



OUTLOOK

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British Columbia Dental Hygienists' Association

Your connection to a growing, vibrant professional community

365 Day Rule is No More!



Image by [Jill Wellington](#) from [Pixabay](#)

BCDHA is thrilled to see the end to the 365-Day Rule here in B.C. and would like to express our gratitude and pride to all of our members, past and present, who have worked tirelessly for many years to advocate for the removal of this part of the regulation. We look forward to working closely with the College of Dental Hygienists of BC (CDHBC) over the next weeks and months to work through any outstanding or confusing issues that may come up as we navigate the new regulations, College Bylaws and practice standards. Thank you and congratulations to all B.C. Dental Hygienists who helped achieve this important milestone!

To read more about the changes, [visit the CDHBC website.](#)

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You're invited...

BCDHA ANNUAL GENERAL MEETING Saturday, May 30th, 2020 8:30 am – 12:00 pm

Join us for an informative morning of updates about your profession, exclusive member benefits, networking opportunities, prizes and more.

All members of the Association are invited to attend.

[Click here for more details](#)

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Locked Up! (No Bail Required)

Every year, the provincial government presents the Speech from the Throne, which lays out the work government intends to do over the course of the coming year (and talks about all the great things it's done to date!) The week after the Speech from the Throne, the provincial budget is released. Budget goes a step further by applying dollar amounts to the promises made in the Speech from the Throne. If you're interested in reading about the traditions surrounding Budget Day in B.C., feel welcome to [check out this article from the BC Legislature](#).

Budget Lockup occurs the day the budget is officially released. Government invites certain select stakeholders and the media to attend lockup in Victoria. We are literally locked in a room with no access to the outside world and are not allowed to use phones or be on any communications device. This ensures nothing is 'leaked' from the lockup room prior to the official government announcement. Those in the room have access to all the budget materials – the documents, summaries, news releases, Minister's speech, and other materials, and are given the opportunity to ask the Minister and other government officials questions.

BCDHA was honoured to be invited to attend Budget Lockup 2020 with other key stakeholders and represent the Dental Hygiene profession for the first time.

This year's budget was fairly unremarkable, and primarily held the course on funding announcements that the provincial government has already made. For healthcare, there were no real surprises, aside from a new 'pop' tax, which will ensure that PST is added to sugary drinks. For oral health, this was the only announcement that could have significant impact on the work that dental hygienists do (and the question remains whether British Columbians will see this as a health issue and reduce their sugary drink intake, or whether they will simply pay the extra taxes).

While the budget itself was not exceptional this year, the opportunities to network with government officials, colleagues from the other associations and key stakeholders were many. BCDHA was particularly pleased to spend time one-on-one with Stephen Brown, B.C.'s Deputy Minister of Health, to talk about our regulatory changes (removal of the 365-Day Rule) as well as potential changes which will see Dental Hygiene joining the other oral health

professions in the formation of one college. The Deputy Minister was very aware of the challenges and concerns this presents and was interested in hearing thoughts and ideas on how we might manage this process going forward.

Working Across Associations

In early January BCDHA and the Nurses and Nurse Practitioners of BC (NNPBC), co-hosted a meeting with all of the health professional associations from across the province. With significant changes to the College structure coming forward, this was an opportunity for the associations to share their concerns, visions, and align on the key ideas and concepts that we share across professions. The group will continue to meet and work together wherever possible as a strong, collaborative partnership that can bring one voice to some of the issues that affect all 120,000 health professionals in B.C.

Thank you to all the Dental Hygienists who have consulted with us, attended webinars, provided feedback, sent letters and provided encouragement as we've tackled some of the complex consultations that have occurred over the past five months. Your voices and suggestions have been invaluable and we look forward to hearing from you as we navigate big changes in 2020.

