



## Identification and Management of Vaping, Cannabis and Smoking on Oral Health.

By Joni Nauss, RDH

Vaping use has been rising among youth. This is concerning, as vaping can become a gateway to smoking cigarettes and cannabis use. Legal cannabis use is still new in Canada, and studies are still limited, but we do know of some correlations, such as xerostomia and effects on the periodontium. When it comes to cigarette use, we are aware of the effects on the oral cavity. As dental hygienists, we can help provide early education to youth on the long-term implications of all three of these topics—cannabis, vaping and cigarette use. In today's article. This article will focus on the effects of vaping and the increasing risk to youth. Early education on the topic is very important.

In the past few years, there has been an increased focus on vaping prevention, especially in Nova Scotia. Smoke Free Nova Scotia (SFNS) has done extensive research and they have found an increasing number of youth are vaping. One of the reasons young adults are drawn to vaping is that it comes in flavours. SFNS found that 95% of underage youth preferred flavoured products over unflavoured and that 48% of young adults would quit if flavoured products were removed. Vape pens are filled with e-liquid, which contains sugar-based

flavouring such as; sucrose, sucralose, glycerin and ethyl maltol. These components, along with other ingredients such as propylene glycol and nicotine, cause numerous complications in the oral cavity.

**Decay** — As dental hygienists, sugar-based ingredients are something we should be mindful of when having conversations with our clients. If someone tells us that they are vaping or using e-cigarettes, they are at an increased and accelerated risk of decay due to the components in the e-liquid. Over the past several years, SFNS successfully worked towards implementing a full flavour ban in our province. This ban came into effect April, 2020 in Nova Scotia. This unfortunately, is not the case in other provinces where flavoured e-cigarettes and are still made available.

**Xerostomia** — E-liquid also contains propylene glycol and nicotine, which promotes the absorption of moisture which can lead to xerostomia. Xerostomia can cause halitosis, increase risk of decay and also cause the gingiva to become inflamed and sore. Because of inflammation during a periodontal debridement appointment, the client may find the treatment is more painful due to

# the UNISON

is the official newsletter of the  
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Nova Scotia

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letters. Submit to the Editor at  
[members@cdhns.ca](mailto:members@cdhns.ca)

## CDHNS Council Chair's Message

**Allison Craig**



As leaves fall from trees and snow settles on the ground, we are reminded that change is inevitable. This is also evident with the ongoing Covid-19 pandemic.

In dealing with change, one thing that plays a significant role is community. One community that I am proud and thankful to be a part of is the dental hygiene community. With a commitment to the health and safety of the public, our College, supported by the hard work and dedication of our Registrar and her staff, have provided guidance to our registrants during this pandemic. As I've said before, this involves keeping up with constant change. Adaptation based on ever changing evidence is a part of being a professional and the dental hygiene community has exemplified that during this pandemic.

Another change was demonstrated on November 20, 2021 when the College hosted its first online CC Event. The event was met with success and I want to thank all of those whose hard work allowed the world of technology to bring us all together to learn and grow.

One last change I would like to highlight is that of our Council. In this edition of the Unison, you will find the notice for CDHNS Nominations and Election Information. The Nominations document will also be posted in the Member Library under the folder 'CDHNS Nominations Form'. I encourage anyone who might be even the tiniest bit curious in what being part of the Council would be like to reach out to a current Council member and have a chat. You don't need to know them. They are all approachable, and a good place to start would be with Mallory Brent, Nominations Committee Chair.

For me, this will be my last year on Council and the growth I've experienced over the last 5 years has been phenomenal. The Council is another community which I am grateful for being a part of. With a solid foundation of processes and policies rooted in Policy Governance (you can look it up if you're interested) as well as an experienced Registrar, this Council is a joy to work with. I didn't have much experience with Policy Governance, and Boards I had been involved with in the past have not always been a positive experience. The education and support I received, both initially and continually, and the openness for respectful debate, has brought me back for 3 terms.

Wishing you all the best

**Allison Craig**  
Chair, CDHNS

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# From the desk of the Registrar

Stacy Bryan Registrar



I was reviewing my Registrar's message from last year, and reflecting back on 2021. I read the descriptors for Nova Scotians used in December 2020, and I would say it is even more true now than it was one year ago – *in Nova Scotia, we are adaptive, resilient, collaborative, and compassionate*. Thank you once again to all CDHNS registrants for continuing to do your part. It has been a much longer road than most of us anticipated.

During this year's renewal, the CDHNS processed over 840 renewals, including reviewing and approving CPR uploads, issuing practising and provisional licences, and non-practising cards. The CDHNS staff worked closely with registrants as they navigated through the online portal. I want to take another opportunity to specifically thank our newest staff member, Jasleen Kaur, Administrative Assistant, and Kelly Hurlburt, for their work during this time. Additionally, immediately after renewal, the CDHNS undertook a very successful first ever virtual full day continuing competency event. This success was thanks once again to these same staff members, the CDHNS Member Services Committee, and the "day-of" support of two dental hygiene students – Angel and Sama.

