Mission Statement
The College of Dental Hygienists of Nova Scotia, in the best interest of the public, regulates members, promotes excellence in care and advances the profession.

IFDH International Symposium on Dental Hygiene

Basel Switzerland was the idyllic location for the 2016 International Symposium on Dental Hygiene. Located along the world famous Rhine and nestled at the junction of France, Germany and Switzerland the city of Basel had everything to offer its guests; old world charm, iconic landmarks, modern convention facilities, world famous wines and breath taking beauty.

Over 1800 dental hygienists from around the world gathered to exchange information and hear the latest in oral health research. The topics ranged from early childhood caries to geriatric care. Of note would be the increase in attention and research in the field of oral care for the infirm. Other notable presentations were the Sunstar World Dental Hygienist Award Winners topics; Rebecca Barry presented her research on Operator Positioning and its impact on musculoskeletal disorders and Juliet Dang shared her work on novel human papillomaviruses in oral rinse samples from oral pharyngeal cancer patients. The project category was won by Sandra Kemper for her work in Bolivia through her Smiles Forever Foundation where she not only delivers oral care but has started a dental hygiene school to educate local dental hygienists.

There were poster presentations from dental hygienists in many countries. Located just below the entrance to the main plenary sessions the posters received a lot of attention. The abstracts will be published in the International Journal of Dental Hygiene this fall.

Prior to the Symposium the House of Delegates made up of representatives from 31 countries gathered to discuss our profession world wide. The many issues of interest to the international body center on increasing the profession’s existence in countries without dental hygienists, working to achieve recognition for the profession in countries where they work unregulated and to increase our professional profile within the oral health community globally. The IFDH has a social responsibility agenda that works to increase access to oral health care world wide. A workshop will be held in July 2017 to work with all member countries to implement a social responsibility project within their country.

During the House of Delegate meeting the new Board of Directors were elected; Robyn Watson of Australia as President, Corrie Jongbloed Zoet of the Netherlands as President Elect, Wanda Fedora of Canada (Nova Scotia) as Vice President, Michaela O’Neill from the United Kingdom as Secretary and Mary Rose Pincelli Boglione from Italy as Treasurer.

The next International Symposium is scheduled for July 2019 in Seoul, Korea. The Korean Dental Hygienists are already busy planning the scientific agenda and social events and with their neighbours in Japan they expect to welcome over 5000 dental hygienists to Seoul. Why not plan to be one of them!!
Dear Friends and Colleagues,

It is hard to believe that summer has come and gone for another year, and that fall is upon us. As we get back to our regular routines, the College will be busy with license renewals, Council meetings, committee meetings, and many other activities on your behalf.

This fall, we will be welcoming some new Council members to our table. Two members of CDHNS have accepted positions on Council: Allison Craig of Hebbville and Vanessa Romain-Amirault of Yarmouth. These members will be attending an orientation session with our Policy Governance coach, Susan Rodgers, prior to their first council meeting in September. Welcome ladies! We are looking forward to your participation on Council.

In June we held our Annual General Meeting, and it was nice to see so many members in attendance for both the AGM and for the educational sessions provided for the remainder of the day. Dr. Rob Strang, Chief Public Health Officer for Nova Scotia, offered greetings on behalf of the Minister of Health and Wellness, Hon. Leo Glavine. Our keynote speaker, Barb Fry, provided a very entertaining perspective on “Thriving in Our Changing Workplace” with a focus on the quality of our workplace relationships. In addition, we learned about independent practice settings from Wanda Fedora and Dianna Major.

The College of Dental Hygienists of Nova Scotia works hard on your behalf, and it is important that you stay informed. Feel free to contact any member of Council or the office of the College if you have any questions or concerns.

Sincerely,

Joyce Lind
Chair, CDHNS 2015-2016

The next Council meeting will be held on September 9 and 10, 2016
The online renewal site will open September 01, 2016. To prepare for renewal, ensure that the CDHNS has your current email address. To update your email address or other personal information go to the CDHNS website www.CDHNS.ca > Member Login > sign in > edit my profile (on the left hand side).

