

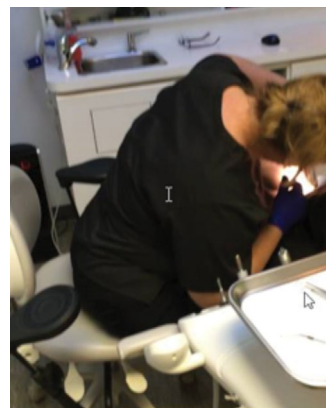
Ergonomics for Dental Hygienists: Part 1

By Becca Scarratt, BScPt, MSc, MOPPPQ



Commonly, we spend 75% of each day sitting: 6 hours working, sitting for dinner, sitting while watching the news/TV or gaming at night, go to bed and repeat. It is known that prolonged sitting is linked to higher rates of obesity, Type II diabetes and increased risk of cardiovascular disease, which can all lead to premature death (Katzmarzyk et al 2009; Hamilton et al 2007). "Comfortable postures vary between individuals, so it is useful to explore different postures" (Slater et al 2019).

According to the International Ergonomics Association, ergonomics is the study of designing equipment and devices that fit the human body, its movements and its cognitive abilities (Gupta 2011; IEA 2022). With respect to dental professionals, ergonomics consists of 3 factors — operator factors, office design factors, and dental equipment design factors. One of the most important operator factors is the need to adopt an ideal sitting posture: an active, symmetrical upright posture with the upper body bent forward from the hip joints, at a maximum of 10 to 20 degrees (Rucker 2002). Also important, is to use the client and dental hygienist's chair, appropriately.



Compromised positioning showing forward head posture, trunk torsion away from lumbar support and arm rests.

**Images within this article reflect pre-COVID-19 workplace protocols.*

When adjusting the client's chair, if it is positioned too high, the dental hygienist's arms will not be positioned ideally, which is to have their elbow and the client's mouth at the same level (Rempel 2015). If the client's chair is positioned too low, the dental hygienist is not able to work closely to the client since there isn't sufficient room for the thighs of the dental hygienist to fit under the client's chair.

the UNISON

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

Editor-In-Chief: **Kelly Hurlburt**

Contributing Editor: **Rosemary Bourque**

CDHNS Council

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Leora Weatherhead

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Wendy Stewart

Registrar: **Stacy Bryan**

Deadline for next Newsletter

Submission: July 26, 2022

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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.

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

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

CDHNS Council Chair's Message

Allison Craig



I'm writing this as a storm is blanketing the once warming ground with a foot of fluffy white snow. Such is the current Maritime weather — going from -10 to +15 and back to -10, in a matter of days. Soon, it will be spring and I hope that finds you reading this issue of the Unison in some peace and tranquility.

As new beginnings are ushered in this spring, I would like to let registrants know that the CDHNS Council has a new public member. Dr Elizabeth (Beth) Mann was appointed to the Council on Jan 28, 2022. In April, we will be welcoming her to her first Council meeting.

I have been part of this Council, coming up to 6 years now, and I am so grateful for all the people I have met, what I have learned and what I have been a part of. Even though my time with the CDHNS Council is almost up, I will be looking for other ways to support our profession and move it into the future. Although nominations for Council have closed, there are many other ways to be involved in our profession, besides your day-to-day work, and like many experiences, they can make you grow as a person and a professional. Anyone who volunteers for CDHNS committees or Council is provided with an orientation and connection with those who are already involved.

I would also like to take this opportunity to remind registrants of the CDHNS AGM that is on May 14th this year. It will again be held virtually and I hope many of you can attend. I look forward to addressing you all as one of my final acts as Chair of the CDHNS.

Wishing you all the best

Allison Craig
Chair, CDHNS

In this issue:

<i>From the Desk of the Registrar.....</i>	3	<i>Ergonomics for DH continued</i>	11
<i>Council Nominations.....</i>	4	<i>Quality Assurance</i>	12
<i>CDHNS Annual General Meeting.....</i>	5	<i>Assigning Credit Hours for</i>	
<i>CDHA Liability Insurance Reminder..</i>	6	<i>Online Courses.....</i>	13
<i>You've Been Asking.....</i>	6	<i>Dental Hygienists</i>	
<i>National Oral Health Month</i>	7	<i>in Your Community</i>	14
<i>CDHA Corner</i>	8	<i>History of Dental Hygiene.....</i>	15
<i>Dalhousie Continuing Education.....</i>	9	<i>Important Dates.....</i>	16
<i>CPR Requirements</i>	10		

From the desk of the Registrar

Stacy Bryan Registrar



As I write this, we just passed a 'dubious' second anniversary – that of novel coronavirus, SARS CoV-2 (COVID-19), being characterized a pandemic by the World Health Organization on March 11, 2020.