## What constitutes dental hygiene practice in Nova Scotia?

Section 22 of the Act provides details regarding dental hygiene scope of practice. In conjunction with the Regulations (including Sections 25 and 26: Scope of Practice), the practice of dental hygiene is defined. Only CDHNS registrants who hold a practising licence may engage in the practice of dental hygiene in Nova Scotia, whether as a volunteer or for remuneration. The practice of dental hygiene includes registrants who act as clinicians, educators, researchers, administrators, 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.**

Recently, Kelly Hurlburt celebrated her third anniversary with the CDHNS. She continues to be an asset to this organization. At that time, we reviewed her roles and responsibilities, and her job title. It was determined that her title did not accurately reflect her roles and responsibilities. As such, we have revised her title to more closely align with her job description – that of *Professional Development and Communications Coordinator*.

Below is the information regarding this year's renewal:

### CDHNS Registrants on November 1, 2021

<b>803</b>	Practising Registrants
<b>1</b>	Provisional Practising Registrants
<b>40</b>	Non-Practising Registrants
<b>844</b>	Total

## Notice of Removal from the CDHNS Register on Request (Individuals held a Practising Licence)

In accordance with the Dental Hygienists Act and Regulations, the following individuals have been approved by the Registrar to be removed from the CDHNS Register, following their submitted request. These individuals held a practising licence with the CDHNS until October 31, 2021. These individuals are no longer authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Tamara	Breen
Hilary	Coady
Karlee	Cress
Bailey	D'Arcy
Michaela	Dederich
Melissa	Hodge
Jennifer	MacIntyre
Elise	Mah
Jennifer	Murphy
Jillian	Robinson
Kimberley	Robinson
Lisa	Walker

### Notice of Practising Licence Expiry, Registrant Did Not Submit Intention to the CDHNS

In accordance with the Dental Hygienists Act and Regulations, the following individuals did not notify the CDHNS of their intention to remain on the CDHNS Register, but let their practising licence with the CDHNS expire as of November 1, 2021. These individuals held a practising licence with the CDHNS until October 31, 2021. They are no longer authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Linda	Morrison
Nicola	Smith

### Notice of Practising Licence Expiry, Registrant Submitted Intention to the CDHNS

In accordance with the Dental Hygienists Act and Regulations, the following individuals have notified the CDHNS of their intention to remain on the CDHNS Register, but let their practising licence with the CDHNS expire as of November 1, 2021. These individuals held a practising licence with the CDHNS until October 31, 2021. These individuals are no longer authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Eleni	Bakolias
Alanna (Lanna)	Billard
Vicki	Giacomantonio
Shelly	Gregor
Stephanie	Heck
Linda (Michelle)	Hines
Joan (Monique)	LeRoux
Carol	Muir
Alexandria (Lexie)	Simpson
Stephanie	Simpson

### Notice of Removal from the CDHNS Register on Request (Individuals held Membership in the Non-Practising Class)

In accordance with the Dental Hygienists Act and Regulations, the following individuals have been approved by the Registrar to be removed from the CDHNS Register following their submitted request. Their names have been removed from the CDHNS Register and membership in the non-practising class expired on October 31, 2021. As a non-practising registrant, these individuals were not and are not authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Colleen	Dobson
Raeanne	Niles
Robyn	Vogels

### Notice of Non-Practising Class Expiry, Registrant Submitted Intention to the CDHNS

The following individuals notified the CDHNS of their intention to let their CDHNS non-practising membership expire as of November 1, 2021. These individuals remain on the CDHNS Register and are not authorized to practice dental hygiene in the Province of Nova Scotia. As a non-practising registrant, these individuals were not and are not authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Robyn	Bellefontaine-Mandru
Jacqueline (Jackie)	Elliott
Sheila	Holmes
Sheila	Levy
Mona	MacIntosh
Chelsea	Weinkauf

### Notice of Non-Practising Class Expiry, Registrant Did Not Submit Intention to the CDHNS

The following individuals did not notify the CDHNS of their intention to let their CDHNS non-practising membership expire as of November 1, 2021. These individuals remain on the CDHNS Register and are not authorized to practice dental hygiene in the Province of Nova Scotia. As a non-practising registrant, these individuals were not and are not authorized to practice dental hygiene in the Province of Nova Scotia. Since these individuals did not notify the College of their intention not to renew, if they wish to obtain a practising or non-practising licence, they will be required to pay reinstatement fees in addition to the applicable late fee payment, as well as providing proof that they have met all other requirements.

First Name	Last Name
Lynn	Ivey
Selena	MacLeod
Karen	Pace
Jill	Russell
Dana	Young
Laura	Zinck



## Frequently Asked Questions

**Q. Does a dental hygienist need a “prescription” from a dentist before they can proceed with teeth whitening procedures (chairside or take home products)?**

**A. No. It is not a legislated requirement that an RDH obtains a prescription prior to performing teeth whitening.**

Decisions around the scope of practice for dental hygiene are determined by the CDHNS, in alignment with [Dental Hygienist Legislation](#), and any further policies that are developed by the CDHNS around specific areas. This includes teeth whitening. As such, in October 2012, CDHNS Council passed a Practice Protocol on the Use of Tooth Bleaching/Whitening\*. In 2013, Council issued two other documents that also provided further clarity on teeth whitening — May 2013, Council issued their Position statement on Teeth Whitening; and in Sept 2013, the CDHNS Council issued the Practice Protocols for Laser Use in Dental Hygiene Practice\*, which included use of lasers for teeth whitening and periodontal therapy.