All categories of licences, practicing and non-practicing, expire on October 31, 2016. Renew your licence early to avoid any interruption in your ability to practice and to avoid reinstatement fees.
2016 CDHNS AGM Highlights

On June 04, 2016, the 2015–2016 Annual General meeting took place at the McNally Main Theatre, St. Mary’s University in Halifax, NS with nearly two hundred members in attendance. The Council Chair Joyce Lind called the meeting to order and introduced the Council members present and special guest Dr. Robert Strang, the Chief Medical Officer of Health in NS.

Special Guest
Dr. Rob Strang, Chief Medical Officer of Health, Province of Nova Scotia brought remarks on behalf of the Minister of Health the Honorable Leo Glavine. Dr. Strang spoke to the government’s commitment to prevention, the overall oral health strategy in NS, and that multiple voices are needed to bring the message of the importance of oral health forward.

CDHA NS Director
Joanne Noye, Nova Scotia member of the Canadian Dental Hygienists Association (CDHA) Board of Directors presented highlights of the CDHA activities through the past year.

Annual Report and Audit Statements
The Annual Report 2015-2016 including the Council approved Audited Financial Statements was received by the membership and have been posted on the CDHNS website for members and the public to view.

Public Representation
Michele Brennan, the first officially appointed government representative on the CDHNS Council presented on the “role of the public members.” Michele also included the appointment and nomination process for government appointments to boards and councils.

Election of New Council Members
The Nominations Slate was presented to the members present and two new Council members, Allison Craig and Vanessa Romain-Amirault, were elected and two returning Council members, Shannon O’Neill and Donna Samson, were re-elected for a two-year term.
Celebrating the Profession - AGM Presentations

Recognition of Committee Members - retiring 2015/16
Joyce Lind recognized the members that had retired from the CDHNS Committees over the past year. Those in attendance who did not previously receive a certificate of recognition received one at the meeting.

“You Make Me Smile” - Courtney Reeves
To promote the profession and to honour our members, the CDHNS reinstated the “You Make Me Smile Award”. This award is presented to a dental hygienist who has been nominated by their client for extraordinary care or concern. The winner of the 2016 You Make Me Smile Award was Courtney Reeves. Courtney received the award as she was nominated for her dedication to oral health by one of her clients. Courtney was unable to attend the meeting and was presented with her award by the Registrar at a later date.

Ambassador of the Year - Paulette Hawksworth
Shannon O’Neill was called to the stage to present the Ambassador of the Year Award to Paulette Hawksworth. Paulette was an advocate and great influence in changing Bill 60 – Amendments to the Smoke Free Places and Tobacco Access Act. Paulette has been the CDHNS representative at Smoke Free Nova Scotia for the past several years.

Council Members - Simone d’Entremont and Karen Fuller
Joyce Lind recognized and thanked the retiring Council members, Simone d’Entremont (pictured) and Karen Fuller by presenting them with framed certificates to honor their service on Council and to the CDHNS. Karen served a two-year term and Simone completed four years in total.
Focus on the Workplace - 2016 Continuing Education Event

The 2016 AGM was followed by the annual Continuing Education Event featuring informative and interesting speakers discussing professional workplace topics, a social time over lunch and door prizes!

Key Note Address – with Barb Fry, RN, BN, M. Ad. Ed.
The morning began with a lively and humorous key note address entitled “Dental Hygienists Thriving and Leading in Our Changing Workplace” - a presentation for reflection which set the stage for the remainder of the day. Barb’s introduction promised that the participants would:

1. Explore some impacts of change on individuals, workplace relationships, and quality of service.
2. Reflect on leading and managing in today’s world of work.
3. Ponder some tips for thriving.
4. Laugh!

These objectives were met as Barb, using parallels between the dental hygiene profession and her experiences in the nursing profession, discussed such things as the transition phases of change, resistance to change, attitudes, types and toxic behaviors we can encounter in the workplace. Barb shared her Top Ten Tips for Thriving in the Workplace and her “Saturday Night Live Deep Thoughts”.

Her delivery was sometimes light hearted, (who will forget that fabulous tiara) but whether humorous or serious she ultimately returned to the key message of professionalism: “At work you are accountable and responsible for professionalism. Your standards require it!”

Lunch/ Social Break/Celebrating our Members
Participants enjoyed a casual buffet style lunch and time to socialize with classmates and meet new colleagues in the profession.

