competency requirements.


We are not aware of any relationships between the College and ourselves that, in our professional judgement, may reasonably be thought to bear on our independence. We hereby confirm that we are independent with respect to the College within the meaning of the Rules of Professional Conduct of the Institute of Chartered Accountants of Nova Scotia as at November 19, 2018.

We were provided a list of 192 member license numbers from the Registrar with no other information to identify the members to us. Using a random number generator in Microsoft Excel to select a number between 1 and 192 (inclusively), we randomly selected 38 license numbers; of which none were eliminated as duplicate numbers. The list of license numbers was not modified in any way and the first 38 non-duplicate random numbers generated were used for the sample. This sample was provided to the Registrar to be tested.

If you have any questions or concerns regarding this letter, please do not hesitate to contact our office.

Yours truly,

Levy Casey Carter MacLean
Chartered Professional Accountants


Greg Strange, CPA, CA

Stuart S. MacLean Inc.
J.E. Melvin Inc.
Greg T. Strange Inc.
Tracey Wright Inc.
Angela Kinley Inc.

211 Horseshoe Lake Drive
Suite 310
Halifax, NS B3S 0B9
Canada
Phone: (902) 445-4446
Fax: (902) 445-4916
www.iccm.ca

There has been very little research on the link between cannabis and oral cancer. Studies suggest that smoking cannabis can increase your chance of developing oral cancer. It is challenging to determine the cause of oral cancer due to the fact that many cannabis users also use tobacco products, and cannabis is often smoked in conjunction with tobacco. (Insight from Dana-Farber Cancer Institute, 2016)

Squamous cell carcinoma is the most commonly occurring cancer in the oral cavity (Government of Canada, 2011). When performing the intra oral portion of the extra oral and intra oral exam, you should specifically be looking for red (Erythroplakia) or white (Leukoplakia) lesions or mixed red and white lesions (Erythroleukoplakia). The lesion may present as a unilateral raised, non-healing ulcer with an irregular border. The client may or may not experience pain. The most commonly occurring areas of oral cancer are the lateral and ventral aspects of the tongue, the floor of the mouth and the soft palate (Government of Canada, 2011). A client who presents with a lesion of this nature that has been present for 2 weeks or more, should be referred to a physician, an oral surgeon, or an oral pathologist. If the suspicious area is in the oropharyngeal region, a referral should be made to an Ear, Nose, and Throat specialist.

HPV and the Link to Oropharyngeal Cancer

In recent years, the rate of oropharyngeal cancer has increased due to the rising rate of Human Papilloma Virus (HPV). HPV is the most commonly occurring sexually transmitted infection. A lowered immune system is a risk factor for HPV. (Oral Cancer Foundation, 2019) Most strains of HPV resolve on their own within 2 years. However, some strains remain dormant in the body and have the potential to cause cancer. HPV has affected 75% of sexually active men and women. (The Centre for Disease Control and Prevention, 2018) There are over 200 strains of HPV, although only 9 of those are known to cause cancer. The strain HPV 16 is recognized to be the most harmful, causing cervical, anal, penile and oropharyngeal cancers. (Oral Cancer Foundation, 2019) Oropharyngeal cancers attributed to this strain of HPV have primarily been found in the tonsils, tonsillar crypts, base of the tongue, soft palate and a small number in the oral cavity. Men are four times more likely to develop oropharyngeal cancer than women. (Oral Cancer Foundation, 2019) Squamous cell carcinoma is the most common oropharyngeal cancer and is responsible for 90% of oropharyngeal cancers (Canadian Cancer Society, 2019).

HPV Vaccines

With parental consent, HPV vaccines are now provided to children aged 11 and 12 in Canada (The Centre for Disease Control and Prevention, 2018). Adolescents and young adults (14-26 years) can also receive the vaccination, however they require an additional dose (3 shots, compared to 2 for children). Women age (26-45 years) can receive the vaccination, however it is less effective as most sexually active adults have already come in contact with HPV. Men can only be vaccinated between the ages of 11-26. The vaccine is intended to prevent HPV infections and will not treat an active infection. (Centre for Disease Control and Prevention, 2016) There are currently 3 different types of HPV vaccines:

1. Cervarix protects females against HPV 16 and HPV 18; 2 strains of HPV that can cause cancer.
2. Gardasil® protects males and females against HPV 16 and HPV 18. It also protects against 2 types of HPV that can cause genital warts.
3. Gardasil® 9 protects against 2 types HPV that can cause genital warts, and 9 types of HPV that cause cancer, including HPV 16 and HPV 18. (Canadian Cancer Society, 2019)



DISCOVER
CDHA National Conference 2019
October 3-5 | St. John's, Newfoundland & Labrador

3

Days

15+

Dental Hygiene
Sessions

20+

Speakers

Registration Opens Soon!
www.cdha.ca/Conference

Extra Oral and Intra Oral Exam

Performing routine extra oral and intra oral exams is extremely important in early detection of oral cancers. The first step is to take the client's medical history, including noting if they smoke, and/or drink alcohol. Dental hygienists typically see the average client more frequently than a physician, providing us with the opportunity to perform extra oral and intra oral exams on a more frequent basis. We should all be performing extra oral and intra oral exams, including oral cancer screenings, at every dental hygiene visit on every client. In addition to in-office screenings, it is also very important to teach your client what to look for in their own mouth. Use a mirror and show them what areas to examine (palate, tongue, lips, the floor of the mouth, buccal mucosa and back of the throat) and what signs to look for.

There are different techniques and methods used to perform the extra and intra oral exam. The most important thing is to consistently use a logical, systematic approach

that palpates all of the potential risk areas. The whole exam can be completed in as little as 2 minutes!

Extra Oral (Adapted from Gehrig, 2018; Canadian Dental Hygienists Association, 2015)

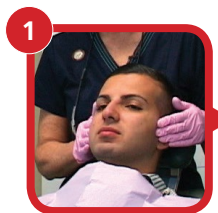
- Observe facial symmetry, as well as the skin of the head, neck, and face.
- Palpate the following lymph nodes: occipital nodes (base of the skull) pre and post auricular (in front and behind ear), submental (under the chin), submandibular (under the mandible), cervical (both sides of the neck) and supraclavicular (above the clavicle)
- Palpate the salivary glands: parotid and submandibular
- Palpate the thyroid gland and assess any restricted movement when swallowing
- Palpate and assess the TMJ for clicking, tenderness and restricted movement

CDHA (2015) provides the following steps to palpate all of the areas noted in the bullets above.



Extraoral Assessment Head & Neck

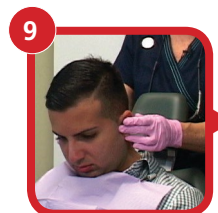
The dental hygienist examines and palpates the following areas:



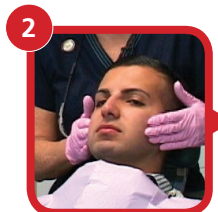
1 Palpate jaw joint for clicking, tenderness or restricted movement when the mouth is opened and closed.



5 Palpate cervical lymph nodes along both sides of the neck.



9 Palpate preauricular lymph nodes in front of the ear.



2 Palpate the parotid salivary gland and the masseter muscle in the cheeks for swelling or tenderness.



6 Palpate supraclavicular lymph nodes above both sides of the collar bone.



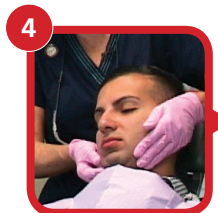
10 Palpate thyroid gland for restricted movement during swallowing.



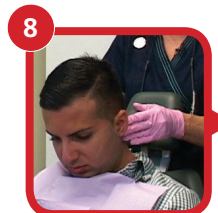
3 Palpate submental lymph nodes under the chin area.



7 Palpate occipital lymph nodes at the base of the skull.



4 Palpate submandibular lymph nodes under the angle of the jaw.



8 Palpate postauricular lymph nodes behind the ear.

Intra Oral (Adapted from Gehrig, 2018; Canadian Dental Hygienists Association, 2015)

- Visually inspect the oral cavity and oropharynx including observing the gingiva for abnormalities
- Palpate the lips and buccal mucosa
- Palpate the floor of the mouth
- Palpate the lateral, ventral and base of the tongue by asking the client to stick their tongue out and holding it with gauze

- Palpate the hard and soft palate
- Inspect the tonsils and oropharynx by depressing the tongue
- Examine the salivary gland function: check both Stenson ducts for parotid function and the Wharton duct for submandibular and sublingual gland function.

