

Reopening Oral Health Services During the COVID-19 Pandemic

By Dr. Mary McNally



It was approximately one year ago that the province announced the closure of all but emergency oral health services in Nova Scotia in response to the COVID-19 global pandemic. What a difference a year makes!

Oral health providers were among the first to appreciate the gravity of the situation. The transmission of COVID-19 through respiratory droplets meant that aerosol generating procedures (AGPs) used for routine dental hygiene and dentistry treatments posed a risk to oral health care providers and clients alike. It was generally accepted at that time that routine standard precautions for infection prevention and control (IPC) were likely insufficient.

Shortly after the March 2020 closure, a collaboration evolved amongst regulators of oral health professions, oral health profession member organizations and

practitioners, the Nova Scotia Department of Health and Wellness (NSDHW), dental educators and researchers to address the complexities of shutting down oral health services and to guide the anticipated phased reopening.

A Nova Scotia Rapid Response COVID-19 Health Research Coalition grant enabled a small team of clinicians and researchers to collect, catalogue, and share - in real time - the latest published evidence to support a safe return to work. Working with the College of Dental Hygienists of Nova Scotia (CDHNS) and the NS Provincial Dental Board, we were also able to develop surveys to explore whether or not the interprofessional and multi-stakeholder collaboration was effective in developing and communicating *Return-to-Work (RTW) Guidelines for the Oral Health Professions of Nova Scotia (RTW Guidelines)*. The surveys were sent out on June 5 and July 20, 2020, during two critical reopening phases.

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Reopening Oral Health Services During the COVID-19 Pandemic *continued...*

RTW Guidelines were disseminated to oral health providers through websites or email communiqués. Interdisciplinary education webinars coincided with the two RTW stages/phases [June 5, 2020 Stage 2 (urgent and emergency care), and June 19, 2020, Stage 3 (comprehensive care)]. Also aligned with each phase, all registered dentists, dental hygienists and dental assistants were invited to complete an online survey (SurveyMonkey) to gauge influence of education and RTW guidelines, confidence, preparedness and PPE use before and after the pandemic.

Three multidisciplinary webinars hosted 3541 attendees prior to the phased reopening. Response to Survey 1 was 41% and Survey 2 was 26% of registrants. Survey 1 (82%) and Survey 2 (89%) respondents agreed or strongly agreed that RTW Guidelines were a primary source for guiding return to practice, were confident with education received and had the skills needed to effectively treat clients during the COVID-19 pandemic. Confidence and preparedness improved in Survey 2, particularly for dental hygienists and dental assistants.

Look for our forthcoming full report on the CDHNS website detailing more of the survey findings and the impact that comprehensive RTW Guidelines and accompanying web-based education had on shepherding and unifying re-integration of oral health services in NS. This multi-organizational cooperation laid a foundation for response to the possibility of future COVID-19 waves and sets a remarkable example for collaborative response to other public health threats.

About the Author

Dr. Mary McNally is a professor in the faculties of Dentistry and Medicine (Bioethics) at Dalhousie University where she collaborates widely to inform research priorities and to explore and influence meaningful health care policy. She has brought together researchers, clinicians and stakeholders, including the CDHNS and PDBNS, to explore implications of the phased reopening of primary oral health care service delivery in Nova Scotia in response to the COVID-19 pandemic. (Funded by the RAPID RESPONSE - COVID-19 Nova Scotia Research Funding Opportunity, May 2020)

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From the desk of the Registrar

Stacy Bryan Registrar



As I write this, we are nearing the one-year anniversary of the Novel Coronavirus (SARS CoV-2) being proclaimed a worldwide pandemic. It is amazing to reflect on how the world has changed over this last year. Words like ‘pandemic’, ‘circuit breaker’, and ‘potential public exposure sites’, have become common place in our daily language. Actions like wearing masks and keeping a 2-metre distance have become part of our daily lives.

I’d like to take this opportunity to focus on a few positive highlights that I have seen arise throughout this past year.

The CDHNS exists so that, in the best interest of the public, the practice of dental hygiene is effectively regulated and the integrity of the profession is supported. To achieve this, the College supports an environment of interprofessional collaboration, professional advancement and equitable access to health care for all Nova Scotians.

CDHNS Regulatory Body

Collaboration has always been part of the CDHNS’s core values implemented to achieve the Mission and Vision of the CDHNS. Over the past year, the CDHNS Council and staff have been able to take these collaborative efforts to the next level – including collaborating with:

- the provincial government to ensure that all communities remained safe while receiving necessary health care services. This includes working closely with the Chief Medical Officer of Health, the provincial dental consultant, and the Dept of Health and Wellness and Occupational Health and Safety as we planned to safely return to community face to face clinical practice. To help ensure healthcare and front-line workers had the equipment they needed to care for their clients safely, the NS government committed to supply appropriate PPE free of charge to all oral health care community practices – so far, scheduled to continue to March 31, 2021.
 - o We continue to work with government on the Dental Hygiene regulation revision requests submitted January 31, 2020.
- other provincial oral health regulators, provincial oral health member associations (dentistry and dental assisting), the provincial dental consultant, the

Dept of Health and Wellness, and Nova Scotia’s Chief Medical Officer of Health. Activities included developing and updating congruent return to work protocols and providing joint webinars on safely returning to work.