This marked the fifth Continuing Education Event held by the CDHNS and six members in attendance were recognized for their support of the CDHNS by attending all five. Recognized for “Perfect Attendance” were Sheena Burgess, Lisa Janacek, Heather Sutherland, Denise Tompkins and Micheline Kerekes. Missing from photos, Janet Hardy.

The afternoon began with Dental Hygiene Employment in Nova Scotia – Fact and Fiction presented by Patricia Grant, Registrar CDHNS. Patricia continued the theme of “Focus on the Workplace” with a look at the current employment situation in Nova Scotia and the results from the most recent CDHA Job Market and Employment Survey. Practical ideas on how to use this information in employment interviews and job performance and salary negotiations were discussed. The results of CDHA survey can be found on the at www.cdha.ca under Careers, then Job Market and Employment Survey.
After a refreshment break “Without transformation there would be no butterflies” was presented by Heather Bell, CDHNS Project Coordinator. This presentation was on the emerging work places for dental hygienists in alternate practice settings. Heather shared her work on reviewing independent practices under our legislation and the development of policy around independent practice. The presentation included information and resources available from the CDHNS for registrants who are considering an alternate practice setting and touch briefly on the topic of a “practice review”.

Learning from the Pioneers – what were they thinking?  
Two early adapters in independent dental hygiene practice Dianna Major and Wanda Fedora presented their stories on developing two very different types of dental hygiene practices in different areas of Nova Scotia.

Dianna Major presented Independent Practice – Is it for You? where she discussed her road to the establishment of Dianna Major Dental Hygiene Clinic in the Sackville area of Halifax. Dianna shared her advice to anyone thinking about independent practice, what she has learned, and what were the challenges and the joys she experienced along the way.

Following Dianna’s story, we heard from a second entrepreneur who told us she was “following the dream in Cape Breton.” Wanda told her story of wanting to work in long term care since before she graduated in dental hygiene and before our legislation would allow it! Wanda Fedora is the owner of Island Oral Health Services a mobile dental hygiene practice that has affiliation with several long term care institutions in the Sydney area. She gave a few pointers on how to get started and what to expect. Her presentation included slides from her work in the long term care environment, examples of critical documents such as a health questionnaire and assessment sheet, and information on how her days run.

For both of these independent practitioners the passion for the work they do with underserved communities showed through in their presentations. The panel members stayed to entertain questions from the audience.

Thank you
Special thanks to all our sponsors and supporters especially Stephanie MacLellan from Sinclair Dental for supplying gift certificates for the door prizes and to Bonne Cuisine Catering for their continued support. Thank you also to CDHNS members who supported the event by attending and completing our evaluation survey. Hope many more of you will come and join us in 2017.

Some of the speakers have agreed to share their presentation handouts on the CDHNS website at: www.cdhns.ca > Events 2016.
Deo Butoyi slips into the Monday evening clinic at Dalhousie’s Faculty of Dentistry quietly, and matter-of-factly takes his place in the dental chair. He is wearing a plaid shirt, jeans and sneakers. He pulls on the blue protective glasses that will shield his eyes during treatment.

It all happens wordlessly, with a few gestures from Dental Hygiene students Laken Brimicombe and Shannon MacFarlane to explain what they need Deo to do.

Deo is a recent immigrant from Burundi. He speaks “some English,” as he describes, but is still more at ease communicating in Swahili and Kirundi. He arrived in Halifax in the spring of 2015 with his twin brother. After their parents were killed as the result of political conflicts in their home country, Deo and his brother ran away and spent 15 years in a refugee camp on the border between Tanzania and Burundi before getting the chance to come to Canada.

Getting his teeth cleaned might seem a small thing, given what Deo has been through. But through his interpreter, Janet Niyonkuru, with whom he speaks Kirundi, Deo says that he is happy to be having his teeth cleaned so that “bacteria cannot damage my teeth.”

Laken says that Deo is a “quiet but very appreciative” patient. This is his second visit to the clinic and Shannon estimates that it will take a total of three-to-four treatment sessions to complete the debridement and oral health care needed. Laken and Shannon take turns, with one working on the teeth, a few at a time, and the other helping with suction and charting. They both say they look forward to working at the Monday evening clinics.