CDHA (2015) provides the following steps to palpate all of the areas noted in the bullets above.



Intraoral Assessment Lips & Mouth

The dental hygienist pays close attention to changes in colour, size, and texture when examining the following areas:



1

Lips: examine with finger and thumb.



4

Gingiva or gums: look for red or white patches or swelling, hardness or tenderness.



7

While the tongue is touching the roof of the mouth, visually examine and palpate the surface for any swelling, red or white patches or hard spots.



2

Upper and lower lip: examine the gingiva or gums and inside of the lip for any changes.



5

When the tongue is straight out, palpate and visually examine the upper surface, looking as far back as can be seen for any swelling, texture or colour changes.



8

While the tongue is elevated, visually examine and palpate the area bimanually for any swelling, hard spots or changes in colour or texture.



3

Inside of the cheeks: look for red or white patches or swelling, hardness or tenderness.



6

Holding the tongue to the side, examine each side for any red or white patches, and palpate for tenderness, swelling or hard spots.



9

Have the client take a deep breath in through the mouth and say "aah." Depress the tongue and examine the throat and palate for signs of swelling, texture or colour change.

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Conclusion

Dental hygienists have the knowledge, ability, opportunity and professional responsibility to perform complete extra and intra oral exams including oral cancer screenings. It can be completed in as little as 2 minutes. As oral health professionals dedicated to prevention, let's do more for our clients:

- Do you discuss the detrimental health effects of smoking with your clients, including the increased risk for oral cancer? Do you provide smoking cessation in-office and/or referrals to local resources?

- Do you discuss HPV and the option for the HPV vaccine?
- Do you teach your clients how to do a self-oral exam and educate them on what to look for and what to do?

If you have answered "no" to any of the above questions, I encourage you to consider introducing these aspects into your routine practice. Our commitment to performing oral cancer screenings on every client at every visit has the potential to save lives.

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About the Author

Christina Singer has been practising dental hygiene for the past 10 years. She graduated in 2009 from a dental hygiene program in Toronto and then moved to rural Manitoba to work for a few years. After returning home to Nova Scotia, she enrolled in the Bachelor of Dental Hygiene program at Dalhousie University, graduating in 2012. For the past 5 years Christina has been working in Fall River at a private general practice as well as teaching 1st and 2nd year dental hygiene students at Dalhousie University in the clinical setting. When Christina began teaching, she realized how important the extra and intra oral exam is and that she wanted it done on herself regularly. "With the rising rates of oral cancer and oropharyngeal cancer, early detection is the key." She performs extra and intra oral exams on clients regularly because "that's what I would do for my family and friends".

Did you know? *If a lesion that is suspicious does not resolve in 2-3 weeks, refer to a physician or dermatologist.*^{1, 2}

If a palpable node lasts more than two weeks, the client should be referred.^{1, 2}

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Use ABCDE to document lesions

ABCDE'S for Lesion Identification & Documentation

Adapted from 1, 2, 3, 4

Acronym	Description	Details
A	Asymmetry, anatomical location & attachment	<u>Asymmetry</u> = Do both sides match? <u>Anatomical location</u> = inferior, superior, medial, lateral <u>Attachment</u> (raised lesions) = sessile (broad based), pedunculated (stalk-like base)
B	Border	Well defined, irregular
C	Colour, configuration & consistency	<u>Colour</u> = black, brown, erythematic, white, pigmented, yellow, blue <u>Configuration</u> = single, multiple <u>Consistency</u> = soft, firm, hard
D	Diameter & distribution	<u>Diameter</u> = size in mm or cm <u>Distribution</u> = localized, generalized
E	Evolving	Has the shape been changing in size, shape, colour, height?
S	Shape & surface texture (More on next slide)	<u>Shape</u> = What is the descriptive category of the lesion? <u>Surface texture</u> = smooth, rough, crusted, corrugated

Developed by JGuyader, 2017

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Council Nominations for 2019

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 May 24, 2019, with terms to start effective July 1, 2019. Each nominee was asked to submit a brief biography and a statement of intent. The following names have been offered for the six positions positions that will be open on Council. **Since there are seven individuals offering their names up for nomination, there will be an election conducted through electronic ballot. Watch your email for important voting information.**



Hilary Boudreau: If elected, this will be Hilary's first term on Council. She is a 2010 graduate from Dalhousie's dental hygiene diploma program. She also holds a Bachelor of Applied Science in Nutrition from Mount St. Vincent University. Since graduating, she has worked in general and family practice settings in both Halifax and Toronto.