We are also at another milestone in this pandemic as Nova Scotia removes most provincial restrictions.

The emergence of COVID-19 caused many oral health care providers to evaluate their current infection prevention and control (IPAC) practices to see if they were sufficient. Nova Scotia oral health professionals followed through and critical gaps in a practice setting's IPC were addressed. As a team, you ensured the fundamental elements of IPC were in place, and followed, to prevent transmission of infectious agents in dental settings.

Since May 2020, the CDHNS has partnered with all oral health care regulators, and implemented joint Return-to-Work Guidelines for NS Oral Health Professions (Joint RTW Guidelines). The original phased-in approach of these Guidelines had been approved by the Chief Medical Officer of Health (CMOH), Dr Robert Strang. These were updated regularly, based on emerging evidence, changing provincial epidemiology, and changes to provincial restrictions.

As we rescind the requirement for following the specific COVID-19 Joint RTW Guidelines, it is important to reflect on what each oral health practice setting must continue to implement to ensure that safe, competent, and appropriate oral health care services are provided to Nova Scotians.

In previous communiques, we have outlined the practices which are to continue as we transition to this next phase and work with all of the oral health regulators to update the IPAC and OHS Standards. (See callout re: measures that are to be maintained) We anticipate that the new Standards will be finalized and released at the end of this year.

As these public health measures are being lifted, and our communities are learning to live with the most recent transition in this pandemic, you are reminded to remain diligent in applying infection prevention and control standards and best practices.

To assist with this transition, have team policy discussions and continue to use your professional judgement to make evidence-informed decisions about the care you provide in your specific practice setting. As a team, demonstrate your continued commitment to implementing standards and best-practices to provide client-centered care, while minimizing risk. **Work together to enhance or maintain a culture of safety in your practice:**

- **Complete a point of care risk assessment, which includes the level of risk of the procedure being performed, along with the client history, including appropriate screening tools.** If the decision is that it is appropriate/necessary to treat the client, PPE is to be selected based on the level of risk of the procedure being performed, and it is to be worn (and used) properly.

Continue to adhere to these measures:

- ensuring everyone, clients and staff, continue to wear masks as outlined in previous protocols
 - keeping operatories decluttered to facilitate surface disinfection between clients
 - diligent hand hygiene and cough etiquette
 - wearing masks and eye protection at all times during client care, and when processing contaminated instruments
 - following best practices regarding when it is appropriate to perform certain procedures, including AGPs
 - wearing client-specific gowns (or lab coats) for AGPs or during procedures likely to generate splatter or droplets of blood, body fluids, secretions, or excretions. **Please note:** The CDHNS continues to strongly recommend the use of gowns, rather than lab coats.
 - removal of clinic attire (e.g., scrubs) before leaving the clinic
 - advising staff and clients to refrain from coming to the office when sick
-
- Apply evidence-informed risk mitigation strategies, based on your point-of-care-risk assessments, to prevent the transmission of infection and minimize potentially infectious aerosols (e.g., using appropriate PPE when airborne transmission precautions are necessary; using pre-procedural mouth rinses; limiting the use of high-speed handpieces; using high volume evacuation to control aerosols at the source of production).

Continued on page 4

Council Nominations for 2022

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 14, 2022. Each nominee was asked to submit a brief biography and a statement of intent. The following names have been offered for the three positions that will be open for Council.



Shelby Devan: This will be Shelby's second term on Council. She graduated from Dalhousie University in 2015 with a diploma in dental hygiene. She obtained her Bachelor of Science degree, in Nutrition, from Acadia University in 2013. She has previously worked in a general practice setting and is currently employed in a periodontal practice.

Shelby served two years on the CDHNS Council where she has served as an Executive member. She is also a member of the Ownership Linkage Committee.

Statement of Intent: I hope to join Council for a second term to allow me to expand my knowledge of Council's responsibilities. I also hope to expand my involvement with Council and the Ownership Linkage Committee.



Danielle Newell: Danielle is a 2009 graduate from Dalhousie's dental hygiene diploma program. She also holds a Bachelor of Dental Hygiene from Dalhousie University which she completed in 2010. Danielle has worked over the past thirteen years in private practice.