A partnership with ISANS

The School of Dental Hygiene has worked with the Immigrant Services Association of Nova Scotia (ISANS) since 2012 to provide dental health care to new immigrants to Nova Scotia. Dental Hygiene students are challenged by more complex cases, develop their skills and learn about giving back to the community. At the same time, Nova Scotia’s new immigrants receive what is often badly needed oral health care.

At first, the new immigrants came primarily from one country at a time, such as the Republic of Congo, Bhutan and Kosovo, and ISANS provided an interpreter who would accompany the new immigrants — usually a group of 20 — on their visits to the clinic. As time has gone on, however, the immigrant population has become much more diverse, with many more languages spoken.
It was becoming increasingly difficult for ISANS to provide enough interpreters for all the languages the different immigrants speak and deal with the additional challenges of helping patients verify their medical histories and convey dental-specific vocabulary.

Finding interpreters in-house

Making the observation that the Faculty of Dentistry comprises a diverse mix of people of different cultures and languages, Kore-Lee Cormier, supervisor of patient services, suggested that a good supply of health-trained volunteer interpreters might be found within the walls of the Dentistry Building.

Dr. Cynthia Andrews, assistant professor in the Department of Dental Clinical Sciences and also the coordinator of interprofessional education, sent out a request for multilingual student volunteers and was soon able to compile a list of over 30 third and fourth-year dental students who speak 20 different languages between them, from Arabic to Yoruba. Students from other health professions heard of the interpreter project and also volunteered their time.

At one particular night at the clinic this past January, Dinesh Thapa from Nepal, who is studying for his master’s in Pharmacology at Dalhousie, was interpreting for a Nepalese patient and the two hygienists who were providing care.

“I always like to help,” Dinesh says, simply, when asked why he volunteered.

Abdullah Alawady is a third-year Dentistry student. Originally from Kuwait, Halifax is now his home. “If doing this helps, I am glad to be helping,” he says. He circulates among six or seven Arabic-speaking clients, interpreting as needed.

“It’s comforting to people to be able to speak in their own language,” he says, “and it makes it easier for the students working on the patient if I can help explain some of the procedures.”

Susan Keating-Bekkers (DipDH’91) is on duty this particular evening. She worked part-time in the Faculty of Dentistry for 12 years and now volunteers at the Monday night clinics. She also helps to fund the ISANS clinic.

“I wanted to see it continue and for it to be a sustainable program,” she says. “As soon as it started, we could all see the need for it. Plus the clinical learning the students get is exceptional. It’s a win-win for everyone: the students benefit from the experience they gain and oral healthcare is delivered to an underserved population.”
**Study Club Announcements**

**South Shore Dental Hygienists Study Club**

Reminder to the South Shore Dental Hygienists Study Club about our upcoming meeting on September 24th! We are excited to have Dr. Nickerson, Dr. Dakin and Dr. McLeod joining us to speak on various topics! Hope to see you all there!

**Caper 1 Study Club**

The Caper 1 Study Club will be having its fall meeting on Sunday October 2nd at 1:30 p.m. at the Cape Breton Regional Hospital, Education Room 3612.

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**CPR Level HCP Renewal**

Saturday, September 10th, 2016

Course: HSF CPR re-certification for HCP with AED (2015 Updates included)

Venue: 690 East River Road
        Community Health Centre,
        New Glasgow, NS

Time: 10.00 a.m – 1:30 p.m.

Date: Saturday September 10, 2016

Register at: r.b@ns.sympatico.ca

Instructor: Rosemary Bourque

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**Did you know 2015 Updates to CPR Guidelines are being included in Heart & Stroke Foundation BLS CPR courses you enroll for now?**

Basic updates include but are not limited to:

- Recognition of availability of cell phones at emergency situations.
- Checking breathing and pulse at the same time.
- Increased emphasis on team approach.
- Increased emphasis on high quality CPR such as compressions of adequate depth and rate and allowing full recoil.

2015 Updates as well as the full guidelines are published at the Heart & Stroke Foundation (HSF) Log In site for Providers/Instructors: https://resuscitation.heartandstroke.ca/

Visit the site to review the published documents and scientific data behind the recommendations.

