

Volume 37

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# UNISON

Official Newsletter of the Nova Scotia Dental Hygienists' Association

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## Dates To Note

April is  
National Oral Health Month

Dalhousie Student Table Clinics  
February 13, 2009  
5:00-8:00

June 6, 2009 NSDHA AGM  
Cape Breton

## 2008 Marks the 35th Year of Incorporation for the Nova Scotia Dental Hygienists' Association

### *Vice President's Message*



Season's Greetings

from myself on behalf of the Nova Scotia Dental Hygienists' Association and I would like to wish all our members a wonderful holiday season as it quickly approaches yet again.

It was just one short year ago when I anxiously watched the local news as the Dental Hygiene Act was introduced to the House on November 27th. A lot has happened since then, and, yet, still we wonder "When will this be done?" We are excitedly awaiting proclamation of the DH Act. We have hired our Registrar, Pat Grant, and she is busily preparing for our transformation from the NSDHA to the CDHNS. The Registrar is preparing a mail out for everyone to receive after proclamation. Details inside this edition of the Unison. There is still a lot of work yet to do, but it will get done.

We are planning a weekend retreat in Feb 2009 where the board members will gather to do some strategic planning to prepare for its new role as a regulatory authority.

As I read the president's message in our latest issue of the CJDH where our own Wanda Fedora addressed the nation's dental hygienists, I was struck by her comments on a song's lyrics that give her inspiration. She also asks us to be the dental hygienist that we know we are. I would like to not only encourage you to be the dental hygienist that you can be but to also help our profession be all that it can be as we turn this corner in our evolution into a "true" profession. Get informed by way of your local component societies, this newsletter, NSDHA's website or by collaborating with your fellow colleagues about what new opportunities they may be considering for themselves. Get involved with your component society. We need you now more than ever before. Bring along your expertise, in whatever field it is or to what degree it is. It will be invaluable to us. Once again, I extend the warmest wishes to you and your family for the merriest of Christmases and I hope you have a safe, happy and healthy holiday. May the New Year bring a new beginning for the profession of dental hygiene in Nova Scotia!

Jackie White

Vice President

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### Ad Rates

2" x 3.5"	\$25.00
1/4 pg.	\$50.00
1/2 pg.	\$75.00
Full Pg.	\$125.00

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

Next Deadline  
for Submissions  
March 1 2009

PDBNS  
1559 Brunswick  
Street  
Halifax NS B3J 2G1  
(902) 420-0083  
pdbns@hfx.eastlink.ca

NSDHA  
College of Dental Hygienists of Nova Scotia (CDHNS) pending  
PO Box 29114, Halifax Shopping Centre RPO,  
Halifax, NS, B3L 4T8.  
(902) 444-7241  
info@nsdha.ns.ca

CDHA  
96 Centrepointe  
Drive  
1 800 267-5235  
info@cdha.ca  
www.cdha.ca

## CDHA Report

On behalf of the CDHA I wish you all a wonderful 2009.

As I write this I realize that the Minister of Health has not signed the necessary documents to confirm our self-governance legislation and I don't have a crystal ball but I see a future of professional independence and growth as the College of Dental Hygienists of Nova Scotia is formed. After many years of waiting and planning it looks like we will realize our goals and the national Board of Directors is watching with anticipation to celebrate with us as we join our fellow self-governed provinces. We will all celebrate together when the final signature is put to paper and our legislation is law.

The national environment is full of change and development for our profession. The CDHA is responding to that change with supports in place to assist such provinces, as ourselves, with the tools we will need. A dedicated staff member is in place to counsel members wishing to move toward self-initiation and to answer their questions. As well the education department is listening to the members and addressing their wishes with more on-line courses to aid in their continuing education.

I am now in my term as National President and enjoying the many opportunities it has afforded me. Having the task of addressing members through different venues on our profession has given me the chance to refuel and remember how much I enjoy my career. I wish all of you could have the chance to be in this position and feel the pride it brings with it.

Here's to 2009 and the many opportunities it will bring!

Yours truly,  
Wanda Fedora RDH  
National President  
CDHA

### **KIM TANNER, RMT, CNMT**

Certified Neuromuscular Therapist  
Located within Park Lane Dental Specialists

TREATMENTS FOR: Headaches & Migraines ■ Neck Pain & TMJ/TMD  
Fibromyalgia ■ Accident & Injury Rehabilitation & Upper ½ Body Chronic Pain

#### **Did You know that massage therapy...**

Relieves Stress ■ Encourages Relaxation ■ Improves Posture ■ Improves Circulation  
Lowers Blood Pressure ■ Helps Manage Pain ■ Relaxes Muscles ■ Improves Flexibility  
and Range of Motion ■ Relieves Tension-Related Headaches ■ Strengthens the Immune  
System ■ Enhances Post-Operative Rehabilitation ■ Improves Rehabilitation after Injury

#### **Limited time special promotion for dental team professionals...**

Receive a 60 min session for the price of a 45 min session  
\*1 per patient, no cash value, expires February 28, 2009, mention this ad when booking\*

We are pleased to offer a discount rate for Dental Team Professionals

**CALL TODAY 422-5454**





**FIRST BECAUSE WE LAST.™**

**Upcoming Meetings in Your Component**

**CBICS**

February 28, 2009 CBRH Room 3612 @ 9:30 a.m.