Danielle has previously served two terms on Council, from 2017-2021. She also served on the Nominations Committee during those years. In 2017, she travelled to Honduras with Dalhousie students, as part of the 'Global Brigades' organization. There, she collaborated with the communities to provide dental hygiene care in areas of need.

Statement of Intent: I had the privilege of serving on the CDHNS Council for four years and it was a great experience. I learned a lot over the two terms about our regulatory body and I feel that I still have much more to learn. I believe, from my previous experience on Council and knowledge of policy governance, that I still have a lot to offer. I look forward to what Council will be involved in over the next two years.



Neala Spencer: This will be Neala's first term on Council. Neala graduated in 2021 with a diploma in dental hygiene from Oulton College. She previously graduated from Mount Saint Vincent University with a Bachelor of Science in Psychology, in 2016. Since graduating, Neala has worked in general practice settings.

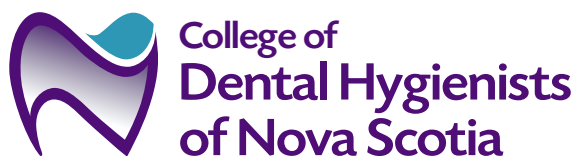
Statement of Intent: Taking care of patients, in regards to their health and safety, is most important. I want to provide my patients with the best quality of care. Collaboration with peers allows practising dental hygienists to sharpen these skill sets. Expanding my current knowledge and sharing my experiences helps to cultivate strong guideline to protect patients in the dental chair.

From the Desk of the Registrar *continued*

- **Ensure your PPE is effective:** If you do not select the appropriate type of PPE, and/or you do not use it properly, it may be rendered ineffective.
- **Review Occupational Health and Safety policies and best practices.**
- **As a team, discuss if there are any additional procedures that you've implemented that you wish to maintain** (e.g., client pre-screening; limiting the number of people in the reception area).

As we have seen during this pandemic, the trajectory of the COVID-19 virus and its variants can be unpredictable. ***If, at some future point, changing epidemiology causes the CMOH to issue new guidelines, recommendations, or requirements, the oral health regulators will respond and reflect these in our guidance to registrants.***

CDHNS Annual General Meeting



The AGM 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 the 'Events' folder, titled **AGM 2022**.

Program at a Glance

		Credit hours	Category
9:00 am - 10:45 am	Annual General Meeting (AGM)	1.25	3
		0.50	1

Please note: There is no same-day registration for this event.

Please register in advance.

Notice of Annual General Meeting (AGM)

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

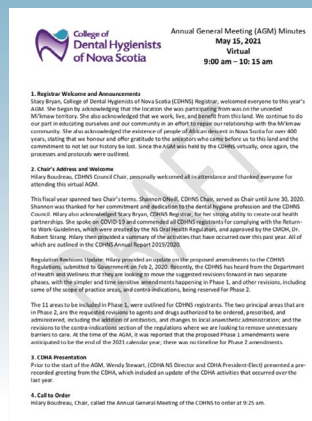
Meeting Agenda

- CDHNS Council Chair's Address and Welcome
- Greetings
- CDHA NS Director and CDHA President – Wendy Stewart
- Call to Order
- Approval of Agenda
- Approval of May 15, 2021 Minutes
- Dr. Brent Young – Indigenous Health Equity
- Annual Report/Audit Statement
- Report of Quality Assurance Committee
- Report of Nominations Committee
- Election of Council Members
- Awards and Recognition
- Adjournment

Saturday, May 14, 2022 (Virtual)

9:00 am – 10:45 am: AGM

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



Click here to review the 2021 draft minutes to be approved at the AGM on May 14, 2022. You will also find the minutes in the CDHNS Library on your Main Page under the sub folder AGM (Fiscal Year to October 31, 2021)

New Database: In Feb 2022, the CDHNS transitioned to a new database (Pontem). Overall, the feedback has been positive. We thank you for your understanding and patience as we work to finalize some of the outstanding elements. Regardless of the time and effort put into preparing for a transition, there are always unanticipated challenges that arise. We thank you for advising us of any areas that weren't working for you. And we thank Pontem for providing positive solutions as promptly as possible.



Save the Date!!