As with all competencies/scopes of practice, the individual dental hygienist must be competent to perform it.

CDHNS Practising registrants performing teeth whitening for their clients must:

- Practice within the Code of Ethics adopted by the CDHNS. *Certain ethical considerations can arise around the use of bleaching/whitening. These usually involve respect for the client’s personal values, and informed consent.*
- Make evidence-based decisions regarding implementation of new techniques, technology or research before incorporating them into practice. *It is the registrant’s responsibility to understand the processes involved in tooth whitening.*
- Be competent in the procedures, and have appropriate education on the use of the product and equipment.
- Assess the client for contraindications to teeth whitening procedures (e.g., bleaching), apply appropriate selection criteria and knowledge of contraindications.
- Provide client education on the nature of the stain or discoloration of the teeth, including discussion on the expectations of results and other ramifications of bleaching, including possible adverse effects.
- Consider preventive measures to reduce any possible sensitivity.
- Obtain written informed consent.
- Use the product and equipment according to the manufacturer’s direction.
- Practice collaboratively to determine that the planned procedure aligns with the overall treatment plan for the client.

*\*Note: Both the CDHNS Whitening and Laser Policies are targeted for an update/review.*

### College Registrant Database (Portal) Updates

We are pleased to advise you that the CDHNS is moving to a new membership management database in mid-late January 2022. We have already begun testing the new system to ensure it is ready to be live by that time.

It is anticipated that the new database will be more user-friendly and compatible with more devices. Your portal may look a bit different, but all information in the current database, including Continuing Competency Program and Practice Hours entries, will be securely exported to the new system, and will remain accessible to you.

To find the Member Login link on the CDHNS website, you will still go to the same dropdown section — [Member Login](#). **Please watch for more details in mid-January.**

**Keep yourself and others safe from the flu this year!** The flu shot is safe and available for free to all Nova Scotians 6 months of age and older. The flu vaccine is available from most family physicians, family practice nurses, nurse practitioners, pharmacists, and walk-in clinics.



For those members who listed “retirement” as the reason for their change in their registration or licensing status, the CDHNS would like to take this opportunity to thank you for your significant contribution to the oral health of Nova Scotians. Your service as health care providers and support for the dental hygiene profession has been appreciated. We wish you well in your retirement.

irritated gingival tissues. It's important to find ways to make sure the client is comfortable despite the inflammation such as offering pain management options like topical or local anesthetic. If the client is comfortable during the appointment, they are the more likely to return for their recommended care appointment intervals e.g., 3 months, 6 months. This is especially important for the clients that vape and smoke, due to their higher risk of dental complications.

**Suppressed immunity** — Vape pens and cigarettes contain nicotine. Nicotine is a highly addictive substance that provides the feeling of a “rush”. Youth are especially susceptible to the harmful side-effects of nicotine and are at higher risk for addiction as they become adults. SFNS has lobbied to have the cap of 20 milligrams per millilitre of nicotine in vape pens. This lower amount of nicotine gives less of a rush feeling. This cap helps to lower the chances of a lifetime addiction. From a dental hygiene perspective, nicotine acts as a vasoconstrictor which slows down the healing process. This can make clients who smoke/vape have a slower healing response, putting them at higher risk of certain dental treatments failing, such as implants.

**Periodontium** — Another oral health concern that comes not only with vaping, but also smoking cigarettes and cannabis, is the harmful effects it can have on the periodontium. Vaping and smoking can lead to the irritation of gingival tissues caused by the chemicals that the tissue is being exposed to. When these are combined with a suppressed immune response, they can contribute to periodontal disease and gingivitis.

As clinicians, we will see clinical side effects such as red puffy gingiva, recession and an increase in probing depths due to bone loss. These issues can eventually lead to tooth mobility and loss of teeth. Checking and monitoring the periodontium through regular periodontal charting can help us identify concerns and educate our clients early in the disease process, as we know there is a direct correlation between smoking and periodontal disease.

**Oral Cancer** — The chemicals associated with vaping/smoking can cause irritation to the mucous membranes in the oral cavity which can lead to stomatitis. Between the long-term effects of chronic inflammation of the gingiva and the numerous chemicals people are exposed to when smoking/vaping, the risk of oral cancer increases over sustained use. By doing an oral cancer screening at each appointment and charting things such as macules, lesions, lumps, swelling, irregularities, current shape, and location of our findings, we will be able to monitor and refer, when necessary. This will help with early education and early detection. It's also important to make sure our clients know what to look for themselves, such as a lesion that does not

heal within two weeks, or a white patch that will not wipe off, or a lesion with irregular borders. Teaching our clients things like this will give them tools to help do regular self assessments at home which will also help with early detection.