Andrea Burton, Executive Director



invite you to join them for

COMPLIMENTARY

drinks & appetizers

Friday, March 6, 2020
6:00 pm to 9:00 pm

Mahoney & Sons
#36 - 1055 Canada Place
Vancouver, BC



The BCDHA Board met February 6th – 8th 2020 and is proud to share the following highlights:

- Representatives from CDHBC attended a part of the meeting to discuss and consult on changes to the Proposed Practice Standards.
- The College's Proposed Bylaws were discussed at length. There are some areas that the BCDHA Board is cautious about, but we acknowledge that it is in the best interest of the profession to move forward at this time. The Board supported accepting the new Bylaws, and looks forward to revisiting areas of concern and having ongoing discussion with the College about future bylaw revisions.
- Board Director elections were discussed - members are encouraged to seek out the opportunity to be a member of the BCDHA Board – this is your opportunity to have a say in how the profession moves forward and the types of advocacy and programming that would be most valuable to you.
- BCDHA Awards were also discussed and we look forward to garnering enthusiasm within our membership. Please consider nominating a member who is an outstanding Dental Hygienist.
- Government relations strategies were discussed, and we look forward to hosting a Day at the Legislature to discuss Dental Hygiene in the Fall.
- The ED announced to the board that we have been invited and are proud to attend the Budget Lockup at the Legislature.

Tammy Gulevich, Chair



Visit the BCDHA booth at PDC on level 1 of the Vancouver Convention Centre (West), across from registration. Enjoy complimentary coffee & tea in the BCDHA Hospitality suite Room 223.

Looking for your membership receipt? You can easily download your membership receipt from your [online profile](#) through CDHA. If you have questions regarding your CDHA/BCDHA membership you can contact the CDHA office at 1-800-267-5235.

BCDHA 2019 Practice Survey results are now available on the [BCDHA website here](#).

Missed a webinar? Our past webinars are now available to view [online](#).

NEW Practice Resource Section on the [BCDHA website](#). Check back often as we continue to make changes and improvements to our website.

OSA, ANTIOXIDANTS AND PERIODONTAL DISEASE



Welcome to this, the next in a series of articles looking at those areas that shape the practice of dental hygiene now and for the future.

Oftentimes we are under pressure to perform treatment, yet unless we have a full grasp of the clinical diagnosis we can't communicate, educate or perform the work our patient really needs and wants.

This is very true of the understanding of inflammation and antioxidants. This balance can be disturbed by trauma, stress, exercise, nutrition, degenerative diseases, immune disturbances and hormonal imbalance; and can also accelerate the formation of free radicals. Free radicals are unstable compounds and evidence indicates these contribute to ageing and disease, including periodontal disease (PD).

PD is initiated by the colonization of gums by bacterial pathogens resulting in host tissue damage due to free radical production. Studies have reported a significantly reduced total salivary antioxidant capacity in PD patients; hence damage is heightened in individuals with PD because of the lack of adequate antioxidant defense.

Obstructive sleep apnea (OSA) tends to cause episodic blood deoxygenation, and numerous studies have reported that OSA is associated with increased free radical production and tissue reactive oxidative stress (ROS). OSA patients have also been found to demonstrate increased blood levels of ROS and decreased antioxidants levels in blood and saliva.

An imbalance between antioxidants and pro-oxidants may result in cellular damage predisposing our patients with OSA to cardiovascular and other oxidative stress and oral/dental diseases, particularly PD.

Nearly 20 years ago, it was reported that PD is associated with lower antioxidant capacity in whole saliva and lower antioxidant concentrations in the gingival crevicular fluid contributing to increased damage to the gingivae and surrounding structures by activated neutrophils.

Oral cancer is the sixth commonest malignancy in the world. Free radicals such as ROS and reactive nitrogen species (RNS) that induce oxidative and nitrosative stress are main contributors to oral carcinogenesis. Oxidative stress plays an important role in the pathogenesis and complications of diabetes too. Oxidative stress is increasingly recognized as one of the major factors contributing to the chronic inflammatory process such as rheumatoid arthritis.

A relationship exists between OSA's oxidative stress and oral and dental diseases, particularly PD. So how can dental hygienists help? Removing potential causes of oxidation and dietary supplementation with antioxidants are, I believe, a prudent way forward.