The CDHNS will be offering another full day CC Event on November 19, 2022. This event will be offered virtually, once again. *More details to follow.*

CDHA Liability Insurance Reminder

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

CDHA offers professional liability insurance as a benefit of membership. Currently, the CDHNS collects CDHA membership fees, when initial applications are received, or during renewal, if evidence of professional liability insurance is not provided. This arrangement between the CDHNS and the CDHA helps to ensure practising registrants in Nova Scotia maintain adequate professional liability insurance.

Increasingly, governments require that the functions of professional regulators, such as the CDHNS, be completely separate from the functions of professional associations, such as the CDHA.

As a professional regulator, the CDHNS is statutorily mandated by the Nova Scotia legislature to serve and protect the public interest - while the CDHA, as a

professional association, exists primarily to serve the interests of dental hygienists. Although not always the case, conflict can arise between the interests of the public and the interests of the profession.

For additional information on professional liability insurance, access these links: [PLI policy](#), [additional information](#).

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

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

You've Been Asking

Q: How often can we do a fluoride varnish on a client per year? Or how many weeks/months apart should fluoride varnish be applied?

There are no 'set' protocols about how often fluoride varnish can be applied. It depends on the individual needs of the client.

- It depends on caries risk factors: diet, poor oral hygiene, low salivary flow, medications, past history of caries, deep pit & fissures on occlusal surfaces, clinical or radiographic signs of carious lesions.

For example:

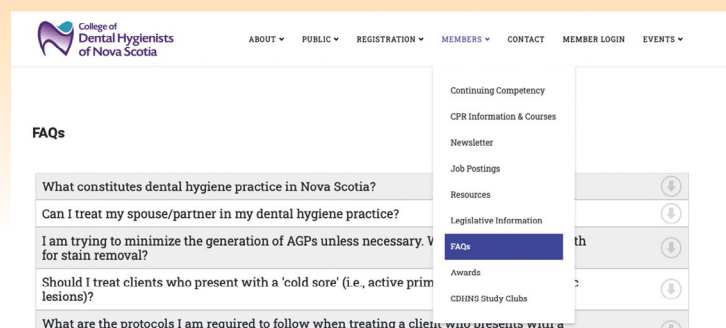
- o A client with high caries risk may have professional fluoride varnish more frequently than a client with low caries risk.
- o A client with radiation caries would need fluoride varnish applications more frequently than a client with incipient (code 1) caries.

As always, the practitioner should read the manufacturer's instructions.

<https://www.iccms-web.com/content/resources/elearning>

*Response provided by Kim Haslam, RDH

Did You Know? All frequently asked question (FAQs) from previous newsletters can be found on the CDHNS website, under the 'Members' tab and then select 'FAQs'. For easy access, follow this [link](#).



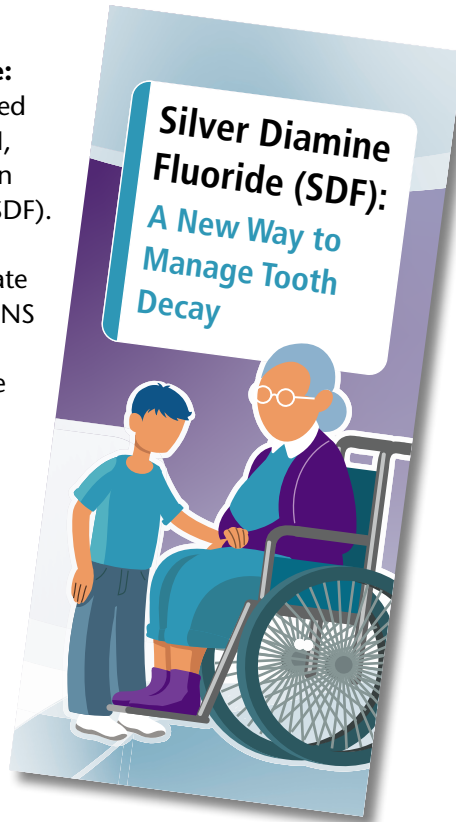
Celebrating National Oral Health Month and National Dental Hygienists Week™

National Dental Hygiene Week™ (NDHW™) takes place April 4-10, 2022 as part of 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:

Educational Brochure:

The CDHNS has partnered with Leslie Kenwell, RDH, in creating a brochure on silver diamine fluoride (SDF). This brochure will be a useful tool to help educate clients on SDF. The CDHNS has a limited number of printed copies. If you are interested in obtaining some brochures, please contact the CDHNS to make a request. You can access this brochure by following this [link](#).