- other important stakeholders like Dalhousie’s Department of Dentistry on areas of research analysis and application, collaborating on survey collections (COVID-19 and student research projects), and confirming that dental hygiene student graduate competencies continued to be met during an interruption to the traditional delivery of the dental hygiene program during the COVID-19 pandemic. This partnership has been critical to navigating in an evidence-based manner throughout this time, all with an eye to ensure public safety.
- Nationally, we increased communication with the CDHA regarding common areas of interest, identified areas that were to be addressed by a member association, and those that were the role of a regulator. Meetings of the Federation of Dental Hygiene Regulators of Canada (FDHRC) were increased from two times per year to monthly meetings in efforts to provide national leadership on issues that were arising. These increased communications helped with the timeliness of information exchange to assist all DH regulators in achieving their statutory responsibilities of regulating the profession. (At the height of COVID, many meetings were held weekly.)

CDHNS Registrants

On an individual level, CDHNS registrants rose to the challenge within their communities, including:

- “staying the blazes home”, as requested by the Premier and Chief Medical Officer of Health.
- complying with the Joint RTW protocols.
- submitting questions of clarification on this quickly changing environment, such as emerging research, changes to the Provincial Health Protection Act and the Order.
- finding creative ways to promote the importance of oral health, as part of overall health, including disseminating the CDHNS’s National Oral Health Month commercial on your social media platforms; developing new ways to reach out to individuals in the community.
- supporting individuals who were experiencing illness or loss of a loved one.

- keeping up-to-date with the CDHNS, including reviewing advisories and updates, and attending the first virtual CDHNS AGM – with a record number of attendees – over 430.
- being agents of change in your community practices, e.g., continuously evaluating and revising your IPC practices to prevent transmission of infectious agents.
- stepping up to fill the gaps in provision of healthcare in alternate settings or roles, including requests circulated by the Dept of Health and Wellness; public health dental hygienists were redeployed to provide COVID-19 test results and assisting with the recovery/monitoring of individuals at the provincial vaccine clinics.

We all look forward to this pandemic coming to an end where the “new normal” is a bit closer to the “old normal”. Yet we have learned a lot and gained strength from friends, family, and other outlets that helped us to move forward.

Use of Service Codes

Recently, we have fielded queries from CDHNS registrants asking about the appropriate use of service codes. The Registrar’s Message in the Spring 2018 Newsletter, addressed this very question. The content within that newsletter article remains relevant today. Please review the article for full details. Below is a brief summary of some of the highlights:

Ethical and Legal Obligations

You must (1) select an accurate service/procedure code and (2) bill your time accurately. Further, it is your responsibility to accurately record details of the services you provide, including units of time.

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.**

- 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.
- 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.

However, it is appropriate to integrate the time spent on procedures directly related to *providing* the service, e.g., administering anaesthetic to manage pain during scaling or root planing. For example, if it takes 10 minutes to administer local anaesthetic, when required for scaling, it would be appropriate to integrate that time into the total amount of scaling units performed for that client.

Did You Know? The local anaesthetic codes in both the CDHA National Listing of Service Codes (00721-00723) and the CDA USC&LS Codes (92101 and 92102) include the following description: “*Not to be used in conjunction with treatment procedures.*” This means that if a Dental Health Care Provider is doing any procedure, such as scaling, root planing, or a filling, a local anaesthetic administration code must not be added as an additional code for that appointment. It would be rare for these codes to be used.

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.*

Council Nominations for 2021

The following CDHNS registrants 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 15, 2021. Each nominee was asked to submit a brief biography and a statement of intent. The following six names have been offered for the six positions that will be open for Council.



Bethany Boucher: This will be Bethany's first term on Council. She received her diploma in dental hygiene in 2014, from Dalhousie University. Since graduating with her dental hygiene diploma, she has worked in general dentistry practices, including several years spent in Switzerland.

Statement of Intent: I am standing for election in the Council

for the CDHNS as I am interested in serving my fellow dental hygienists in whatever way I can. I am interested in the aspect of watching our profession grow in our province and learning from this new opportunity as well.



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

Hilary has been a member of the CDHNS Council since July 1, 2019 and has been Council Chair since July 1, 2020. Her past volunteer activities include Big Brothers Big Sisters, Canadian Association of Food Service Professionals and Halifax North Children's Reading Support.