Not all people realize the harmful effects of vaping. Clients may feel vaping is a safer alternative to smoking cigarettes. Dental hygienists tend to see clients more often than their family physicians, so we are in a great position to inform our clients and help provide resources to help educate and aid in smoking cessation. Early education, especially with young adults, will help our clients have better quality of life at later stages of their lives. If you know of anyone who is interested in more information on smoking cessation, or just to educate themselves further, here are a few resources that can be used:

### Cessation Resources

- [Tobacco Free Nova Scotia](#)
- Tobacco Free Nova Scotia (TFNS) – call 811. They can put you in touch with a quit specialist.
- Refer the client to TFNS by faxing a signed referral form to 1-844-926-0243.
- Register for a Stop Smoking Program through Mental Health & Addictions, Nova Scotia Health, call the toll-free Intake Service line: 1-855-922-1122.
- [Stop Smoking Services | Nova Scotia Mental Health and Addictions \(nshealth.ca\)](#)
- [Nova Scotia Health's Smoke & Tobacco Reduction Policy and Links to Resources to Help Patients Stop Smoking](#)

### References

1. [Potential oral health effects of e-cigarettes and vaping: A review and case reports - Irusa - 2020 - Journal of Esthetic and Restorative Dentistry - Wiley Online Library](#)
2. [Oral Health Implications of Cannabis Smoking: A Rapid Evidence Review | jcda](#)
3. [Vaping: How Does It Affect Teeth and Gums | David Evans DDS Boulder CO](#)
4. [Oral Health Implications of Cannabis Smoking: A Rapid Evidence Review - PubMed \(nih.gov\)](#)

### About the Author - Joni Nauss, RDH

*A little about me, I have been working in the dental field for over 10 years. I started my career as a Level II dental assistant and later went back to school to further my education in dental hygiene. I am currently in my tenth year as a dental hygienist where I worked both in Ontario and Nova Scotia. I am currently the CDHNS representative for Smoke Free Nova Scotia. I have always had a passion for promoting healthy living and improving quality of life.*

## Message from the Quality Assurance Committee Chair



**Sydney Nelson,**  
CDHNS QAC Chair  
2021/2022

On behalf of the Quality Assurance (QA) Committee, I would like to introduce myself as your new Chair for 2021/22. My name is Sydney Nelson. I started on this Committee in 2017 when I moved to Nova Scotia. Apart from this Committee, I work in private practice in Halifax. I'm a part time student at Dal, as well as a partner in a Mobile long-term DH care business.

I'm excited to begin as Chair this year as I've enjoyed being a member and have been able to work with amazing hygienists from across the province to keep up with the quality assurance.

A warm welcome to new incoming members, Jennifer Steele and Caroline Bell, who are replacing outgoing long-term members Sandra Rhodenizer, (outgoing Vice-Chair) and Sonya Bishop (outgoing Chair).

The QA Committee continues to review online CE course providers following submitted requests from registrants. [Decisions on current and previously reviewed online CE course providers](#) can be found on the public side of the CDHNS website under the [Continuing Competency](#) page. The website will always have the most current one.

### **How Long Do I Have to Retain My CC Records?**

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

New providers are reviewed between newsletters. The [CDHNS Frequently Asked Questions \(FAQ\)](#) Document is available on the public side of the CDHNS website, as well as through your Member Portal (Log in required). Click on the Library section and go to the Practice Protocols & Policies folder.

As of October 1, 2021, an acceptable alternative for verification of completion for virtual learning activities (e.g., online learning) that meet CCP requirements, but do not offer post-test evaluation, is as follows: A submitted verification of attendance, along with a completed CDHNS Reflection document that demonstrates the participant's learning. One reflection document must be provided for each activity/course e.g., must complete a reflection document for each session offered during a one-day virtual event. The Reflection document must be uploaded on the CDHNS Professional Record at the time of entry for the learning activity.

- There are three examples available online on the CDHNS website under the Library section under Practice Protocols and Policies (Continuing Competency Program subfolder).
- Full details on the requirements are found in Sections 6.1.5 and 6.3.2 (h) of the Continuing Competency Program Requirements.

*If the course/learning activity you are taking has a post-test/quiz, you must successfully complete it. This reflection document is for learning activities that do not have a learner assessment offered by the provider.*

A friendly reminder to continue uploading and recording online learning into your member profile.

Sincerely,

**Sydney Nelson**, QA Committee Chair (2021/2022)

## DALHOUSIE

### **Dalhousie University Faculty of Dentistry Research in Oral Health Presentations**

The 2022 RIOH (previously known as Table Clinics) dental hygiene and dentistry students will be presenting their projects, starting on the evening of Friday, March 24, 2022. **This will be held virtually, once again.** To receive CC credits (category 1) you must successfully complete a post test on the material covered. *More details to follow at a later date.*

### **Request for Judges for 2022 DH Student Professional Presentations**

Date: Starting on March 24, 2022. CDHNS RDHs who participate as a judge will receive a total of 4.5 credit hours - 3 hours in Category 1 and 1.5 hours in Category 3

Please contact [khaslam@dal.ca](mailto:khaslam@dal.ca) ,for further information.

