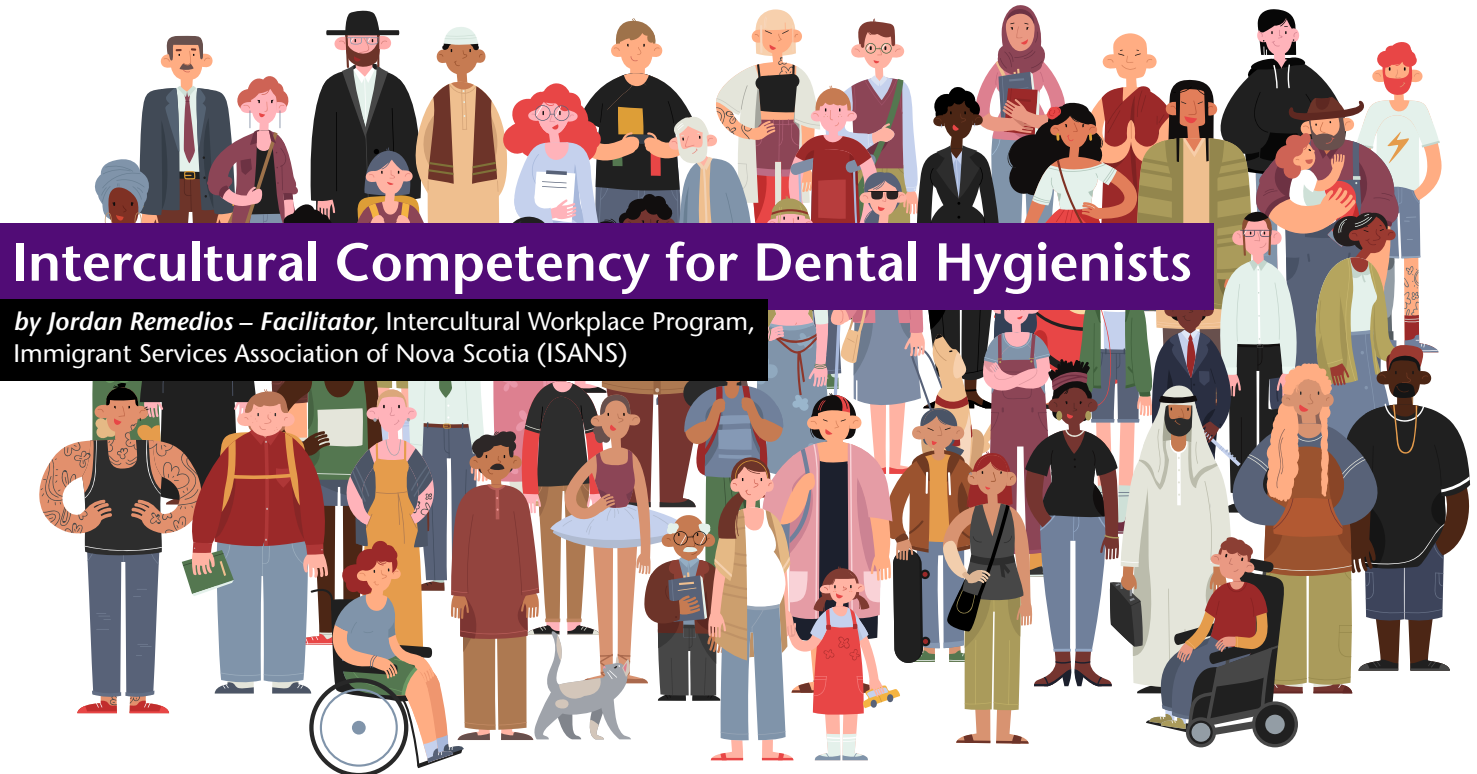


UNISON

WINTER
2022

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 51 Issue 3



Intercultural Competency for Dental Hygienists

by Jordan Remedios – Facilitator, Intercultural Workplace Program,
Immigrant Services Association of Nova Scotia (ISANS)

As Canadians, we take pride in how we welcome immigrant newcomers into our communities and workplaces. We believe *every* individual deserves to feel welcomed as their authentic selves. We, at ISANS' Intercultural Workplace Program, support employers in developing workplaces where every person is valued for what they can contribute, regardless of cultural background and national origin. We know that differences and stereotypes can limit success and thus we assist employers in increasing their awareness and knowledge about the culture and contributions immigrants bring to workplaces.