Statement of Intent: I have decided to put my name forward for re-nomination for CDHNS Council because of the incredible experience I have had serving in the past year. I feel that I have gained important knowledge from my colleagues and it is a privilege to represent my peers and work towards improving the health of Nova Scotians.



Mallery Brent: This will be Mallery's third term on Council. She graduated from Dalhousie's dental hygiene diploma program in 2010. She had previously obtained her Bachelor of Science in Biology from Dalhousie University. She has worked in a private practice setting for more than ten years. Mallery has been a member of the CDHNS Council for the past four years. Mallery has

served on the Council's Ownership Linkage Committee, By-Laws Committee and the Nominations Committee.

Mallery 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. She has also volunteered for free dental days, as well as preparing free workshops to help educate parents about their children's oral health.

Statement of Intent: I believe this third term will allow me to have a greater understanding of Council's responsibilities and for me to, personally, have a larger involvement, especially with the Ownership Linkage Committee. Serving on the CDHNS Council helps shape our profession and assist with educating the public on the importance of oral health. I would be honored to serve on the Council for another term.



Leora Weatherhead: This will be Leora's first term on Council. She is a 2005 graduate from Dalhousie's dental hygiene diploma program. She also completed her local anaesthetic course from Dalhousie in 2019. Since graduating, Leora has been practicing in a general dentistry, family-oriented practice.

During her studies at Dalhousie, Leora had the opportunity to participate in an internship in Labrador. There, she provided dental hygiene services to people in an isolated community.

Statement of Intent: My commitment to optimal oral health practices and appreciation for diversity has allowed me to provide the very best care to a wide variety of individuals. I am looking forward to learning more about my professional regulatory body and how we, as dental hygienists, can work together in our commitment to better oral health for all.



Kayla Leary-Pinch: This will be Kayla's first term on Council. She is a 2012 graduate from Oulton College's dental hygiene diploma program. She obtained her Bachelor of Dental Hygiene in 2015 from Dalhousie University. In 2019, she obtained her Master of Education degree from Acadia University.

Kayla works in a general dentistry practice, as well as an orthodontic practice. Kayla is very active in her community. She serves as President of the Lifesaving Society, a volunteer Firefighter and Medical First Responder, Vice Chair of the South West Hants Fire Society, and Director on the West Hants/Uniacke Community Health Board (including serving on the Housing Committee and as Chair of Wellness Funds 2020). Kayla is also a current training officer at St. John Ambulance, Waterville Division.

Statement of Intent: I would like the opportunity to serve on Council, so I may assist in empowering members to advance our profession within the healthcare setting so that we may provide quality diagnosis and treatment to a larger majority of the population. Having volunteered in many aspects of my community and personal life, I feel it's my time to give back, using knowledge and experience I've acquired thus far on my journey in this life. I'm passionate about oral healthcare and the direct impact it has on patients' lives.



BROUGHT TO YOU
BY OUR DIETITIANS
DAIRYFARMERSOFCANADA.CA

The Dairy Farmers of Canada have a newly-developed brochure "**Dental Health – Good Habits Start Early**" for dental hygienists to use when counselling parents of young children. This free, educational and engaging brochure will help parents establish a good oral hygiene routine with their children. Topics include good brushing techniques, cavity prevention, tips to reduce sugar intake, healthy snacks, and more. I have attached a promotional

sheet describing the brochure. You can order hard copies or download a digital version at teachnutrition.ca.

This brochure came as a result of research done in 2020 by Dairy Farmers of Canada dietitians. The needs assessment "*Understanding Dental Hygienists' Needs for Nutrition*



RaeLynn MacLean: This will be RaeLynn's second 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. She is currently studying for a Master of Education from the University of Ottawa. Since graduating with her dental

hygiene diploma, she has worked in general dentistry practices and has been a clinical instructor at Dalhousie University, Dental Hygiene program since September, 2020.

RaeLynn has served the past two years as a member on the CDHNS Council. In 2021, she joined the CDHNS Council's Ownership Linkage Committee. She also has volunteer experience at the North End Community Health Centre.

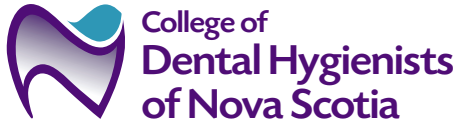
Statement of Intent: I have enjoyed the past two years serving as a member of Council and would like the opportunity to continue in this role. My knowledge of the CDHNS regulatory process has grown and so has my confidence in my ability to contribute. If re-elected, I hope to continue to learn and work towards future goals for improving the health of Nova Scotians through regulating and advocating for dental hygiene care.

Education Materials" was very well received by dental hygienists across the Maritimes, with a total of 250 completed surveys. The Dairy Farmers of Canada thank you for your involvement.