Commercial: In 2021, the CDHNS presented a a short 30-second commercial to highlight dental hygiene practice throughout Nova Scotia, from a regulatory standpoint, and featured local dental hygienists and clients. The focus of this commercial is on ensuring that the public receives safe, competent, ethical, and compassionate oral health care from Nova Scotia registered dental hygienists. We encourage all registrants to, once again, share this commercial on your social media platforms such as Facebook, Twitter, Instagram, etc., to help promote our profession during National Oral Health Month.

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.

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.



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. Over the year, we gather feedback from our members and set goals (Ends) for the association. We then



create policies to make sure there is appropriate progress towards these goals. With board meetings held in early February, we had a lot of monitoring to do, both of our Chief Executive Officer policies and our own conduct policies. Board meeting preparation is always a lot of work, but it is so rewarding to sit at a table with other dental hygienists and dream about how far we can take our profession.

The beginning of the new year was also busy for me personally as I had several interviews. The National Post interviewed me about jaw pain in mid-January, and then again in late January about power toothbrushes. Early in February I was interviewed by the Toronto Star for its oral health supplement, which will be published later in March.

For CDHA members, there is lots to look forward to as spring approaches. The search for Canada's 2022 Dental Hygiene Superhero is underway.

Please consider nominating a colleague for this honour. The competition, sponsored by Sensodyne, ends on May 17! And National Dental Hygienists Week™ runs from April 4 to 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!

Wendy Stewart, RDH

CDHA president & board director, Nova Scotia

president@cdha.ca

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

NEW webinars recently released:

2021 Job Market & Employment Survey

Evidence-Based Strategies for Comfort & Career Longevity

Webinars coming soon:

AAP Periodontal Disease Classification for Educators, April 20
sponsored by PHILIPS

www.cdha.ca/webinars

NEW online course:

Business Fundamentals: Ready, Set, Launch

www.cdha.ca/courses

OTHER NEWS

Oral Health Care for Seniors

CDHA recently released a discussion paper on the importance of including oral care in national standards for long-term care, as well as the results of a public opinion poll on the state of oral care for seniors. To further highlight the urgency of this cause, CDHA has launched a letter-writing campaign to provincial and federal elected officials. We will also soon release a policy white paper, *A National Oral Health Care Plan for Canadian Seniors*. Visit cdha.ca/oralhealthforseniors to review these important documents and learn more about our advocacy efforts on these priority issues.

2021 Job Market & Employment Survey Report

Review the full version or executive summary of our latest survey report that gauges dental hygiene employment trends in Canada and collects and analyses data on key aspects of the profession. www.cdha.ca/jobsurvey

New Fact Sheets

Share our newest resources with your clients. Our toothbrushing toolkit shows how to take proper care of teeth and gums, with sections on toothbrush selection, brushing technique, using a manual or power toothbrush, and more (dentalhygienecanada.ca/brushing). Our fluoride resource answers questions about the benefits of fluoride treatments for adults and children (dentalhygienecanada.ca/FluorideTreatments).

National Dental Hygienists Week™

Don't forget: NDHW™ 2022 will be here before you know it. Mark April 4-10 in your calendars and start planning your celebrations now! www.cdha.ca/NDHW

Searching for 2022 Superheroes

Our fifth annual #dentalhygienesuperhero competition, sponsored by SENSODYNE, launched February 1. We are offering a \$1,000 grand prize and two \$500 honorary mentions, along with travel grants to an upcoming CDHA conference. Visit dentalhygienecanada.ca/healthcaresuperhero to learn more about unmasking our next dental hygiene superhero.

New Entry-to-Practice Competencies

The Federation of Dental Hygiene Regulators of Canada recently published the revised *Entry-to-Practice Canadian Competencies for Dental Hygienists*. These new competencies will serve in the development of dental hygiene education, accreditation, certification, and continuing competence programs across Canada and will help in the regulation of the profession. Visit fdhrc.ca/wp/wp-content/uploads/2021/12/EPCCoDH_FDHR November_2021.pdf



www.cdha.ca



info@cdha.ca



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



www.facebook.com/theCDHA

Continuing Education In-Person Events

FRIDAY, APRIL 1, 2022 | 9:00 AM TO 4:00 PM

3.0 LECTURE AND 3.0 HANDS-ON HOURS

Medical emergencies with hands-on session – Certification course

Presenters: Dr. Chris Lee, Dr. Laurel Murphy, and Darryl Chickness

FRIDAY, APRIL 22, 2022 | 8:00 AM TO 3:00 PM

6.0 LECTURE HOURS

Focusing on the details! Achieving precision restorative dentistry with evidence-based protocols

Presenter: Dr. Alan Atlas

SATURDAY, APRIL 23, 2022 | 8:30 TO 11:30 AM

3.0 HANDS-ON HOURS

Good to GREAT! Evidence-based protocols for mastering adhesion and posterior composites

Presenter: Dr. Alan Atlas

ACDE Webinar Series

WEDNESDAY, APRIL 6, 2022 | 9:00 TO 11:00 PM

2.0 HOURS

I found an ulcer during my intraoral exam, now what?