An important part of this work is ensuring that Nova Scotian workplaces have the cultural awareness and necessary intercultural skills to respond effectively to our increasingly diverse communities. This is, of course, true for the dental hygiene profession. For example, in their study examining how dental hygiene students felt

about treating culturally diverse clients, (Capozzi et al. 2018) found that while students felt confident before the appointment, following it, they reported to be less confident in their ability to provide care because they were more aware of the obstacles and challenges that interfered with meeting clients' needs (Capozzi et al., 2018).

There are simple ways to help combat this. One of the most important first steps is *taking the time to learn about our own, as well as other cultures, broadly*. Think about and discuss, with others, how this affects our understanding of oral health. A good place to begin is through cultural awareness training and self-learning! (*See references/resources at the end of this article*). This is foundational in fostering an inclusive environment that welcomes diversity.

the UNISON

is the official newsletter of the
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CDHNS Council Chair's Message

Kayla Leary-Pinch



Season's Greetings one and all! We are reminded as the daylight shortens, the air has that all too recognizable cold bite and the heating costs begin to rise, that time continually propels forwards, regardless of circumstances.

The CDHNS exists so that the interests of public safety, in regards to the practice of dental hygiene, is effectively regulated and the integrity of the profession is supported, through cost-effective stewardship of resources. As we are readjusting to our new normal, I would like to recognize the contributions of Council, Committees and staff of the CDHNS, who provided guidance to our registrants in protecting the public during the most uncertain of times of the past decade. I would also like to extend my appreciation to the registrants for being adaptive to the frequent updates and changes throughout the pandemic. In reference to change, the new IPAC standards, published Dec 1, 2022, come into effect March 1, 2023. For additional details, please refer to the Registrar's Message in this newsletter. One positive outcome to the pandemic is that it encouraged additional, and more cohesive, collaboration with oral health regulators, within the province, and across the country. The CDHNS remains committed to continuing to strengthen these relationships, as we move into the future.

You will find the notice for the CDHNS Council Nominations and Election Information in this newsletter. The nominations document is also posted in the Registrant Library. I decided to apply to Council after gaining additional insight into the roles and responsibilities after speaking with our Registrar. I would strongly encourage anyone who may be interested or have questions, to reach out to Mallory Brent, Nominations Committee Chair, or another member of Council. During my time on Council, the knowledge and experience has been invaluable to me both personally and professionally. The support I have, and continue to receive, as well as the platform to have open, safe discussion, encouraged me to move forwards in my current role as Chair. **The deadline for Council Nominations is February 28, 2023.**

In closing, I wish you and yours a happy and safe holiday season and I'm looking forward to what 2023 has to bring.

Best regards,

Kayla Leary-Pinch
Chair, CDHNS

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From the desk of the Registrar

Stacy Bryan Registrar



This was the first year that we used the new database for renewals. This included the changes to requirements for uploading evidence of Professional Liability Insurance (PLI), rather than submitting payment. Overall, the process went very smoothly, and I thank CDHNS registrants for carefully reviewing the documents and resources that were developed to assist you with renewal.

During this year's renewal, the CDHNS processed over 840 renewals, including reviewing and approving CPR uploads, reviewing PLI policy certificates, 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 Jasleen Kaur, Administrative Assistant, who recently left on her maternity leave, Danielle Graham, Administrative Assistant, who took over for Jasleen during this maternity leave (right in the middle of renewal), and Kelly Hurlburt, for their work during this time. You will see more details about Jasleen and Danielle on pg 6 of this newsletter.

On November 26, 2022, the CDHNS undertook another successful full-day virtual continuing competency event. This success was thanks once again to Kelly and Danielle; the CDHNS Member Services Committee; the terrific speakers; timely topics, as requested by you, the CDHNS registrants; and the "day-of" support of three dental hygiene students – Angel, Sama, and Veronique.

On December 1, 2022, the CDHNS published the joint Standard of Practice for Infection Prevention & Control (IPAC) document, which was adopted and approved by three of the four oral health regulators – the CDHNS, the Denturist Licensing Board of Nova Scotia (DLBNS), and the Nova Scotia Dental Technicians Association (NSDTA). [This document is published on our website and can be accessed at this link.](#) It is also be posted in the Library of your Registrant Portal under the folder: Practice Protocols and Policies.