April 25, 2009 CBRH Room 3612 @ 9:30 a.m.

**South Shore Component**

Monday March 2, 2009 Liverpool Superstore Community Room 7:00 p.m.

**Annapolis Valley Component**

March 1, 2009 EKM Wolfville @ 2:00 p.m.

**CORRECTION NOTICE**

2009 Calendar misprint

Please note: the April 2009 advertisement for [MelocheMonnex.com/cdha](http://MelocheMonnex.com/cdha)  
phone number correction 1 866 **269**-1371

We apologise for any inconvenience this may have caused.

With your Smokers Helpline fax line referrals  
The Smokers Helpline dealt with 1,216 call in Nova Scotia in 2007.  
Go to [www.smokershelpline.ca](http://www.smokershelpline.ca) for information on the service that helps.  
Keep the momentum going. Help is a call away.



From the Desk of the Registrar (pending)

## Change

What do festive treats and change have in common? They can both be good and both are best served in small portions.

“Change management entails thoughtful planning and sensitive implementation, and above all, consultation with, and involvement of, the people affected by the changes.” –Change Management Theory

During the legislative process NSDHA attempted to consult with and involve as many members of NSDHA as possible. As a new regulatory authority the College of Dental Hygienists of Nova Scotia wants to have thoughtful planning and sensitive implementation of the changes brought about by enactment of the legislation. With proclamation NSDHA will see a good deal more change in the coming year. It is best to manage and plan for change to minimize stress.

The last time I wrote in the Unison it was in September when I had just begun in the position of Registrar. It has been a busy and exciting fall. While I would like to say I have an exact date when the “pending” can be removed from behind the College of Dental Hygienists of Nova Scotia I do not. I am hoping that the Government will see fit early in the New Year to proclaim our Legislation. That does not mean in the interim we cannot act like a regulatory authority and that means participating and acting on issues that will be required of us when we are the College of Dental Hygienists of Nova Scotia.

### Web site

Communication is essential for any organization. In today's world it is expected that electronic communication be utilized both by the public and our members. This makes the establishment of a web site for the College a necessity. We have obtained the domain name for the CDHNS and have begun the plan to transfer much of the NSDHA structure to the College site, creating a “ghost site” until proclamation occurs. We are fortunate in having a well established NSDHA site which we can borrow from for now to minimize change. The College site will look very similar to the current one and we will add specific content as we need to for public readership.

### Board Development

“How much of this change can we achieve ourselves, and what parts of the change do we need help with?” – change management theory. All but two of the current NSDHA Board will be on the College Council with the addition of three public members. The effect of too much change at one time will be reduced by several NSDHA Boards members remaining on the College Council providing continuity and stability. The mandate of the Council will be very different from the NSDHA Board. This will necessitate change and development of new skills and policies. To prepare the Council for their new role on a regulatory body we have planned to have a retreat in February with a facilitator to begin the process of strategic planning and board governance. Preparing the Council in this way will help in minimizing any stress they may feel in their changing role.

### FARPA- Fair Access to the Regulated Professions Act (FARPA)

I attended two meetings in September on FARPA which was originally introduced in the Legislature last spring. In its original form the Act held many items of concern for regulatory authorities.

This Act was revised over the summer by a working group of regulators and government and a collaborative document was developed. This resulted in a new piece of legislation being introduced in the House this fall entitled an “Act Respecting Fair Registration Practices”(ARFRP). As registrar (pending) I was invited to attend the bill briefing for this legislation as part of the regulatory network. The act contains among other things provision to have a government review officer who will ensure we maintain fair, transparent, objective and impartial registration practices.

### **Agreement on Internal Trade (AIT), Section 7 Labour Mobility.**

Under AIT the Council of the Federation (provinces and territories with the Federal Government) has agreed to set August 1, 2009 as the date by which workers certified by a regulatory body in one province or territory will be recognized as qualified to work in all other provinces and territories in Canada without further examination. As you can imagine this presents some difficulties and change for many groups where scope of practice can vary greatly. The Federation of Dental Hygiene Regulatory Authorities (FDHRA) hosted by Human Resources and Social Development Canada met in Ottawa in November to discuss the recognition of a dental hygiene licenses under the AIT. The meeting was very productive with regard to a general agreement on licensing Dental Hygienists across Canada under the AIT. However it became clear that our Act must receive proclamation quickly so that NS will require the National Dental Hygiene Certification exam for licensure thus making us more compliant for initial registration with the other provinces. The certificate is required in all provinces except New Brunswick and Nova Scotia.