Presenter: Dr. Charles F. Shuler

THURSDAY, APRIL 21, 2022 | 9:00 TO 10:30 PM

1.5 HOURS

How to manage patients before, during and after cancer therapy

Presenter: Dr. Laila Akhlaghi





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

TO REGISTER

Visit dal.ca/dentistry/cde. Follow the registration link for the course.

For assistance, contact the CDE office at cde.dentistry@dal.ca.

  [dal_dent_ce](#)

  Dalhousie Dentistry Continuing Education



**DALHOUSIE
UNIVERSITY**

FACULTY OF DENTISTRY
Continuing Professional Education

Research in Oral Health (RIOH)

PRESENTATION SHOWCASE

(formerly known as Table Clinics)

PLEASE JOIN US FOR A SHOWCASE OF STUDENT SCHOLARSHIP AND RESEARCH

- Table Clinics has been renamed Research in Oral Health (RIOH) to emphasize state-of-the-art scholarship and evidence-based dentistry principles
- Attend our virtual event from anywhere
- Enjoy both dentistry and dental hygiene presentations
- Talk to students about their research
- Get two hours of free CE credits
- Live presentations will be made available on YouTube for later viewing

Friday, March 25, 2022 | LIVE EVENT 4:00 TO 8:30 PM

dal.ca/dentistry/cde for updates

Call for Nominations

The Dalhousie University - Faculty of Dentistry's annual **Outstanding Alumni Awards** are presented, to a Dentistry or Dental Hygiene graduate who has made **special and/or distinctive contributions** to his or her community, profession, society at large or to the Faculty of Dentistry. The deadline to nominate an outstanding alum is April 1, 2022, and the next Outstanding Alumni Awards will be presented at the Homecoming 2022 Celebration Dinner on September 24, 2022.

Below is the link with all the details and nomination forms:

<https://alumni.dal.ca/get-involved/faculties/dentistry/dentistry-alumni-committee/awards/>

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

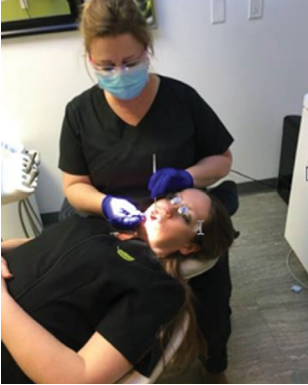
If you take the course at a St. John Facility, you should receive your CPR Certification immediately after successful completion of the course. If you take this program through a contractor, you should also receive your certification immediately following successful completion of the course but it is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



Optimal positioning showing eyes looking down into mirror, neck neutral, use of arm rest and lumbar support and close proximity to client.

Adjusting the dental hygienist's chair is vital in avoiding work-related musculoskeletal disorders

(WMSDs). Characteristics of a well-fitting dental hygienist chair include a back adjusted to support the lumbar spine, forearm supports in order to diminish the overuse of the trapezius shoulder muscles, and seat height adjustments to allow close proximity while working with your client. Do not be shy in constantly moving your operator chair around the correct clock positioning to allow you to stay close to your client when viewing different quadrants of their teeth. Remember that you can also ask the client to turn their head either towards or away from you, or tilt their head upwards, to accommodate viewing the different quadrants of their teeth.

Ideal Positioning for Dental Hygienists:

Adjust the client's chair so that the client's head is just below the dental hygienist's chest.

Adjust the height of dental hygienist's chair to ensure your knees are at 90°.

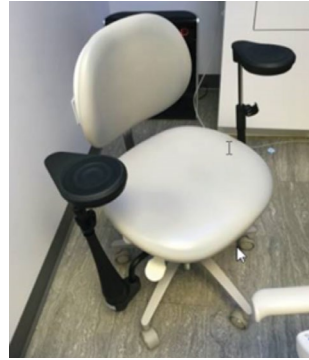
When working on quadrants 1 & 4 (lingual surface), turn the client's head towards you.