This joint document is concurrent, and in accord with, the Provincial Dental Board of Nova Scotia (PDBNS), which is published on the PDBNS website. As all registrants have been aware, these Standards have been in development

since early 2021. In addition to the collaboration of all four NS oral health regulators, this update involved the feedback and expertise of many organizations and individuals who provided valuable feedback and insight as partners in the delivery of safe oral healthcare to Nova Scotians. This includes:

- Dalhousie University's Faculty of Dentistry
- Cape Breton Business College Dental Assisting Program
- Nova Scotia Community College Dental Assisting Program
- a very dedicated ad hoc CDHNS Infection Prevention and Control Review Committee who also willingly provided their time and expertise to this project.

There are several documents that were the building blocks for this document — the College of Dental Surgeons of Saskatchewan, the Royal College of Dental Surgeons of Ontario, and the Alberta regulatory bodies for dental assistants, denturists, dental technologists, and dental hygienists. The Alberta regulators also granted permission for us to use and adapt the diagrams in their joint document Infection Prevention and Control Guidelines 2022.

Registrants of all four oral health regulators will have until March 1, 2023 to be compliant with the Standards published Dec 1, 2022.



As you prepare to implement these Standards on March 1, 2023, you are reminded that the additional requirements regarding COVID-19 remain in place. This includes the following:

- people working in dental (and dental hygiene) practices who test positive for COVID-19 must exclude themselves from the workplace for 7 days from a positive test result, or from the onset of symptoms.
- wearing masks is still mandatory for all individuals in dental and dental hygiene clinic settings. However, masks will not be mandatory for dental office staff while in closed staff areas such as private offices, lunchrooms, and kitchens, unless dictated by a site-specific policy.

The NSDA is developing a CE module highlighting notable changes in IPAC protocols since their 2013 Guideline. This online asynchronous (on-demand) module will be launched early in 2023 and will be accessible to all oral health professionals. We would like to once again thank the NSDA for making this available to all oral health professionals. **Please stay tuned for details.**

Below is the information regarding this year's renewal:

CDHNS Registrants on November 1, 2022	
805	Practising Registrants
1	Provisional Practising Registrants
38	Non-Practising Registrants
844	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 CDHNS until October 31, 2022. These individuals are no longer authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Mary Louise	Briggs
Marie-Eve	Durand
Sheila	Gilligan
Raven	Hildebrand
Laura	Letourneau
Carol	Reesal
Melodi	Rosario-Hachey
Rhonda	Scissons
Anna	Solven
Rianna	Stoodley

Notice of Practising Licence Expiry, Registrant Submitted Intention to 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 CDHNS expire as of November 1, 2022. These individuals held a practising licence with CDHNS until October 31, 2022. These individuals are no longer authorized to practice dental hygiene in the Province of Nova Scotia.

First Name	Last Name
Misty	Adams
Theresa	Anderson
Lenora	Avery
Heidi	Bachert
Jennifer	Clark
Sam	Finch
Patricia	Grant
Cheryl	Hecimovich
Brianna	Jobe
Janie	LeBlanc
Karen	Lindsay
Michelle	MacDonald
Carlie (Joelle)	Pickles
Rachelle	Ross-Larkin
Miriam	Spina
Holly	Whitty
Kaiying	Zhu

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, 2022. 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
Rachel	Cowen
Emma	Giffin
Shannon	Johnston
Jean	Moraze

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

The following individuals notified the CDHNS of their intention to let their CDHNS non-practising membership expire as of November 1, 2022. 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
Melissa	Chute
Sarah	Dijkema
Catherine (Cathy)	Keyser
Swapnil	Narwaley

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

The following individuals did not notify the CDHNS of their intention to let their CDHNS non-practising membership expire as of November 1, 2022. 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
Pamela (Pam)	Gough
Lesley	Mackey
Tracey	Pye



For those registrants 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.

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 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.

You've Been Asking

You've Been Asking

Q: I just completed an in-person course on injections of Botox® and fillers. Can I perform these injections?

A: No. In Nova Scotia, it is not within the scope of practice of dental hygienists to perform injections for Botox® (botulinum toxin for injection) or fillers.