Hilary is an active volunteer with the Big Brothers Big Sisters organization. She was the recipient of the CDHNS Ambassador of the Year award in 2014, working as a CDHNS volunteer in community with education and is still continuing this today. Her past volunteer activities include assisting in the 'Girls Learning Code' workshop through the library and as President of Canadian Association of Food Service Professionals at MSVU.

Statement of Intent: I have a sincere respect for the work done on behalf of the CDHNS through Council. I hope to maintain and improve the high standard of this. I am interested in the broad legislative scope and would see it as a privilege to have a voice in the regulating of our profession. I enjoy change and am forward thinking, and my goal is to increase the presence of dental hygienists in a variety of Nova Scotia communities and, therefore, improve the health of Nova Scotians!



Mallory Brent: If elected, this will be Mallory's second term on Council. She graduated from Dalhousie's dental hygiene diploma program in 2010. Mallory is currently on a maternity leave. She last worked in a private practice that focused heavily on treating periodontal and orthodontic clients.

Mallory has been a member of the CDHNS Council for the past two years. She is a part of Council's Ownership Linkage Committee and was part of the By-laws Committee. She has been an active member in her community. She has volunteered for the Big Brother Big Sister organization as well as the Leukemia and Lymphoma Society.

Statement of Intent: I wish to serve on the Council to help shape our profession and assist with educating the public on the importance of oral health. I hope to accomplish a better understanding of the Policy Governance® process and its impact on the public and the members.



Jennifer Clark: If elected, this will be Jennifer's third term on Council. She is a 2003 graduate from Dalhousie's dental hygiene diploma program. She also holds a Bachelor of Science degree from Mount Saint Vincent University, graduating in 2001. She has worked in general dentistry practices throughout her whole career.

She has served the past two terms on Council. During that time, she has held the position of Vice-Chair for one year and the Chair position for the past two years. In the past, she also served as Chair of the Halifax Dental Hygiene Society (HDHS) for four years.

Statement of Intent: I would be delighted to have the opportunity serve another term on the Council because I have had circumstances while serving to learn diverse aspects of a regulatory body and believe there is more to learn when it comes to Policy Governance®. I have enjoyed volunteering my time with Council and hope to have the opportunity to volunteer further.



Lindsay Macdonald: If elected, this will be Lindsay's second term on Council. She received her diploma in dental hygiene in 2015 from Dalhousie University. She is currently enrolled in the Master of Health Studies at Athabasca University. Lindsay has worked in a general practice setting since graduation. She recently accepted a position as a

first-year clinical instructor with the School of Dental Hygiene at Dalhousie University.

She has been a member of the Council for the past two years. While on Council, she has served as Chair of Council's Ownership Linkage Committee, Chair of the Nominations Committee, and as a member of the Fluoride Position Statement Subcommittee. In 2018, she also served on the Dalhousie Dentistry Alumni Awards Committee.

Statement of Intent: I am standing for election with the hopes of serving a second term on CDHNS Council. In my first term, I had the opportunity to learn so much about our College and its work to advance our profession. In this time, I was able to serve on several committees whose work has consistently identified growing trends in oral and public health and worked diligently to protect the interest and integrity of our membership and the public we serve. I hope to have the opportunity to continue my work with CDHNS Council, as we continue to make strides for dental hygienists across the province.



RaeLynn MacLean: If elected, this will be RaeLynn's first term on Council. She received her diploma in dental hygiene in 2015, from Dalhousie University. She had previously obtained her Bachelor of Science in Biology from the University of Prince Edward Island in 2012. Since graduating in 2015, she has worked in general dentistry practices.

RaeLynn has been a part of Dalhousie's Indigenous Health Interest Group, serving in a professional capacity as a dental hygienist. She has also been involved with the Big Brothers Big Sisters Organization in-school mentoring program and volunteered at the Queen Elizabeth hospital.