Below is a short summary of their research findings:

- Dental hygienists consider themselves to be well -informed when it comes to nutrition, and typically give nutrition advice to nearly half of their clients. Cavity prevention is the primary topic discussed, with sugar, sodas, and the acidic nature of foods identified as important to address. Dental hygienists are less likely to talk about the relationship between nutrition and oral health, or sources of calcium.
- Dental hygienists are very interested in receiving educational materials to help with client counselling.
- Dental hygienists feel informed about the relationship between nutrition and dental health and are passionate about nutrition.

CDHNS AGM and Continuing Competency Event



Location:

The AGM/CC Event will be held virtually, once again. For full registration details please refer to the information brochure that will be sent out to all registrants, in late March/early April. It will also be posted on our website under **AGM May 2021**.

Program at a Glance

		Credit hours	Category
9:00-10:15am	Annual General Meeting (AGM)	1.25	3
10:15-10:30am	Break		
10:30-12:30pm	CC Session: <i>Managing Conflict by Building Healthy Relationships</i> Presenter: Diane Wooden	2	3

Please note: There is no same-day registration for these events.
Please register in advance.

Notice of Annual General Meeting (AGM)

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

Meeting Agenda

Chair's Address and Welcome
Greetings
CDHA NS Director and President Elect – Wendy Stewart
Call to Order
Approval of Agenda
Approval of May 9, 2020 Minutes
Dalhousie University – COVID-19 NS Oral Health Professional Survey Results — Dr. Mary McNally and Dr. Leigha Rock
Annual Report/Audit Statement
Report of Quality Assurance Committee
Report of Nominations Committee
Election of Council Members
Awards and Recognition
Adjournment

Saturday, May 15, 2021 (Virtual)

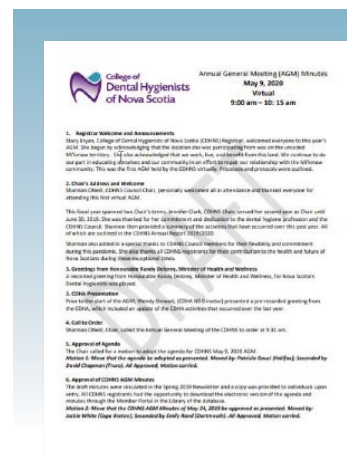
9:00am – 10:15am: AGM (1.25 credit hours, Category 3)

10:15am -10:30am: Break

10:30am - 12:30pm: Continuing Competency Event-*Managing Conflict by Building Healthy Relationships*, Diane Wooden (2 credit hours, Category 3)

12:30pm-1:00pm: Time allotted for the successful completion of the CC Event post-test.

- The AGM is open to all CDHNS registrants
- There is no charge to attend the AGM
- Advance registration is required for both events



[Click here](#) to review the 2020 draft minutes to be approved at the AGM May 15, 2021. You will also find the minutes in the CDHNS Library on your Main Page under the sub folder AGM (Fiscal Year to October 31, 2020).

You've Been Asking

Q: I will be mentoring with another RDH in my office to learn some new techniques and procedures. Can this be recognized as a learning activity in the CDHNS's Continuing Competency Program?

Yes. Both you and the dental hygienist who is mentoring you may be eligible to obtain credit hours for this learning activity under Mentoring.

(Section 3.1.6 of the [CDHNS CCP Requirements document](#).)

Mentoring opportunities have been recently updated in the latest version of the CCP Requirements. To be recognized as a mentoring opportunity, a learning contract must exist and be submitted to the Quality Assurance (QA) Committee for approval.

While this question is specific to a dental hygienist mentoring another dental hygienist, it can also be an inter-professional collaboration. Some examples of mentoring include partnering with:

- A pharmacist to enhance the RDH's knowledge in identifying possible drug interactions.
- A social worker to enhance the RDH's knowledge on understanding cultural context for a specific area and potential community referrals.
- A dental hygienist who has clinical or practice management expertise in an area identified as a gap by the mentee.

Below are some of the relevant details:

Term	Definition	CDHNS CCP Category
Mentor:	shares their experience and expertise with a mentee to assist them in their career development and personal growth. A mentor can be a role model, coach, sounding board, voice of reason, emotional support, counselor, and a trusted resource. The role of a mentor may differ depending on the goals of the mentee. ¹	If the mentor is a dental hygienist, the credit hours qualify in Category 2.
Mentee:	the "learner". The mentee has identified a specific goal or professional role and who believes that the guidance and help of a mentor - and being held accountable to the mentor - can help them achieve this goal. ²	Learning with a mentor may qualify in Category 1 or 3, depending on the learning activity.
Mentoring:	Professional mentoring is the process by which an individual is being guided by another professional who has more expertise or experience in a specified area. A learning contract must exist between the mentor and the mentee(s). This can consist of a variety of learning activities (e.g., literature review, clinical practice, etc.) designed to meet a specific learning objective. A formal learning contract must exist between a mentor and one or more individuals (can be inter-professional collaboration). The contract is subject to approval by the Quality Assurance Committee. Total credit hours are based on the recommendation of the mentor as the reasonable amount of time necessary to learn the material.	Approval: To be approved as credit eligible for the CDHNS CCP Program, the learning contract must also meet the general requirements as outlined in the CCP. Complete and submit the form to the Quality Assurance Committee.