You can also purchase your own up-to-date Student Manuals/Workbooks hard copy or digital version from the new Heart & Stroke Foundation Heart Shop. Go to: https://resuscitation.heartandstroke.ca/
and click on “Shop For Training Materials” on the right side of the page.

To obtain an online version of the HSF BLS CPR for healthcare professionals, go to: https://resuscitation.heartandstroke.ca/
And look for “Purchase eLearning” on the right side of the page. You must have system requirements to access eLearning and funds are in U.S. dollars. After completion of an online course, you must be tested by a certified HSF instructor.

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**CPR Courses in Nova Scotia**

Saint John Ambulance
www.sja.ca/NSPEI

Red Cross
https://apaccess.redcross.ca/course-manager/coursesearch.aspx

Heart and Stroke Foundation
www.heartandstroke.com

In HRM
Wendy Stewart
wendy_stewart_96@hotmail.com

Jim Williams
emergency_scouts@hotmail.com

In HRM and South Shore
Rick Courtney
www.cfatraining.ca

In Pictou County and Northern NS
Rosemary Bourque
r.b@ns.sympatico.ca

Please send your favourite CPR contact to the CDHNS so we may add them to our database.
SPECIAL MORTGAGE OFFER TO CDHNS MEMBERS FROM MANULIFE BANK

MANULIFE ONE IS AN INNOVATIVE, ALL-IN-ONE ACCOUNT THAT ALLOWS YOU TO COMBINE YOUR MORTGAGE, PERSONAL LOANS AND LINES OF CREDIT WITH YOUR INCOME AND SHORT-TERM SAVINGS. BY CONSOLIDATING YOUR DEBT AT A COMPETITIVE LOW INTEREST RATE(S), AND THEN USING YOUR INCOME AND SHORT-TERM SAVINGS TO REDUCE YOUR BALANCE, YOU COULD TAKE YEARS OFF YOUR MORTGAGE AND SAVE THOUSANDS IN INTEREST.

HIGHLIGHTS:

- OPTION OF INTEREST PAYMENTS ONLY ON MORTGAGE DEBT DURING PERIODS OF REDUCED CASH FLOW (I.E.) UNEXPECTED MONTHLY EXPENSE, PERIODS OF INCOME UNCERTAINTY, ETC.
- WE PAY MIGRATION COST, LEGAL FEES AND APPRAISAL COST
- SIMPLE INTEREST VERSES COMPOUND INTEREST USED IN MORTGAGE CALCULATION
- ACTUAL SCENARIO: MALE 42, FEMALE 40, MORTGAGE BALANCE $246,266; MONTHLY PAYMENT $1,471.00. MANULIFE ONE BANK PAYMENT $718.00 – MONTHLY SAVINGS $753.00
- INCREASED RATE OF RETURN ON SHORT TERM SAVINGS, EDUCATION ACCOUNTS & LONG TERM (RETIREMENT) ACCOUNTS

TO FIND OUT IF THIS NEW BANKING OFFER CAN BE OF ASSISTANCE TO YOUR PERSONAL SITUATION PLEASE DIRECT INQUIRIES TO RUDY KNIGHT, A MANULIFE ADVISOR, (CONTACT INFORMATION LISTED BELOW) AND HE WILL MAKE ARRANGEMENTS FOR AN AT HOME INTERVIEW WITH A CONSULTANT IN YOUR AREA / PROVINCE.

RUDY B. KNIGHT
433 DUTCH VILLAGE ROAD
HALIFAX, NOVA SCOTIA B3N 2S7
BUS: (902) 457-0700 / FAX: (902) 443-3166 / CELL: (902) 499-1135
E-MAIL: KNIGHT@EASTLINK.CA
Important Dates to Remember

CPR Level HCP Renewal
September 10, 2016

South Shore Dental Hygienists Study Club Meeting
September 24, 2016

Caper 1 Study Club Meeting
October 2, 2016

CDHNS Council Meeting
September 9 and 10, 2016

Renewal Documents Due
October 1, 2016

New Licences Start
November 1, 2016

Renew your licence at
www.cdhns.ca
It’s simple, fast, and secure. Online renewal will open September 1, 2016.
To allow for processing all applications and fees must be received by the CDHNS by October 3, 2016.
Current licences expire on October 31, 2016.