Dental hygienists who complete courses that cover the concepts, may submit for continuing education credit hours for course completion; however, dental hygienists are not to administer these injections. Additional education about potential services that Nova Scotians may access through dental practices, such as Botox or filler injections, will allow you, as a practising dental hygienist, to provide insights and/or appropriate referrals, as needed, regarding the services in question.

CDHNS

Staffing Updates

Congratulations to Jasleen Kaur, CDHNS Administrative Assistant, on the birth of her baby. We wish her all the best as she steps away from her duties, to be with her family.

We are pleased to welcome Danielle Graham, who will be serving in the role as Administrative Assistant, during Jasleen's maternity leave. Danielle brings with her years of experience and looks forward to connecting with as many of you as possible, while she is working with the CDHNS.

New CDHNS SFNS Rep

The CDHNS would like to announce that effective January 1, 2023, Haley MacKeen, RDH, has agreed to act as a board member representing the CDHNS for the Smoke Free Nova Scotia (SFNS) Committee. This coalition is comprised of many partners whose focus is on tobacco control issues and whose goal is to achieve a healthier Nova Scotia.

The CDHNS would also like to thank Joni Nauss for her time and dedication as the CDHNS representative for SFNS, since 2020. Her contribution over the past two years is very much appreciated.

Save the Date!!

CDHNS AGM May 13, 2023

The CDHNS will be presenting their 2023 Annual General Meeting, virtually, once again. *More details to follow.*

The CDHNS' virtual full day continuing competency event

was held on Saturday, Nov 19, 2022 with 141 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.

Congratulations to Nicole Dilney of Sydney who was the winner of the early bird registration prize.



Continuing Competency Program Review



Sydney Nelson,
CDHNS QAC Chair
2022/2023

On behalf of the Quality Assurance (QA) Committee, I would like to present the most current item of interest.

In addressing the CDHNS's responsibility to protect the public, quality assurance is one element that the CDHNS uses to meet this responsibility of ensuring that dental hygienists provide safe and effective dental hygiene care. As advised in previous years, the CDHNS Continuing Competency Program (CCP) Requirements revisions are being introduced in phases.

The first three phases of revisions have already been implemented between January 1, 2019, to October 1, 2021. One minor change has been recently approved by the CDHNS Council and it will be in effect on January 1, 2023 —Section 6.2.2 (b), practising registrants who publish a dental hygiene related article will be able to claim 10 hours for each dental hygiene related article published in any refereed journal, not just journals of dental or dental hygiene literature. Please take the time to review the revised CCP document and ensure that you are familiar with it. It will be posted for you on January 1, 2023. The remaining

outstanding revisions, as identified in Table 2, on page 14 of the [Winter 2020 newsletter](#), will be implemented in the future.

Sincerely,

Sydney Nelson, Chair, Quality Assurance (QA) Committee

Registrants whose reporting period ends on December 31, 2022, must have completed a minimum of 45 eligible credit hours from January 1, 2020, to December 31, 2022. Each year, 20% of the registrants whose reporting period is ending is randomly selected by a third party for an audit to confirm they have met the requirements. The randomly selected registrants will be notified in early January, 2023 that they have been selected and will be provided with the audit submission timelines. Please ensure that your professional development is entered online, and that all your supporting documentation is readily available. Individuals whose cycle ends as of Dec 31, 2022, and are selected for audit, must ensure they comply with the requirements that were in place at that time. (The revision effective January 1, 2023 does not apply to your cycle that ends Dec 31, 2022.)

Dalhousie's Faculty of Dentistry Continuing Professional Education

ACDE Webinar Series

Monday, January 9, 2023/9:00 PM to 11:00 PM – 2 Hours

Collaborative care for the medically complex dental patient Presenters: *Dr. Gayathri Subramanian and Dr. Samuel Quek*

Wednesday, January 18, 2023/9:00 PM to 11:00 PM – 2 Hours

The effect of gingival phenotype on periodontal health Presenter: *Dr. Thomas Nguyen*

More information can be found on the CDE website at www.dal.ca/dentistry/cde

Request for Judges for the 2023 Dental Hygiene RIOH Presentations

Date: On March 24, 2023, 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

Judges of this live event will be required, in-person, from 4:30 pm to 9:00 pm.