¹ <https://www.indeed.com/career-advice/career-development/what-is-a-mentor>

² <https://www.insuranceinstitute.ca/en/Mentoring/about-mentoring/mentor-mentee>



National Dental Hygienists Week™ (NDHW™) takes place April 4-10, 2021 as part of the National Oral Health Month in Canada.

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: Billboards will be displayed, in select areas, throughout the month, focusing on National Oral Health Month and recognizing the dedication all dental hygienists have continued to show this past year.

CBC Maritime Noon: The CDHNS will be promoting our profession by participating in an interview with CBC Maritime Noon to help celebrate National Oral Health Month. This is scheduled to take place on Friday, April 9, during National Dental Hygienists Week™.

Commercial: The CDHNS is developing a short 30-second commercial to highlight dental hygiene practice throughout Nova Scotia, from a regulatory standpoint. It will feature local dental hygienists and clients, COVID-19 restrictions permitting. The focus will be on ensuring that the public receives safe, competent, ethical, and compassionate oral health care from Nova Scotia registered dental hygienists. This is made possible from a very kind donation from a CDHNS registrant. It will be broadcast on CTV channels across the province during the week of April 19, 2021 (during National Oral Health Month). The commercial will also be posted to the CDHNS's YouTube channel. Registrants will be provided with the link to circulate out on social media.

Professional Corporation Permits:

The Dental Hygienists Act (the "**Act**"), requires the College to govern and administer certain matters related to professional corporations that wish to carry on the practice of dental hygiene. This includes issuance of professional corporation permits to allow professional corporations to engage in the practice of dental hygiene.

Any registrant who carries on the practice of dental hygiene through a corporate body is **required** to obtain a permit for the corporation. Anyone who practices through a professional corporation but does not hold a permit may be subject to disciplinary action in accordance with the Act and Regulations.

If you are considering forming a professional corporation, please refer to the [CDHNS Professional Corporation Guidelines](#). (You can also find the document in the Member's Library under: Professional Corporation Information.) You will find the requirements, the steps, and a link to the online application form in that document.

If you provide services through a dentist professional corporation, you do not need to apply for a professional corporation permit from the CDHNS. A professional corporation permit will have been issued through the Provincial Dental Board.

Correction Notice: The following individual was not included in the Winter 2020 Newsletter (Vol 49 Issue 3):

Notice of Practising Licence Expiry, Registrant Submitted Intention to CDHNS: In accordance with the Dental Hygienists Act and Regulations, **Hailee Coffey** notified the CDHNS of her intention to remain on the CDHNS Register, but let her practising licence with the CDHNS expire, as of November 1, 2020. She held a practising licence with the CDHNS until October 31, 2020. She is no longer authorized to practice dental hygiene in the Province of Nova Scotia.



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

CDHA CORNER

Dear friends and colleagues,

The start of a new year is always a busy time for CDHA's board of directors.

On February 18, we held our first-ever virtual Parliament Hill day. I had meetings with six members of

Parliament, during which we discussed the impact of the COVID-19 pandemic on dental hygienists, universal oral health care for seniors, and national oral health standards in long-term care homes.

Three of my meetings were with local MPs: Geoff Regan (Halifax West), Darren Fisher (Dartmouth-Cole Harbour), and Chris d'Entremont (West Nova Scotia). All were supportive of our platform and of our profession!

On February 19 and 20, we had two full days of board meetings. Sitting in front of a computer for three days has given me a whole new appreciation for people who work from home! Being a clinical dental hygienist comes with risks, especially during a pandemic, but I definitely prefer working with actual people versus computer screens!

For CDHA members, there is lots to look forward to besides the longer days as spring approaches. The search for our 2021 Dental Hygiene Superhero is underway. Please consider nominating a colleague! And National Dental Hygienists Week™ is April 4-10. Whether you participate in the "Put Your Purple On" campaign, encourage your young clients to submit colouring contest entries, or host a community-based event to promote oral health, it makes a difference!

I hope you are all having a great start to 2021!