# DALHOUSIE UNIVERSITY FACULTY OF DENTISTRY CONTINUING PROFESSIONAL EDUCATION

## 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*

## Other courses to watch for:

**CBCT – Certification Course, MARCH 2022**

**Digital dentistry, SPRING 2022**

*If interested in any of these courses, contact the CDE office to be added to the waitlist*

## ACDE Webinar Series

FRIDAY, JANUARY 14, 2022 | 12:00 TO 1:00 PM | 1.0 HOUR

**Adhesive materials and techniques**

*Presenter: Dr. Jeff Brucia*

MONDAY, JANUARY 24, 2022 | 9:00 TO 10:30 PM | 1.5 HOURS

**Static computer-assisted implant surgery**

*Presenter: Dr. Seung Jun Song*

SATURDAY, JANUARY 29, 2022 | 12:00 TO 2:00 PM | 2.0 HOURS

**Variants of normal anatomy that may simulate disease on conventional and advanced images**

*Presenter: Dr. Didem Dagdeviren*

WEDNESDAY, FEBRUARY 2, 2022 | 9:00 TO 10:30 PM | 1.5 HOURS

**The dark side of the screw: Complication management in implant prosthodontics**

*Presenter: Dr. Despoina Bompolaki*

## ACDE Webinar Series continued

SUNDAY, FEBRUARY 6, 2022 | 12:00 TO 2:00 PM | 2.0 HOURS

**Systemic factors affecting pain experience**

*Presenter: Dr. Davis Thomas*

FRIDAY, FEBRUARY 11, 2022 | 12:00 TO 1:30 PM | 1.5 HOURS

**Current concepts in dental sleep medicine**

*Presenter: Dr. Isabel Moreno-Hay*

THURSDAY, FEBRUARY 17, 2022 | 9:00 TO 10:30 PM | 1.5 HOURS

**Implicit bias in dentistry: What we don't think we think**

*Presenter: Dr. Shaista Rashid*

FRIDAY, FEBRUARY 25, 2022 | 12:00 TO 2:00 PM | 2.0 HOURS

**Advanced multi-disciplinary uses of CBCT technology**

*Presenter: Dr. Jeffery Price*

SATURDAY, MARCH 5, 2022 | 12:00 TO 2:00 PM | 2.0 HOURS

**Common lesions of the oral cavity: Diagnosis to management**

*Presenter: Dr. Paras Patel*

MONDAY, MARCH 7, 2022 | 9:00 TO 10:00 PM | 1.0 HOUR

**Trigeminal nerve injuries in dentistry**

*Presenter: Dr. Vincent Ziccardi*

SATURDAY, MARCH 12, 2022 | 12:00 TO 2:00 PM | 2.0 HOURS

**Laser applications for the dental hygienist**

*Presenter: Dr. Nancy Fitzgerald*

TUESDAY, MARCH 15, 2022 | 10:00 TO 11:00 PM | 1.0 HOUR

**The oral-systemic connection – an update**

*Presenter: Dr. Frank Scannapieco*

THURSDAY, MARCH 24, 2022 | 10:00 PM TO 12:00 AM | 2.0 HOURS

**Minimally invasive dentistry based on evidence**

*Presenter: Dr. Anuradha Prakki*



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

## HOW TO REGISTER

To register, visit [dal.ca/dentistry/cde](https://dal.ca/dentistry/cde) and follow the registration link for each course.

If you require any assistance, contact the CDE office at [cde.dentistry@dal.ca](mailto:cde.dentistry@dal.ca).



## 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\*

\*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)	<a href="http://www.dentalcare.com">www.dentalcare.com</a> <a href="http://www.dentalcare.ca">www.dentalcare.ca</a>
Colgate Oral Health Network (COHN)- CE related to article review	<a href="https://www.colgateoralhealthnetwork.com/">https://www.colgateoralhealthnetwork.com/</a> 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.	<a href="https://www.rdhu.ca/the-rdh-view">https://www.rdhu.ca/the-rdh-view</a>

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

Canadian Dental Connection	<a href="https://www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/">https://www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/</a>
Colgate Oral Health Network (COHN)	<a href="https://www.colgateoralhealthnetwork.com/">https://www.colgateoralhealthnetwork.com/</a> 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 <a href="https://www.coursera.org/learn/indigenous-canada">https://www.coursera.org/learn/indigenous-canada</a>
RDHQ (Previously called DVD Quarterly)	<a href="https://members.dentalhygienequarterly.ca/">https://members.dentalhygienequarterly.ca/</a>
Hu-Friedy	<a href="https://www.hu-friedy.com/education/continuing-education-classes">https://www.hu-friedy.com/education/continuing-education-classes</a>
Hygienetown	<a href="https://www.hygienetown.com/onlinece">https://www.hygienetown.com/onlinece</a>
Pulpdent Learning	<a href="http://www.pulpdentlearning.com/">http://www.pulpdentlearning.com/</a>
Viva Learning	<a href="https://www.vivalearning.com/">https://www.vivalearning.com/</a>
Waterpik Oral Health for Professionals	<a href="https://www.waterpik.com/oral-health/pro/education/">https://www.waterpik.com/oral-health/pro/education/</a>

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.