We are all aware of the epidemic of sleep disordered breathing (SDB) which includes, obstructive sleep apnea, snoring and upper airway resistance syndrome. We know that for many of our patients there may be a dental solution, but who are the candidates?

Oral appliance therapy to manage SDB is indicated in those patients with mild to moderate disease. Approximately 60% of those will do well, it will fail on the remainder. What if we could increase our ability to determine which of our patients will fare well, before we start?

Using testing now available in the dental office, the

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patient can have an overnight home test yielding around 97% probability of OAT effectiveness, removing the guesswork for most patients and it is a test that can be fitted by the hygienist after physician prescription. Only a physician can diagnose OSA and prescribe management, but this technology expedites the necessary care and we all know that most patients want a solution yesterday!

Since saliva reflects general health status of the human organism and is easy to collect, it can be used as a non-invasive diagnostic tool of the markers that reflect oxidative attack. Already we are beginning to look at inflammatory markers in blood, but one wonders if salivary inflammatory

biomarker (chemical mediators) screening may become an adjunct to the biomarkers (bacteria) some offices provide and an opportunity to enhance dietary antioxidants.

The evaluation of oxidative stress status is proposed as an important factor in diagnosing the development and progress of such general diseases as periodontal disease, oral cancer, diabetes, rheumatoid arthritis, chronic renal failure, obstructive sleep apnea syndrome, and HIV. Measurement of oxidative stress in salivary fluid may provide a tool for diagnosing, monitoring and treatment of some systemic diseases as well as of local pathologic disturbances such as PD.

The referenced article may be viewed on www.abettersleep.ca.



Stephen Bray DDS

*Postgraduate Diploma - Behavioral Sleep Medicine. (U. of Glasgow.)
Fellowship Orofacial Pain and Sleep Medicine (Tufts University) Boston.
Diplomate; American Board of Craniofacial Dental Sleep Medicine
Diplomate; American Board of Dental Sleep Medicine.*

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Hooray for Smile Day 2020!

Smile Day 2020 was another great success! Five people were helped with no-cost dental hygiene services including pain relief, infection control, Interim Stabilization Therapy restorations and when appropriate a referral to another health care professional. Total monetary equivalent of services provided was: \$1770.40

Smile Day is an annual day of no-cost dental hygiene services for people who otherwise cannot access them. It started as the Smile People dental hygiene clinic's own initiative in 2009 to help those unable to access basic dental health care.



For anyone hoping to attend a similar event, [Gift from The Heart](#) is a National day of no-cost dental hygiene services offered by Independent Dental Hygiene Practitioners and others on Saturday, April 4, 2020.

Keep smiling,

Liz-Ann Munro Lamarre, BSc, RDH,
Independent Dental Hygiene Practitioner.





now in British Columbia!

SOFT-TISSUE DIODE LASER TRAINING FOR THE RDH:

- Provide optimal care
- Stand out from the crowd
- Do something different to achieve optimal results
- Add another production possibility to your practice

DATE: SATURDAY, MARCH 28TH
at the Pinnacle Hotel, Vancouver, BC
Trainer: Ramona Bains, RDH, BSc

BEST PRACTICES APPROACH 2020: PERIODONTAL DISEASE MANAGEMENT

A great team event

- Learn strategies to implement a turn-key system using the new AAP Classification of Periodontal and Peri-Implant Disease

DATE: SATURDAY, APRIL 25TH
at the Pinnacle Hotel, Vancouver, BC
Presenter: Beth Ryerse, RDH

TO REGISTER:
www.rdhu.ca
or call 1.855.295.7348

Independent Practice Anniversaries for February & March



Congratulations to:

- ◆ Kelly Pang on her sixth year as an Independent Dental Hygienist.
- ◆ Heather Cooper owner of Harbour City Dental Hygiene in Nanaimo celebrates the 17th anniversary of her practice, and Bahar Janfada is celebrating her 3rd anniversary as owner of Diamond Dental Hygiene in Abbotsford.