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



WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

NEW webinars recently released:

Acid Erosion: Prevention & Management, sponsored by GSK

Social Media Engagement for the Dental Hygienist

Cannabis Use: Symptoms & Risks

Webinars coming soon:

Keys to Synergistic Relationships in the Dental Office, April 21, sponsored by Crest + Oral-B
Dental Hygiene Ergonomics, May 19

www.cdha.ca/webinars

OTHER NEWS

Updated CIHI Data

New 2019 data from the Canadian Institute for Health Information show the profession continues to grow, with the number of registered dental hygienists in Canada increasing from 29,251 to 30,219. www.cdha.ca/CIHI

Searching for Superheroes

Our fourth annual #dentalhygienesuperhero competition, sponsored by Sensodyne, is now open with cash prizes and travel grants to a CDHA national conference. Share with your clients and employers or nominate a colleague. Help us unmask the superhero dental hygienists across Canada who are essential members of the primary health care team.

www.dentalhygienecanada.ca/healthcaresuperhero

COVID-19 Impact Survey Highlights

CDHA recently conducted a COVID-19 member impact survey, seeking to understand how members have been affected by the pandemic now that many have returned to work. Watch the video or download the report summarizing the results and the impact of COVID-19 on the lives and careers of dental hygienists coast to coast.

www.cdha.ca/covidsurveys

Tips to Address Bullying and Harassment in the Workplace

CDHA is committed to supporting and empowering our members to address bullying and harassment in the workplace. Watch the video and download our new tip sheet, which offers guidance on how to develop healthier ways to communicate and collaborate.

www.cdha.ca/collabworkplacevideos

New! Bundled Sun Life Insurance Plan

CDHA's new pre-built bundled insurance plan covers all your insurance basics in one convenient plan at ONE affordable rate. You can now get Term life, Accidental death and dismemberment, Long-term disability, and Extended health care coverage all together, and save as much as 58% compared to buying each product separately. Find out more at

www.sunlife.ca/cdha/bundle

New Resources

Use CDHA's latest information sheets to help educate your clients on new COVID safety protocols in the dental office and share facts on tobacco use and oral health.

www.dentalhygienecanada.ca/IPACfacts | www.dentalhygienecanada.ca/tobacco



www.cdha.ca



info@cdha.ca



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CONTINUING PROFESSIONAL EDUCATION COURSE CALENDAR

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Register by Phone

Call 902.494.1674

Register by Fax

Fax the completed form to:
902.494.1662

TUESDAY, MARCH 30, 2021 | 7:00 TO 9:00PM | 2-HOUR WEBINAR

Soft and hard tissue complications around dental implants:

What do we need to know?

Presenter: Dr. Nader Hamdan

THURSDAY, APRIL 8, 2021 | 7:00 TO 9:00PM | 2-HOUR WEBINAR

Diagnosis and pharmacological management of mucocutaneous diseases

Presenter: Dr. Lisa Johnson



**DALHOUSIE
UNIVERSITY**

FACULTY OF DENTISTRY
Continuing Professional Education

CERTIFICATION COURSE

Local Anesthesia for the Dental Hygienist

THURSDAY, APRIL 22 TO SUNDAY, APRIL 25, 2021

16 CE lecture hours & 13 hands-on hours
online and in-person for clinic hours

Presenters:

Drs. James Brady and Jean-Charles Doucet

**Note for participants interested in the LA course who live outside of Nova Scotia, please contact the CDE office prior to registering.*

dal.ca/dentistry/cde



**DALHOUSIE
UNIVERSITY**

FACULTY OF DENTISTRY
Continuing Professional Education

Did You Know? Under the Dental Hygienists Act of Nova Scotia, a person who wishes to work as a dental hygienist in Nova Scotia must be registered and licensed with the CDHNS. It is not sufficient for an individual to hold a practising licence in another Canadian province or territory. The practising licence in the original jurisdiction authorizes them to practice in that jurisdiction, **not** Nova Scotia. If you have individuals applying at your place of employment to practice dental hygiene, please direct them to contact the CDHNS directly, or send them to the CDHNS website for [further details](#), and to access the online application. Practising dental hygiene in Nova Scotia without being registered with the CDHNS and without holding a Practising Licence is a punishable offence under the **Dental Hygienists Act**.

CPR Requirements

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.

Cardiopulmonary Resuscitation (CPR)
performed within 2 minutes can

DOUBLE or **TRIPLE**

a victim's chance of survival.¹



St. John Ambulance

Based on the current course offerings and levels, the accepted course from St. John Ambulance would be *Health Care Provider (HCP) CPR*.

Heart and Stroke Foundation

Based on the current course offerings and levels, the accepted course from the Heart and Stroke Foundation is *Basic Life Support (BLS)*.

Red Cross CPR

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

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

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

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

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

St. John Ambulance

If you take the course at a St. John Facility, you should receive your CPR Certification immediately after successful completion of the course. If you take this program through a contractor, you should also receive your certification immediately following successful completion of the course but it is your responsibility to confirm this at enrollment.

Heart and Stroke Foundation

After successful completion of the BLS course, you must log in to the Heart and Stroke Foundation website to access and print your certification card.

Red Cross CPR

Red Cross will provide you with a 30-day temporary certificate after successful completion of the course and require you to log in to their website to download official certification later. The 30-day temporary certificate is NOT acceptable for licensure. It is your responsibility to provide appropriate certification prior to the registration deadline.