When working on quadrants 2 & 3 (buccal surface), keep the client's head turned towards you.

When working on quadrants 2 & 3 (lingual surface), turn the client's head away from you.

When working on quadrants 1 & 4 (buccal surface), keep the clients head turned away from you.

Finally, dental hygienists need to use the correct method



A good example of a dental hygienist's chair with lumbar support and arm rests.

of instrumentation and tool handling. There are hand instruments that are ergonomically designed to reduce force and minimize movements, such as a pinching effect or forces over the finger pads, thus reducing fatigue and WMSDs (Michalak-Turcotte 2005; Morse 2007). But, using those ergonomically designed tools that are lighter and wider (Rempel 2012) must include wrist movement to compensate for the tendencies to grip or pinch the tools and manipulate them only using the fingers.

Since dental hygienists spend a great proportion of their work day sitting, ergonomic operator factors such as the dental hygienist/client's chair adjustments, as well as correct methods of tool handling, are crucial in preventing WMSDs.

To combat fatigue in a sitting position, here are some sitting exercises (Vandyken 2021) that you can do:

- 1) **Rock the clock:** sitting while visualizing a clock, your pubic bone is at 12 o'clock, your left sacral bone is at 3 o'clock and your tailbone is at 6 o'clock. Now, move from 6 to 12 then move 3 to 9, and then continue to move to each hour on the clock.
- 2) **Sweep your seat:** sitting while visualizing a broom. Transfer your weight from left to right; then from right to left, in a sweeping motion.
- 3) **Pump your curve:** sitting while relaxing your back (rounded), then arch your back. Repeat this in a fluid motion.



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

**All photos related to this article were provided by Becca Scarratt*

Notice from the Quality Assurance Committee



Sydney Nelson,
CDHNS QAC Chair
2021/2022

This year, the Quality Assurance Committee (QAC) completed audits, once again, using the new approach that arose out of necessity, due to COVID-19 restrictions. This took place over two sessions, in February, for those practising registrants who were randomly selected for audit, for the cycle ending Dec 31, 2021.

A total of 44 practising registrants were audited. The following decisions were made: one registrant was pending (unable to determine if requirements were met, more information required); 10 registrants had not met requirements; 33 registrants met requirements; and two extensions were granted (due to extenuating circumstances), for whom action plans were completed and reviewed at the time of audit. The two individuals who received extensions are included in the totals above.

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 2021 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.

Reflection documents: These were introduced as of October 1, 2021 for virtual, online learning events that do not have a post test. For those that filled out and submitted these forms, the QAC was pleased with responses. It was apparent that a lot of thought and effort was put into these reflections. The QAC has also developed examples of how to complete the Reflection document. See the [Continuing Competency section](#) of the CDHNS public website for the reflection document, the examples, and the FAQ document.

On behalf of the QAC, a few points to remember:

- 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 QAC 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).**
- 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 another 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, rather than obtaining the majority of the credit hours within the final year of your three-year cycle.

Sincerely,

Sydney Nelson,
Quality Assurance Committee Chair (2021/22)

November 10, 2021

**Levy
Casey
Carter
MacLean**
Chartered Professional
Accountants

College of Dental Hygienists of Nova Scotia
c/o Stacy Bryan, Registrar
11-2625 Joseph Howe Drive
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 10, 2021.

We were provided a list of 219 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 219 (inclusively), we randomly selected 44 license numbers; of which none were eliminated as duplicate numbers. The list of license numbers was not modified in any way and the first 44 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

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Phone: (902) 445-4446
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Greg Strange, CPA, CA
Greg Strange, CPA, CA

Assigning Credit Hours for Online Courses



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

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

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

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

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

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

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

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

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

Dental Hygienists in Your Community



Jennifer Hawkins (left), RDH, presenting oral health resources, provided by the CDHNS, to Mrs. Rebecca Mugford (right) from Sackville Heights Elementary.

Jennifer Hawkins, RDH, acted as the liaison between the CDHNS and grade three school teacher, Rebecca Mugford, who had reached out to her and asked if she could help her obtain oral health resources for her classroom.

"Thank you for the toothbrushes and resources that were provided by the College of Dental Hygienists of Nova Scotia. The children were very excited!"

"In grade 3 health, we explore the decisions that affect physical, social, mental and emotional health, so I thought this connects well with our physical health. I will use the resources provided to teach them the importance of their oral health."