## Save the Date!! May 14, 2022 AGM

The CDHNS will be presenting their 2022 Annual General Meeting, virtually, once again. *More details to follow.*

## 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.

### 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).

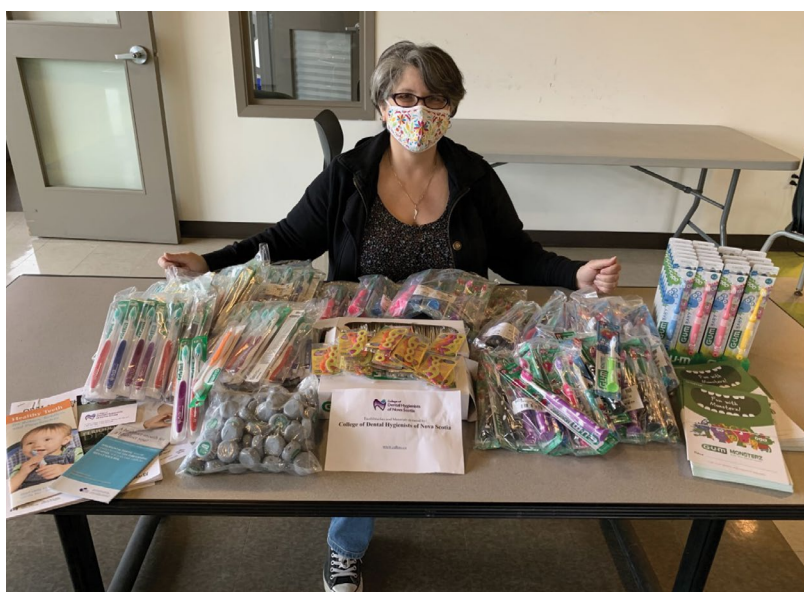
### Red Cross CPR

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 provide 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.

## Dental Hygienists in Your Community



Carmen Boyko, Executive Director, Chebucto Connections

The CDHNS resource centre recently provided oral health items, such as adult and children's brushes and floss, to Chebucto Connections. Sue Walker, RDH, acted as the liaison between the CDHNS and this organization.

Chebucto Connections' oral health pilot project supports inclusive and accessible oral health care for some of our more vulnerable community members in the Spryfield/Sambro loop area. These supplies will be used to make up 6-month oral health care packages for the program's participants.

## Enriching Awareness of the Dental Hygienist

*Clinically, ethically and personally*

The CDHNS's first virtual full day continuing competency event was held on Saturday, Nov 20, 2021 with 142 in attendance. Thank you to all those who participated in either the morning half day/afternoon half day or the full day sessions. The event was a big success and very well received. An early bird registration prize, as well as three door prizes, were given out.

### Congratulations to all winners!

- **Early Bird** - Jessica Monette of Sackville
- **Half Day - Morning Sessions**  
- Jenna Fraser of Fall River
- **Half Day - Afternoon Sessions**  
- Gina Salyzyn of Halifax
- **Full Day** - Gwyneth Ross of Dartmouth



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

## CDHA CORNER

**Dear friends and colleagues,**

*This is my first CDHA Corner since being installed as president of CDHA in October! It is a great honour for me to be your president. I'd like to take this opportunity to thank everyone who has encouraged and supported me along the way. CDHA has a great history of leadership from Nova Scotia, and I hope I can live up to those legacies.*



*On October 16, CDHA hosted a presentation by Dr. Jaris Swidrovich on cultural safety and sensitivity in health care and education, followed by its second virtual annual general meeting (AGM). Dr. Swidrovich's presentation was deeply personal and offered great insights especially for when we are working with Indigenous people as health care providers. I also hope that you found the AGM informative about the work CDHA has done over the past year on your behalf. For those of you who missed it, a video recording of the AGM is now available on CDHA's website.*

*Also in October, the board of directors met virtually for two days, during which we had productive conversations about the goals of our association based on the results of the latest membership survey.*

*The month concluded with our first-ever virtual conference. Over 2,700 dental hygienists from across the country registered! The theme of the conference was "Achieving a Healthy Workplace," another very timely subject for our profession.*

*I would like to wish you all a happy holiday season and a safe and prosperous 2022.*

**Wendy Stewart, RDH**

*CDHA president & board director, Nova Scotia  
[president@cdha.ca](mailto:president@cdha.ca)*

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

#### NEW webinars recently released:

Up in Smoke! Virtual Vaping Workshop, sponsored by Philips

AAP Clinical Applications & Case Studies, sponsored by Philips

Translating Uncertainty in Evidence-Based Practice, sponsored by Johnson & Johnson