Notice from the Quality Assurance Committee



Sonya Bishop,
CDHNS QAC Chair
2020/2021

This year required a shift in process for the Quality Assurance (QA) Committee's audit process for those practising registrants who were randomly selected for audit for the cycle ending Dec 31, 2020.

Due to the pandemic, this year, the traditional in-person audit format had to be revised. As such, the audit was completed

over two sessions of the QA Committee through the month of February.

On February 20, 2021, we completed the annual Continuing Competency (CC) audit for practising registrants whose cycle ended December 31, 2020.

A total of 43 practising registrants were audited. (One individual who was originally selected, was removed from the audit list once it was discovered that a manual system entry error had incorrectly included them in the cycle ending Dec 31, 2020.) The following decisions were made: No registrants were pending (unable to determine if requirements were met, more information required); 4 registrants had not met requirements; 39 registrants met requirements; and 3 extensions were granted (due to extenuating circumstances), for whom action plans were completed and reviewed at the time of audit. The three individuals who received extensions are included in the totals for met and unmet. *Congratulations to those registrants whose audits were found to be complete with no follow-up required.*

Study Clubs: All Study Club annual reports submitted for 2020 were reviewed to determine eligibility for credits and category assignment.

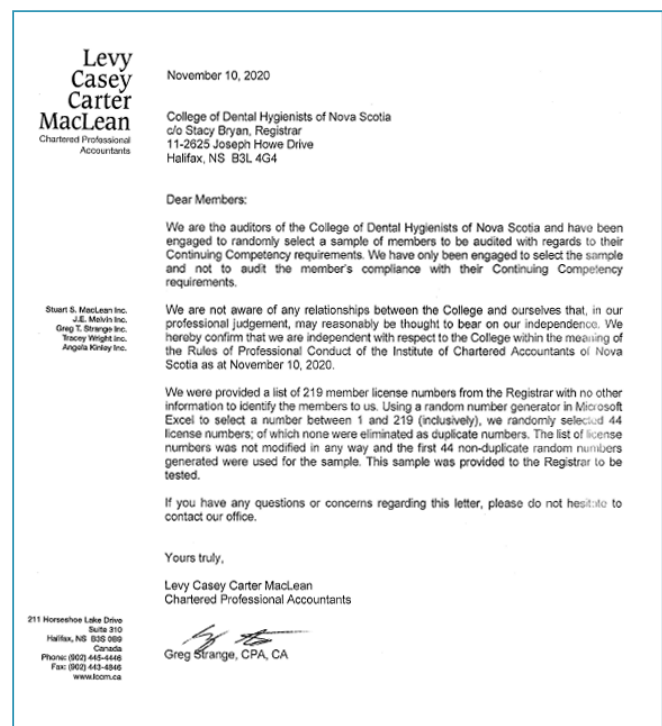
Mentoring Opportunities: We are pleased that several registrants have expressed interest in pursuing learning activities through mentoring. Refer to Section 3.1.6 of the [CDHNS CCP Requirements document](#) for further information. Use the [Mentoring Contract Form](#) (fillable pdf) to submit your request. Refer to *You've Been Asking* on page 8 for more details.

On behalf of the QA Committee, a few points to remember:

- Refer to the CDHNS Continuing Competency Cycles Frequently Asked Questions document, found in the Member Portal of the website (log in required), as well as the public side of the website. On your Portal, click on the Library section and go to the Practice Protocols & Policies folder.

- **Multiple errors were observed regarding category allocation.** It appears that many registrants are allocating their courses using the Provincial Dental Board of Nova Scotia's category definitions, or outdated CDHNS category definitions prior to 2018. The categories are not the same. Carefully review the CDHNS CCP Requirements document to ensure you are entering your learning activity in the correct category.
- It is often the case that the QA Committee requests additional information due to lack of documentation for CC courses. The lack of documentation makes it difficult to determine the eligible hours and/or appropriate category allocations. To eliminate these requests, please obtain (and provide) as much verification for your CC courses as possible, (e.g., an agenda with start/end times, detailed course outline/description). If you upload this information onto your CDHNS Professional Development Record, it will be easily accessible to you.
- The [CDHNS Certificate of Attendance](#) is available, if needed, to assist your recording needs. It is not required if the course provider already provides their own certificate of attendance, or other document that verifies your attendance or successful completion.
- It is strongly recommended that registrants obtain their CC credits/hours over the entire course of their cycle to fulfill their professional responsibility.

Sincerely, Sonya Bishop, Quality Assurance Chair
(2020/21)



Assigning Credit Hours for Online Courses

Completing online professional education is a convenient way for CDHNS registrants 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 registrants, the CDHNS Quality Assurance (QA) Committee evaluated a number of courses offered by online continuing oral health education providers.