### **Self-regulation Course**

Negotiations with CDHA on the changes necessary for the Nova Scotia version of the online Self-initiation Course have been completed. Diane Landry and Sue MacIntosh have been contracted to rewrite Section 7 Jurisprudence. The CDHNS will provide a new introduction and seal as well as other materials necessary to have the course up and running within a reasonable time frame. More information regarding the Self-Initiation Course is included in the Information Booklet mailed to all members recently.

### **Infrastructure**

We are in the planning stages for much of the infrastructure for the new College. Computer hardware, software and other equipment has been purchased. Currently we are evaluating our data base needs for the register and other information systems requirements.

### **Registrars Advisory/Working Groups**

We are fortunate in having a strong executive committee and supportive NSDHA Board working for the membership. At the October NSDHA Board meeting members willing agreed to serve on several advisory/working groups to assist the Registrar in preparing for the College. I include the list below so you can speak with boards member if you have ideas to pass along to the working groups.

### **Information Publication**

By the time you receive this newsletter you may already have received an information publication introducing the **College of Dental Hygienists of Nova Scotia**. It is meant to be an informative reference to assist dental hygienists understands the significant changes under the new legislation. Your questions and feedback on the information is welcomed at [info@nsdha.ns.ca](mailto:info@nsdha.ns.ca).

I would like to take this opportunity to wish everyone a safe and happy holiday season. Embrace and manage change and enjoy the treats.

Patricia Grant  
Registrar CDHNS (pending)  
NSDHA Executive Director.

#### **NSDHA/CDHNS Advisory/Working Groups** NSDHA President – Karen Wolfe ex officio to all

**Web site design:** Registrar

**Office Space:** Melanie O'Brien Shaffner

**Mandatory Continuing Education:**

Cheryl d'Entremont (lead)  
Wendy Stewart  
Jackie White

**Logo Design/Seal:** Heather Swales

**Forms:** Dawna Ernst-Henry  
Sara Harding

**By Laws/ Policies :** Rosemary Bourque  
Stephanie Stevens  
Dianne Landry  
Sue MacIntosh

## **Nova Scotia**

### **COMMUNITY HEALTH SNAPSHOT**

Injury kills nearly 450 Nova Scotians each year. Every year in Nova Scotia, more than 6,000 people are hospitalized as a result of injury. Injury is the leading cause of death from age 1 to 45. Emergency departments in Nova Scotia treat as many as 350,000 injuries per year. The leading causes of injury related deaths are suicide, motor vehicle crashes, and falls. The main causes of injury-related hospitalizations are falls, motor vehicle crashes, and attempted suicide.

While the human and social impact of injuries is incalculable, the economic impact must also be considered. The economic cost of injury in Nova Scotia is about \$570 million per year. Unintentional Injuries (i.e. falls, crashes, recreational injuries) cost \$370 million per year or \$396 per citizen. Intentional Injuries (i.e. suicide, assault, homicide ) cost \$200 million per year or \$204 per citizen. Falls among seniors cost Nova Scotia \$70 million per year. Motor vehicle crash injuries cost Nova Scotia \$74 million per year.

#### **What You Can Do to Prevent Injury**

According to SMARTRISK ([www.smartrisk.ca](http://www.smartrisk.ca)), a well-known national injury prevention organization, there are five smart choices or smart risks that will greatly reduce the likelihood of being injured or killed:

**Buckle Up Drive Sober Wear the Gear Look First Get Trained**

To find out more about ways to keep your family, friends & neighbours safe, check out the websites for associations that welcome volunteers and promote safety in Nova Scotia at:

[healthpromotion@gov.ns.ca](mailto:healthpromotion@gov.ns.ca).

Another major area of concern when it comes to *Buckling Up* is child safety seats. According to Transport Canada, about 10,000 children under the age of 13 are “injured, some of them fatally, in traffic collisions in Canada.” And, up to one third of children “are not properly restrained when they’re traveling in motor vehicles.”

#### *Helmets:*

Wearing a bike helmet is the law in Nova Scotia. For those who are still unconvinced that *wearing this gear* will make a difference, pay attention to the facts. In various high-quality studies assessing this issue, use of bicycle helmets while cycling has reduced the rates of head and brain injury by 60-88%.

#### **Training and Education**

Several injury prevention organizations across Canada offer teleconference series to enhance the knowledge and skills of injury prevention professionals across the country - offering an opportunity to learn from speakers in a variety of fields, with current evidence based information and expertise.

Information regarding these sessions can be found at the following links:

[http://www.oninjuryresources.ca/smartrisk\\_learning\\_series/](http://www.oninjuryresources.ca/smartrisk_learning_series/)

[www.hpclearinghouse.ca/pdf/BCIRPU\\_Teleconference\\_Series](http://www.hpclearinghouse.ca/pdf/BCIRPU_Teleconference_Series)

[www.acicr.ualberta.ca/documents/BrochureAlbertaInjuryControl2007-2008Teleconference](http://www.acicr.ualberta.ca/documents/BrochureAlbertaInjuryControl2007-2008Teleconference)  
there's more

For a twice-monthly email newsletter summary of the activities and events going on in Nova Scotia's vibrant health promotion community

go to:

<http://www.hpclearinghouse.ca>