#### Webinars coming soon:

2021 Job Market & Employment Survey, January 19

Evidence-Based Strategies for Comfort & Career Longevity, February 16

[www.cdha.ca/webinars](http://www.cdha.ca/webinars)

### OTHER NEWS

#### New Membership Benefits

Our CDHA Perks program has expanded to include Endless Savings & More (ESM)! Save on everyday purchases from even more participating merchants such as Staples, The Brick, and Anytime Fitness. More options...more savings! [www.cdha.ca/esm](http://www.cdha.ca/esm)

#### 2021 Award Winners Announced

CDHA celebrates exceptional service through its award program, recognizing members who have made outstanding contributions to the dental hygiene profession, either in their communities or nationally through the association. Check out this year's recipients at [cdha.ca/awards](http://cdha.ca/awards).

#### New Fact Sheets

CDHA has updated its fact sheet about the profession and developed a brand new companion resource explaining independent dental hygiene practice. These can be found at [dentalhygienecanada.ca/yourdentalhygienist](http://dentalhygienecanada.ca/yourdentalhygienist). To help you stay healthy at work, CDHA has developed both a downloadable and an interactive injury prevention checklist. You'll find them in the Physical Health & Ergonomics section of the Healthy & Respectful Workplace area of CDHA's website. [www.cdha.ca/healthyworkplace](http://www.cdha.ca/healthyworkplace)

#### CDHA Virtual Conference

CDHA's first-ever virtual conference in October was a huge success! Just a reminder that, if you registered but were not able to participate on October 29 or 30, you do have access to online sessions and the virtual exhibit hall **until December 31**. For a list of FAQs, visit [cdha.ca/conference](http://cdha.ca/conference).

#### 2020-2021 Annual Report & Virtual AGM Recording

If you weren't able to attend CDHA's virtual annual general meeting (AGM), you can view the 2020-2021 annual report video presentation, which summarizes CDHA's progress over the past year in meeting the organizational ends established by the board of directors. Financial statements and a one-page "at a glance" report are also available at [cdha.ca/annualreport](http://cdha.ca/annualreport). A recording of the business portion of the virtual AGM can be found at [cdha.ca/agm](http://cdha.ca/agm).

#### Save the Date

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](http://www.cdha.ca/NDHW).



[www.cdha.ca](http://www.cdha.ca)



[info@cdha.ca](mailto:info@cdha.ca)



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



[www.facebook.com/theCDHA](https://www.facebook.com/theCDHA)

# CDHNS Council Call for Nominations

Notice: CDHNS Nominations and Election Information

**3 positions on the CDHNS Council will become vacant in June 2022.** This is a call for nominations to elect members to fill the vacant positions on the College Council.

## General Information

The Council consists of 9 elected members of the CDHNS and 3 public representatives appointed by Governor in Council. The Council elects annually, from amongst its members, an Executive Committee. The Council meets at a minimum of three weekends per year to conduct business and other conference calls and special meetings, as needed. Council deliberations are guided by Vision and Mission statements (available on our website under About).

The CDHNS is required to have a Board of Directors (Council) to provide oversight and governance for the College. The Council oversees the financial situation of the College and approves standards and policies related to the regulation of dental hygiene in the province. The College and its Council operates within the Carver Policy Governance® model. Policy Governance® is a system of Board governance that provides a clear separation between governance (Council) and management responsibilities (Registrar and staff). Policy governance® enables Council to lead, direct, and control the defined outcomes of the College through carefully drafted policy statements (ENDS) and the monitoring of them. New Council members receive a full orientation to the Policy Governance® model following their election.

### ***Dear Colleagues –***

We hope that everyone had a wonderful 2021. With a new year approaching, I would like to share that CDHNS Council is seeking nominations for new Council members.

As Chair of the CDHNS Nominations Committee, I encourage you to consider sharing your expertise and knowledge and become a member of the CDHNS Council. As a Council member, your role is to help regulate the profession of dental hygiene in accordance with the Dental Hygienists Act and its regulations. The role of the College is to effectively regulate the profession of dental hygiene in Nova Scotia in the best interest of the public and promote excellence in care.

We are always seeking diversity with our new members, which includes but is not limited to, geographical location, gender, life experiences, ethnic, racial and cultural diversity, and social backgrounds. Having a diverse group of individuals will help ensure that the perspective of the profession and the public is well represented on Council with the best mix of skills and competencies to effectively govern the profession.

On June 30, 2022, there will be three vacancies available. The Council meets 3 times per year and members are elected for a 2-year term. Council is comprised of 9 dental hygienist members and 3 public representatives. Meetings are typically Friday evening and/or Saturday. Currently, meetings are held virtually. When we can meet in person again, members throughout the province will be compensated for their travel and accommodations. All members are compensated for each meeting.

As dental hygienists, our common goal is to strengthen our profession and improve the oral health of all Nova Scotians. We need your help to achieve this. Member engagement makes for a strong and successful regulatory organization.

The deadline for nomination submission is **Feb 28, 2022**. Following the election process, new Council members will be confirmed at our 2022 AGM.