Please contact khaslam@dal.ca ,for further information.

Dalhousie University Faculty of Dentistry Research in Oral Health Presentations (RIOH)

The 2023 RIOH presentations will be held in-person, this year. The presentations will be available, virtually, after the live event, for those who cannot attend.

Date: Friday, March 24, 2023.

Time: Registration Opens: 4:30 pm

Presentations: 5:00 pm – 8:00 pm

Location: TBA

Credits: *Live Event* - 2 hours, Category 1
(To receive CC credits, you must sign-in at the registration desk by 6:00 pm)

Virtual Attendance: 2 hours, Category 1
(To receive CC credits, you must successfully complete a post-test on the material covered.)

COVID-19 incidence and vaccination rates among Canadian dental hygienists

The Canadian Journal of Dental Hygiene (CJDH) recently featured an Original Research article titled, *COVID-19 Incidence and vaccination rates among Canadian dental hygienists*. This article can be read, in full, by accessing this link: <https://www.cjdh.ca/>

COVID-19 incidence and vaccination rates among Canadian dental hygienists

Leigha D Rock, BDSc, PhD, RDH; Sreenath Madathil, BDS, MSc, PhD; Mehak Khanna, BDS; Lindsay K Macdonald, DipDH, BA, MHS, RDH; Carlos Quiñonez, DMD, MSc, PhD, FRCD(C); Michael Glogauer, DDS, PhD, DipPerio; Paul Allison, BDS, MSc, PhD, FDSRCS(Eng), FCAHS | *Can J Dent Hyg* 2022;56(3): 123-130

Background: Oral health care settings potentially carry a high risk of cross-infection due to close contact and aerosol-generating procedures. There is limited evidence of the impact of COVID-19 among dental hygienists. This longitudinal study aimed to 1) estimate COVID-19 incidence rates among Canadian dental hygienists over a 1-year period; and 2) estimate vaccination rates among Canadian dental hygienists. **Methods:** A prospective cohort study design was used to collect self-reported COVID-19 status from 876 registered dental hygienists across Canada via an online baseline survey and then 6 follow-up questionnaires delivered between December 2020 and January 2022. Bayesian Poisson and binomial models were used to estimate the incidence rate and cumulative incidence of self-reported COVID-19.

Results: The estimated cumulative incidence of COVID-19 in dental hygienists in Canada from December 2020 to January 2022 was 2.39% (95% CrI, 1.49%–3.50%), while the estimated cumulative incidence of COVID-19 in corresponding Canadian provinces was 5.12% (95% CrI, 5.12%–5.13%) during the same period. At last follow-up, 89.4% of participants self-reported that they had received at least 1 dose of a COVID-19 vaccine. **Conclusion:** The low infection rate observed among Canadian dental hygienists between December 2020 and January 2022 is reassuring to the dental hygiene and general community.

"This work was funded by the Canadian Foundation for Dental Hygiene Research and Education as one of three "sister" studies I had the privilege to work on with this group. The study looks at the incidence of COVID-19 in Canadian dental hygienists and it was the first dental hygiene-specific analysis to be published. Jessie Yang, one of our bachelor of dental hygiene students, carried out one of the analyses as a summer project under the supervision of Lindsay MacDonald and me. She also submitted her manuscript to the CADR-NCOHR Student Research Competition, Junior Category – and won! Overall, I am very proud of our work on this study. It is novel and important information, and it supports our profession."

– Leigha Rock, BDSc, PhD, RDH

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

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.

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).

Lifesaving Society

Based on current course offerings and levels, the accepted course from NS's Lifesaving Society is CPR Healthcare Provider/AED.

Red Cross CPR

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

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.

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.

An important example which illustrates this is the Canadian Muslim community. A small but growing population, Islam was the second most reported religion in Canada in 2021, representing nearly 1 in 20 people (Government of Canada, 2022).

While we should, of course, avoid stereotyping others, a better understanding of Islam and associated cultural practices can help us adopt culturally acceptable behaviors and strengthen provider-client relationships.

In Sirois et al.'s 2013 study, they offer recommendations on how to blend western healthcare with Islamic practices. Keeping these in mind can help us offer more culturally competent care to Muslim clients.