**BCDHA and the First Nations Health Authority
are pleased to present this:**



Complimentary Webinar

Transforming Oral Health for BC First Nations

Tuesday, May 12, 2020 7:00-8:00 pm



This engaging session will introduce the participant to the importance of cultural safety and humility. It will also highlight the transformation of the health benefits system and provide dental hygienists with practical information to support health and wellness for First Nations people in BC.

Date: Tuesday, May 12, 2020

Location: On-line webinar

Time: 7:00 pm – 8:00 pm

Cost: Complimentary

To register: [Click here](#)

The Learning Objectives of the Webinar:

1. Increase the dental hygienists' awareness and understanding of cultural safety and humility and why it matters.
2. Outline recent changes to the FNHA Benefits Program.
3. Provide information to support dental hygienists through the recent changes to benefit administration.
4. Engage dental hygienists to understand challenges and opportunities in efforts to continuously improve health benefits for BC First Nations.
5. Expand partnerships with dental hygienists.

Free CE credit:

**Suggested CDHBC content
categories: B1, B2, E1, E2, F2**



COURSES FOR DENTAL HYGIENISTS

ORTHODONTIC MODULE

This module involves approximately 50 hours of instruction on expanded duties in orthodontics, and includes lecture presentations, clinical DVD, handouts, clinical instruction and supervised clinical practice. All participants will attend the three day lecture (May 20-22, 2020) together, as well as one clinical session.

PROGRAM DATES:

Lecture: May 20-22, 2020
Clinic Session A: May 23-27, 2020
Clinic Session B: May 30-June 3, 2020*

(*Session B will only be held if there is enough demand for two sessions)

[REGISTER ONLINE](#)

ORTHODONTIC MODULE UPDATE

This is a three day lecture program hosted by Continuing Dental Education at the University of British Columbia and presented by Dr. Paul Witt.

The Update is open to CDAs and RDHs who have already completed an accredited Orthodontic Module, and who wish to refresh their knowledge base in the ever changing world of orthodontics.

PROGRAM DATES:

Lecture: May 20-22, 2020

[REGISTER ONLINE](#)

[More information](#)

COMING SOON:

Local Anaesthesia for Registered Dental Hygienists, and Local Anaesthesia UPDATE*

September 26 & 27 and October 23 & 24

*LA Update: September 26 & 27 Only

The Local Anaesthesia for Dental Hygienists course is for dental hygienists who currently hold a 'conditional' license with the College of Dental Hygienists of BC. The first weekend is a training weekend with morning lectures followed by afternoon hands-on components and is designed to teach basic and current concepts of local anesthesia, and administration of local anaesthesia agents. The second weekend includes written and clinical evaluations.

Concurrent to the Full Local Anaesthesia program, we also offer the Comprehensive Review of Local Anaesthesia for Dental Hygienists. This is a non evaluation review program held over one weekend in September. This course is specifically for registered dental hygienists who have taken a local anaesthesia program, but would like a review course, or who are required by the College of Dental Hygienists of BC to take a review program.

BUGS, PUS, AND DYSBIOSIS, OH MY!

Understanding the Bidirectional Relationship of Oral and Systemic Health, with Penny Hatzimanolakis

Chronic low-grade infections in the mouth elevate systemic inflammation and have an impact on all body systems. The mouth is further linked with the rest of the body when considering the impact of numerous conditions like oral airway, sleep apnea, TMD and headaches, dental caries infections, periodontal and oral cancer to name a few.

This program will support the participant with screening, approaches and management of oral-systemic connections into clinical practice to achieve comprehensive patient-centred care plans.

EVENING LECTURE:

April 30, 2020 6:00 PM - 9:00 PM

[More information](#)

[REGISTER ONLINE](#)

TWO LECTURES with Dr. Phil Walton

1. The New Periodontal and Peri-Implant Classification System: What You Need to Know (Morning Lecture) The New Periodontal and Peri-Implant Classification System: What You Need to Know - This comprehensive lecture will review the important updates of the new classification system and distill the information into a user-friendly fashion to aid in creation of a diagnosis and coincident treatment algorithms.