**Mallory Brent**

*Nomination Committee Chair, CDHNS*



## Nominations

Any registrant who is considering running for Council is invited to sit as an observer at the January 2022 Council Meeting. Please RSVP through the CDHNS at [info@cdhns.ca](mailto:info@cdhns.ca)

### Registrants should consider candidates who have:

- ✓ An interest in serving the professional regulatory body
- ✓ Integrity and good personal judgment
- ✓ The ability to put the public interest first and only subject to that, the interest of the profession
- ✓ Effective interpersonal and communication skills
- ✓ A willingness to share opinions and ask questions
- ✓ The ability to listen to all perspectives without bias
- ✓ The willingness to commit time and energy

## CDHNS Council Nomination Form

### Part I

#### For Registrants of the College of Dental Hygienists of Nova Scotia

- While it is not mandated, in so far as possible, the slate should represent diversity with respect to geography, practice setting, and experience.
- All nominees must be registered and licensed registrants (practising) of CDHNS in good standing along with the other [nomination criteria](#).
- Nominations must be endorsed by two CDHNS registrants along with the consent of the nominee.
- Nominees must submit a biography form (included).
- Deadline for completed nominations to be received at the CDHNS office is midnight February 28, 2022. Nominations may remain open following this date if insufficient nominations are received to fill all vacant Council positions.

We, being registrants of CDHNS in good standing, nominate \_\_\_\_\_  
(Print Name) (CDHNS Lic #)

For the position of:

☐ CDHNS Councillor: Two Year Term (Starts July 2022 – Ends June 2024)

Nominated By \_\_\_\_\_ RDH Signature \_\_\_\_\_  
(Please Print) (CDHNS Lic #)

Nominated By \_\_\_\_\_ RDH Signature \_\_\_\_\_  
(Please Print) (CDHNS Lic #)

### CONSENT:

I, \_\_\_\_\_ accept this nomination. \_\_\_\_\_  
(Print Name) (Signature)

This form is available for reprint on the CDHNS website ([www.cdhns.ca](http://www.cdhns.ca)) in the electronic version of the CDHNS Unison Winter 2021 Newsletter. Registrants can also access it by logging into the Member Profile Home page and going to the Library (CDHNS Nominations Form). Nominations will be announced in the Spring 2022 Unison Newsletter.

Return this completed form to: CDHNS 11 – 2625 Joseph Howe Dr., Halifax NS B3L 4G4 , fax at (902) 444-7242, or email at [info@cdhns.ca](mailto:info@cdhns.ca)

Complete Part II on the next page

## Nominations Form

### Biography of Nominee for CDHNS Council Positions

#### Part II

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Work \_\_\_\_\_

Email: \_\_\_\_\_

Dental Hygiene Education Program/Institution: \_\_\_\_\_ Year of graduation: \_\_\_\_\_

Other Relevant Post-Secondary Education: \_\_\_\_\_

Dental Hygiene Professional Experience(s): *Please include practice settings and areas of responsibility.*

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Volunteer and/or Professional Activities:

*Please include past or present volunteer experiences on Board(s), Council(s), or Committee(s)*

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Statement of Intent: Please write a brief statement on why you are standing for election to the Council. Consider including why you are interested in serving and what you hope to accomplish.

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When partnering with Oral Science, you will receive:

- Exclusive hands-on training provided by Oral Science
- Access to certified EMS GBT Trainers
- Support from a team of Registered Dental Hygienists and GBT Integration Specialists for you and your team

## **Want excellence? I am ready to partner with you!**

At Oral Science our mission is to partner with leading dental professionals, engage with your team and educate. We will provide you with the most current and up to date research-based products that will deliver optimal clinical outcomes.

As your Dental Hygiene Preventive Care Partner for the Atlantic Region; I can offer the dental team support through customized training and continuing education. Please feel free to contact me at anytime. Book your information session today!



**Christine Ingram, RDH, DiP DH**

Dental Hygiene Preventive Care Partner Territory Sales Manager Atlantic Region

☎ 902-240-3308 ✉ [c.ingram@oralscience.com](mailto:c.ingram@oralscience.com) 📱 @ Scotiandentalpotion

# UNISON

WINTER  
2021

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 50 Issue 3

## *Important dates to remember*

**February 28, 2022:** Deadline for Council Nominations

**Beginning on March 24, 2022:** Research in Oral Health (RIOH) Presentations (Previously known as Table Clinics)

**April 1-30, 2022:** National Oral Health Month

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

**May 14, 2022:** CDHNS AGM, being held virtually

The CDHNS office will be closed on Friday, December 24, 2021 and reopening on Wednesday, December 29, 2021. It will also be closed on Friday, December 31, 2021 and opening on Monday, January 3, 2022.



From all of us here at  
the CDHNS, we wish you and your  
family a peaceful, joyful, and  
safe time during this season.

## **College of Dental Hygienists of Nova Scotia**

11-2625 Joseph Howe Drive  
Halifax NS B3L 4G4

[www.cdhns.ca](http://www.cdhns.ca)