- 1) Many Muslims view alcohol or alcohol-containing products as haram (forbidden). As such, if an alcohol-containing medication is needed, it is best to carefully explain risks and benefits before administration (Sirois et al., 2013). This information can be useful when discussing mouthwashes as part of your oral hygiene instruction, because many mouthwashes contain alcohol.
- 2) Many Muslims fast during the sunlight hours during Ramadan, the ninth month of the Islamic lunar calendar.
 - a. This may contribute to a dryness of the mouth, which may mislead a dental hygienist to misdiagnose the client with having poor oral hygiene or oral disease (Sirois et al., 2013).
 - b. As well, during Ramadan, some Muslims complete their oral cleansing before sunrise or after sunset. A Muslim who attends a daytime dental visit may be viewed as breaking their fast. Thus, it may be best to discuss the necessary dental routine before scheduling the client or schedule the client after sunset times or at times, other than during Ramadan, to avoid conflict (Sirois et al., 2013).
- 3) Islamic modesty may inhibit a dental provider's ability to properly examine a client. This may require a respectful conversation explaining what examinations are needed, what is involved on the part of the client and the practitioner and when to adjust clothing to prepare the client prior to examinations (Sirois et al., 2013).

- 4) In Western culture, dental hygienists may instinctively use touch as a sign of empathy or to strengthen the bond between client and provider. For some Muslims, it is inappropriate to touch a person of the opposite sex unless you are closely related or the spouse of the person. Being aware and respectful of this may help avoid uncomfortable situations between practitioners and clients.

While the tips, above, can help us understand one group of Canadians, it is important to remember that intercultural competency is not a list of dos and don'ts. We cannot learn everything about all the cultures and subcultures around the world. Rather, intercultural competency is an ongoing process of becoming adaptable, curious, and insightful. It is upon this that which our knowledge and skills grow (Campinha-Bacote, 2002).

Consider the following tips and whether they are put to practice in your workplace:

1. Identify your own learned cultural assumptions and generalizations.
2. Recognize that initial reactions are influenced by our cultural backgrounds and biases. This often leads to inaccurate interpretations of situations and individuals.
3. Try to listen and understand rather than evaluate and judge.
4. Raise your awareness:
 - a. Appreciate that cultures take different approaches to dental care, building trust and rapport.
 - b. Consider that culture strongly influences our attitudes and notions towards seeking help and preventative care, beliefs about teeth and the mouth and the prevalence of folk/home remedies (Carteret, 2013).
5. Use your skills:
 - a. Take what you have learned about distinct cultures and try to see situations from other cultural perspectives.
 - b. Appreciate the difficulty in communicating in English as an additional language.

Also, consider these selected recommendations (Lukes, 2016):

1. Collaborate with community organizations like Immigrant Services Association of Nova Scotia (ISANS) to design, implement, and evaluate policies, practices, and services to ensure cultural appropriateness.
2. Ensure marketing and promotional tools include culture-specific attitudes and values.
 - a. *"Newcomers who are able to obtain, understand, and act on oral health information with little difficulty, are also higher utilizers of dental care services; thus, they are more adept in managing oral disease and improving their oral health outcomes"* (Elkerdany et al., 2020)
3. Offer language assistance to individuals who have limited English proficiency and/or other communication needs.
 - a. Also, provide easy-to-understand print and multimedia materials and signage in the languages commonly used by the populations in the communities you serve.
4. Be open to the idea of including family and community members in health-care decision making.

The goal is to provide equitable, understandable, and respectful quality care for all peoples. In order to do this, we need to be responsive to diverse cultural health beliefs and practices, communication needs and health literacy of all people in our communities. We can do this by working together and helping create places where all can be healthy, belong and grow!



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Resources:

- [ISANS – Intercultural Workplace Program](#)
- [Promoting Inclusive Workplaces: A Practical Tool for All](#)
- [Intercultural glossary](#)
- [Cultural Atlas](#)

About the Author: Jordan Remedios has been working as the facilitator of the Intercultural Workplace Program since January, 2021. After receiving his degree in Sociology and History from Memorial University of Newfoundland, he spent 5 years working with adult English language learners in South Korea, Vietnam, and China. During this time Jordan learned a lot about adult education principles as well as intercultural competencies. He is a proud member of the ISANS team and is currently completing his Masters of Education at MSVU in Halifax.