Following these reviews, 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 does revisit these course allocations on a regular basis to determine if changes are necessary. The Committee has reviewed the course providers identified and determined the following:

All online activities must meet the criteria to be eligible for credit hours e.g., must have a post-test that adequately covers the material. In addition to the general expectations noted above, below are a few sections of the CCP requirements that may be relevant to the course(s) you are considering:

- 3.1.5 (Formal Advanced Education Course or Programs)
- 6.1.5 and 6.3.2 (h) include criteria for individual self-study courses

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

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

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

Canadian Dental Connection	https://www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/
Colgate Oral Health Network (COHN)	https://www.colgateoralhealthnetwork.com/ Online webinars with post-tests
RDHQ (Previously called DVD Quarterly)	https://members.dentalhygienequarterly.ca/
Hu-Friedy	https://www.hu-friedy.com/education/continuing-education-classes
Hygienetown	https://www.hygienetown.com/onlinece
Pulpdent Learning	http://www.pulpdentlearning.com/
Viva Learning	https://www.vivalearning.com/
Waterpik Oral Health for Professionals	https://www.waterpik.com/oral-health/pro/education/

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

How Long Do I Have to Retain My CC Records?

All registrants are reminded to retain relevant records/documents for your current cycle and your previous cycle (as noted in Section 4.5 of the CCP Requirements document). **Even if you are not selected for audit, you must ensure that you keep all relevant documents for these time periods.**

CDHNS Committee Vacancies

The CDHNS Hearing and Investigation Committees are looking for more CDHNS practising registrants to serve on these Committees:

Hearing Committee (HC) Vacancy

The HC mandate is: As requested by the Investigative Committee and/or Registrar, the Hearing Committee holds formal hearings and makes disciplinary decisions in relation to citations regarding a dental hygienist's conduct, competency and/or ability to practice, pursuant to legislation.

Investigation Committee (IC) Upcoming Vacancy

The IC mandate is: The IC considers matters of complaint brought before the College. Individuals applying shall be willing to work toward a solid understanding of self-regulation, governance, the role of the CDHNS, and this Committee. This vacancy will occur in the fall of 2021.

To be eligible for either Committee: A CDHNS registrant must hold a practising licence, be in good standing, (as defined in the Dental Hygienists Act), and have a minimum of five years experience in dental hygiene. Desired qualities are — Commitment to upholding the public protection mandate of the College, integrity, good personal judgement, ability to listen to all perspectives without bias, and effective interpersonal and communication skills.

If you would like to be a part of either Committee, please contact the CDHNS by phone at (902) 444-7241 or send an email to Stacy Bryan, CDHNS Registrar/Complaints Director, at registrar@cdhns.ca. You will be provided with further information at that time.

Dental Hygienists in Your Community

Dr. Rebecca Affoo and Shauna Hachey, RDH, introduce their project as co-leads of the Healthy Populations Institute's putting 'Oral Health is Health' into action as part of the Flagship Project. This project is one of five projects that emerged as a part of the 2018-2023 strategic plan.

For more information, go to:
<https://youtu.be/Q6nz8P2EDEY>

Special Recognition



Pictured are: (L-R) Francine Leach, RDH, Josette Terrio, RDH, Heather Chabassol, RDH, and Ann Lin, RDH

Congratulations to Francine Leach, RDH, and the dental team at the North End Community Health Centre (NECHC). They are the recipients of the 2020 Canadian Dental Association Oral Health Promotion Award. This award recognizes an organization that has improved the oral health of Canadians.

Francine is a registered dental hygienist. She is the dental clinic team lead and Oral Health Outreach Navigator at the NECHC. She is also an on-site clinical instructor for Dalhousie Dentistry, School of Dental Hygiene students when they are doing their externships at NECHC.

Chance to Win!

The CDHNS appreciates all registrants who give of their time and skills to reach out within your communities, providing information, services, presentations to help improve the overall health of all Nova Scotians. As a way of saying 'thank you' and encouraging this to continue, the CDHNS is awarding \$250 worth of CDHNS Resource Centre supplies to any active study club who submits proof of one of these oral health initiatives. We will be accepting one submission, per event, to be given to the CDHNS. Towards the end of the year, in a random draw, the study club, to which the winner is a member of, will be awarded the dental supplies to be used at a future dental hygiene activity of your choosing! All submissions can be sent to members@cdhns.ca We look forward to hearing from you!

Important dates to remember

Beginning March 26, 2021: [Research in Oral Health \(RIOH\) Presentations](#) (Previously known as Student Presentations/Table Clinics)

April 1-30, 2021: National Oral Health Month

April 4-10, 2021: National Dental Hygienists Week™

May 15, 2021: CDHNS AGM/CC Event (virtual)

June 10-12, 2021: [Atlantic Virtual Dental Convention \(AVDC\)](#)

September 1, 2021: Licence Renewal begins

November 20, 2021: Full Day CDHNS CC Event (virtual)

College of Dental Hygienists of Nova Scotia

11-2625 Joseph Howe Drive
Halifax NS B3L 4G4

www.cdhns.ca