Statement of Intent: I am hoping to be elected to Council to be able to learn more about regulations and policy, and to become more involved in these processes. I wish to better serve the Council and my profession through participation and hope to learn more about how the CDHNS works to serve its members.



Danielle Newell: If elected, this will be Danielle's second term on Council. She is a 2009 graduate from Dalhousie's dental hygiene diploma program. She also holds a Bachelor of Dental Hygiene from Dalhousie University completed in 2010. Danielle has worked over the past ten years in private practice.

Danielle has served for the past two years as a member on the CDHNS Council as well as the Nominations Committee. In 2017, she traveled to Honduras with Dalhousie students, as part of the 'Global Brigades' organization. There, she collaborated with and provided dental hygiene care to communities in need.

Statement of Intent: I have had the privilege to serve on the CDHNS Council over the past two years and have learned a lot during this time. I would like to be re-elected so I can continue to expand my knowledge in order to give back to our profession and to better serve the public. It has been an honour, thus far, to serve with the other Council members to work toward specific goals, and I wish to continue to help working towards achieving them over the next few years.



Nicole Stevens: If elected, this will be Nicole's third term on Council. She received her diploma in dental hygiene in 2013, from Dalhousie University. She will be graduating with her Bachelor of Science, in Dental Hygiene, from the University of Alberta, in June of 2019. She has been working at the same private practice since she graduated from Dalhousie.

Nicole has served on Council for the past four years. In addition, she has volunteered with her local fluoride rinse program and with Gift From the Heart.

Statement of Intent: The past four years, as Council member, has been a great experience! I have learned so much and I think I've improved personal struggles (ie. public speaking) and for that I will be forever thankful. I feel I am an asset to the Council and still have more to offer. I would love the opportunity to run another term and continue this journey.

CPR Requirements Effective on or after November 1, 2018

For all new registrants applying for registration or a practising licence on or after November 1, 2018, and all CDHNS members who are renewing for their licence for the November 1, 2019 to October 31, 2020 renewal year, the level of CPR certification must include, at a minimum, classroom instruction and practicum experience related to:

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

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

What CPR does this requirement equate to for different organizations?

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 would be Basic Life Support (BLS).

Red Cross CPR

Based on the current course offerings and levels, the accepted course from the Red Cross would be CPR/AED Level Health Care Provider (HCP).

Assigning Credit Hours for Online Courses

Completing online professional education is a convenient way for CDHNS members to identify their learning needs and seek out appropriate courses that meet those needs. You can learn at your own pace, anywhere.

To support CDHNS members, at their November 2018 meeting, the CDHNS Quality Assurance (QA) Committee evaluated a number of courses offered by online continuing oral health education providers to determine if the courses met the CCP Requirements and if the hours stated by the providers were appropriate. Following their review, the QA Committee determined that the number of credit hours allocated by some course providers is not always consistent with the content of the courses. The Committee has reviewed the course providers identified in the table and determined the following.

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

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

Crest and Oral B (Proctor and Gamble)	www.dentalcare.com www.dentalcare.ca
RDHU: Does not meet CDHNS criteria unless it is one that includes a post-test.	If a post test is included, these courses will be eligible for 50% of the credit hours.

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

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

Something new: Canadian Dental Connection – new course modules developed for dental professionals working in northern/remote communities <https://www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/>

The course modules offered through Canadian Dental Connection be allocated hour for hour credit in category 1. Module 1 is confirmed at 1 hour.



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College of
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of Nova Scotia

Spring
2019

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 48 Issue 1

Important dates to remember

April 1-30, 2019: National Oral Health Month

April 6-12, 2019: National Dental Hygienists Week™

May 24, 2019: AGM (held in conjunction with Dalhousie's Continuing Dental Education 2-day course with Anna Pattison-Update on Advanced Periodontal Instrumentation. Lecture and hands-on)

May 24, 2019: 10-year Celebration of CDHNS Self-Regulation

June 7, 2019: NSDA AGM Continuing Dental Education CE Day
(Must register through an NSDA member)

September 2019: Licence Renewal starts

College of Dental Hygienists of Nova Scotia

11-2625 Joseph Howe Drive
Halifax NS B3L 4G4

www.cdhns.ca