Assigning Credit Hours for Online Courses



College of
Dental Hygienists
of Nova Scotia

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	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)	www.rdhu.ca/the-rdh-view

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

Canadian Dental Connection	www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/
Colgate Oral Health Network (COHN)	www.colgateoralhealthnetwork.com/ Online webinars with post-tests
Dental Hygiene Quarterly (Previously RDHQ)	www.rdhu.ca
Hu-Friedy	www.hu-friedy.com/education/continuing-education-classes
Hygienetown	www.hygienetown.com/onlinece
Indigenous Canada: 12 Module Course: 3 hours – Cat 1; 9 hours – Cat 3	Offered through University of Alberta's Faculty of Native Studies www.coursera.org/learn/indigenous-canada
Pulpdent Learning	www.pulpdentlearning.com/
rdhu (live-streaming and on-site courses)	www.rdhu.ca (If you have questions about a specific course re: Category or hours, please contact the CDHNS directly)
Viva Learning	www.vivalearning.com/
Waterpik Oral Health for Professionals	https://www.waterpik.com/oral-health/pro/education/

Please note: Many other online providers 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 username and password.

How Long Do I Have to Retain My CC Records?

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

Dental Hygienists in Your Community

The CDHNS resource centre provided brushes and floss to Devan Coldwell, RDH, when she presented to children at schools in Pictou County.



Devan Coldwell, RDH, presenting to elementary school students

"I was asked to come and do a few presentations for different schools and when I reached out, the CDHNS was quick to respond and help me out with the resources needed! The kids were thrilled with their new toothbrushes and floss they all got to take home."

– Devan Coldwell, RDH

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.

A great year for Jessie Yang, BDH'22

Jessie Yang graduated from Dalhousie University with her bachelor of dental hygiene degree on November 1. During her program she discovered a great passion for research, which is being translated into published articles and prizes. Her BDH research project, carried out with fellow BDH student Miriam Spina and supervised by Prof. Heather Doucette, was a scoping review on the cultural implications of new Asian immigrants' access to oral health care. It will be published in the *Canadian Journal of Dental Hygiene* in February 2023.



Jessie Yang, RDH

Jessie's essay, "Child abuse and neglect: Recognition and reporting responsibilities of dental hygienists in Canada", won the 2022 CDHA/CJDH Student Writing Competition in the Best Essay category. It will be published in the fall/winter issue of *Oh Canada!*. Her most recent accolade is the CADR-NCOHR Student Research Award (Junior Category) for her research project, "Evaluating Dental Hygienists' Anxiety in Relation to COVID-19 Policy Changes". She will present her research at the AADOCR/ CADR Annual Meeting in Portland, Oregon, in March 2023.

Link to Dal News article: https://www.dal.ca/news/2022/11/01/grad-profile--discovering-a-passion-for-research.html?utm_source=dalnewsRSS&utm_medium=RSS&utm_campaign=dalnews

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

CDHNS Council Call for Nominations

Notice: CDHNS Nominations and Election Information

6 positions on the CDHNS Council will become vacant in June 2023. 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 an amazing 2022. 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 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, 2023, there will be six 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 ensuring safe and competent dental hygiene practice and improving 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 **February 28, 2023**. Following the election process, new Council members will be confirmed at our 2023 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 2023 Council Meeting. Please RSVP through the CDHNS at 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 **February 28, 2023 at 11:59 pm**. 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 2023 – Ends June 2025)

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) in the electronic version of the CDHNS Unison Winter 2022 Newsletter. Registrants can also access it by logging into the Registrant Portal Home page and going to the Library (CDHNS Nominations Form). Nominations will be announced in the Spring 2023 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

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.*

Volunteer and/or Professional Activities:

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

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.

UNISON

WINTER
2022

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 51 Issue 3

Important dates to remember

February 28, 2023: Deadline for Council Nominations

March 24, 2023: Research in Oral Health (RIOH) Presentations (Previously known as Table Clinics)
**being held in-person, with option to attend virtually, after the live event.*

April 1-30, 2023: National Oral Health Month

April 4-10, 2023: National Dental Hygienists Week™

May 13, 2023: CDHNS AGM, being held virtually

The CDHNS office will be closed on Monday, December 26, 2022 and Tuesday, December 27 and on Monday January 2, 2023.



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