2. Implant Maintenance The Entire Dental Team Must Know (Afternoon Lecture) Implant Maintenance the Entire Dental Team Must Know - This course for both dentists and dental hygienists is geared towards the prevention of disease and treatment algorithms around implants. Course attendees will be provided with an updated understanding of the concepts required for the maintenance of dental implants vs. natural teeth.

FULL DAY (Morning + Afternoon Lecture)

May 2, 2020 9:00 AM - 3:30 PM

HALF DAY LECTURE

May 2, 2020 9:00 AM - 12:00 PM OR 12:30 PM - 3:30 PM

[More information](#)

[REGISTER ONLINE](#)

There are several other spring courses available to RDHs. Please check our website for more information:

www.dentistry.ubc.ca/cde/calendar/

For the UBC CDE Course Calendar, please click [HERE](#)

CDHA CORNER

**Dear dental hygiene
colleagues and friends,**

March has ended and April—oral health month—brings us National Dental Hygienists Week™ (NDHW™)! From April 4 to 10, we have the opportunity to speak to Canadians about the dental hygienist's role in oral health care. How often have your clients, your acquaintances, and goodness, even your friends or family members not understood what the dental hygienist does? NDHW™ is an excellent occasion to raise awareness of the practice of dental hygiene while celebrating the week's theme, "oral health for total health."



One of the benefits of belonging to CDHA is easy access to online resources. Under the News-Event menu at www.cdha.ca you will find helpful ideas and resources to celebrate NDHW™. Link to the colouring contest and download the colouring page for children's submissions—great prizes, too! As you know, purple is associated with dental hygiene. Enter the "Put Your Purple On!" campaign photo contest. Take out your purple clothes, uniforms, toques, scarves or whatever you have. Download the poster and incorporate it in your "purple you" photo. My favourites are the purple landmark lighting photos. View the 2019 submissions for inspiration. There is even a sample letter to use to request that a landmark in your community be lit purple if you are unsure of how to arrange such a lighting. I look forward to seeing BC's submissions.

As the board director from BC, I attended Lobby Day on Parliament Hill and CDHA's winter board meetings in Ottawa in February. What an excellent learning experience in advocacy. If you have any questions or comments, please contact me.

Sincerely,

Rae McFarlane, BScD(DH), MEd, RDH
CDHA board director, British Columbia
bc@cdha.ca

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

NEW webinars recently released:

Exploring the New AAP Periodontal Disease Classification, sponsored by Philips

Up in Smoke! The Vaping Trend, sponsored by Philips

Webinars coming soon:

Healthy and Respectful Workplace, April 15

CDHA Professional Liability Insurance, May 20

Controlling Caries, sponsored by Oral Science, June 17

www.cdha.ca/webinars

Save the date:

CDHA Summit: Leadership and Education, Whitehorse, Yukon, October 2-3

OTHER NEWS

2020 Superheroes

Our #dentalhygienessuperhero competition, sponsored by Sensodyne, is now open! Cash prizes plus travel grants to CDHA's leadership summit in Yukon to be won. Help us unmask the superhero dental hygienists across Canada who are integral members of the primary health care team. Nominate a colleague at www.dentalhygienecanada.ca/healthcaresuperhero

CJDH Accepted for Inclusion in MEDLINE

The editorial board of the *Canadian Journal of Dental Hygiene* is thrilled to announce that the journal has now been accepted into MEDLINE, the world's premier online database of biomedical and life sciences literature. www.cdha.ca/cjdh

NDHW™ is Coming!

National Dental Hygienists Week™ will now be held annually on the same dates every year: April 4 to 10. We've got lots in store for #NDHW20 so mark your calendars, start planning your #dhpurplepride celebrations, and watch www.cdha.ca/NDHW as details unfold. #ihavepurpleplans! Do you?

Vaping Resources

Given the growing body of evidence of the dangers of vaping, dental hygienists are encouraged to learn more about e-cigarettes, their use and adverse effects on oral health, in order to provide expert advice to their clients. CDHA has just released a position statement on vaping along with a consumer friendly fact sheet to print and share. www.dentalhygienecanada.ca/vaping



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