-Mrs. Rebecca Mugford

CDHNS Public Council Members: The CDHNS would like to take this opportunity to thank two fantastic public members who have served on CDHNS Council, and whose terms have now ended. Both Councillors have added great insights and expertise to assist the CDHNS in performing its regulated roles and responsibilities. And there are no words that can express how much their time, passion, and dedication is appreciated. Dr. Dale Keefe served with the CDHNS Council from Nov 2019 to Nov 2021. He continued on Council until he received notice that his term had been ended in Feb 2022. Michele Brennan completed her 6th consecutive year on Council in Nov 2021, and therefore was not eligible for a re-appointment as a Council member. We continue to benefit from Michele's insights and experience, since she has remained on the CDHNS Legislative Committee.

And finally, a warm welcome to Dr. Elizabeth (Beth) Mann, who was very recently appointed to the CDHNS

Council as a public member. She brings with her a wealth of experience and expertise to this regulatory body. She served for 10 years on the Council (Board) of the College of Physicians and Surgeons of Nova Scotia, including as College President from 2012 to 2014. Further, she is just completing a term as public member on the College of Paramedics of Nova Scotia (CPNS)'s Council, and was also very involved in their transition as a College, including recent legislation reviews for the CPNS. We are very pleased to have her join the CDHNS Council.

At the same time as Elizabeth Mann was appointed, Greg Glynn was appointed for a second term to Council. His commitment and insights will continue to benefit this College and the public. We are delighted that he was willing to put his name forward for a second term as a public member on Council. *We are hopeful that the government will soon appoint someone as our third public member in the near future.*

The History of Dental Hygiene in Canada

The history of dental hygiene in Canada from the 1950s to 2010 is a story of the birth of a profession, the struggles of dental hygienists to improve their status and working conditions, the introduction of baccalaureate and other advanced education opportunities, and the fight for self-regulation and the right to practise independently of dentists.

University of Guelph history professor Catherine Carstairs reveals this history in her article, "More than cleaning and caring: The profession of dental hygiene in Canada, 1951-2010", which was published in a special health, healing and caring issue of *Gender and History*, Volume 33, issue 3, October 2021.

Former director of the Dalhousie School of Dental Hygiene Dr. Joanne Clovis was interviewed for the article. Like Mary Pelletier, the dental hygienist featured at the beginning of the article, Clovis chose dental hygiene because other career options available to women at the time – chiefly teaching, nursing, and secretarial work – didn't appeal

to her. Dental hygiene was a relatively new health care option, which Clovis combined with public health experience, enabling her to enjoy a long and varied career in public health, private practice, and academia.

"The profession of dental hygiene has grown and changed so much in the past six decades," says Clovis, "many recent graduates may not recognize themselves in [Carstairs's] history. Yet it is that very growth and change that has brought us to the present profession where most dental hygienists in Canada are self-regulated and engaged in highly specialized and rewarding work. We can be very proud of our achievements and our history which, as Carstairs reports, was fraught with so many struggles."

To read the article, please go to: <https://onlinelibrary.wiley.com/doi/10.1111/1468-0424.12550>

**Provided by Cheryl Bell, Communications Advisor, Faculty of Dentistry*

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.*

Study Club Presentations

Stacy Bryan, Registrar, and Allison Craig, CDHNS Council Chair, remain committed to connecting with the members of all study clubs registered with the CDHNS. Prior to the onset of the Covid-19 pandemic, Stacy and the Council Chair were making in-person visits to any study club that made a request. Due to the ongoing situation, these presentations are still being offered, however, via a virtual format instead. To any interested study clubs, they will provide a 1-hour presentation followed by a 30-minute question and answer period. This can be scheduled during evenings or Saturdays. Please contact Stacy at registrar@cdhns.ca to schedule a presentation date.

UNISON

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Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 51 Issue 1

Important dates to remember

Beginning on March 25, 2022: Research in Oral Health (RIOH) Presentations (Previously known as Student Presentations/Table Clinics) *Live event 4:00 pm – 8:30 pm

April 1-30, 2022: National Oral Health Month

April 4-10, 2022: National Dental Hygienists Week™

May 14, 2022: CDHNS AGM, being held virtually

September 1, 2022: Licence Renewal begins

November 19, 2022: Full Day CDHNS CC Event (virtual)

College of Dental Hygienists of Nova Scotia

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www.cdhns.ca