



OUTLOOK

British Columbia Dental Hygienists' Association



Your connection to a growing, vibrant professional community

Message from BCDHA Executive Director, Andrea Burton



Left to right: Jennifer Lawrence, CDHBC Registrar, Dr. Zul Kanji, Director, Dental Hygiene Degree Program, UBC and Andrea Burton, Executive Director, BCDHA

Dear members,

I can't tell you how excited and honoured I am to have been chosen as the new Executive Director for the BCDHA. Having worked as a consultant with BCDHA several years ago, I am very comfortable with the organization and the profession. In fact, being a bit of a policy and government enthusiast, over the years I've kept a close eye on what is happening with dental hygiene and some of the regulatory changes that we all hope will soon be a reality (that pesky 365 rule is at the top of my 'to do' list).

In the month I've been here, I've been very impressed with BCDHA's staff team which includes Wendy Jobs, Manager of Dental Hygiene Practice, Chris Kilmaster, Manager of Member Services and Denise Pulice, Manager of Communications and Corporate Relations. Each of these key individuals brings something vital and important to the organization, and I look forward to working with them to build on BCDHA's existing foundation.

You will start to see some changes occurring over the next

few months, and we're excited to be thinking about how we can better serve and engage members. We certainly welcome your ideas as we begin to consider some of the areas where we could strengthen our programs and services. I would love to see the BCDHA become an Association that models a two-way exchange of information. Rather than us mostly pushing information out to you, we look forward to tapping into your knowledge and expertise as we develop policy and advocacy programs.

One of the first things you will see happen in the next few weeks and months, is the development of a practice support and professional development program. Wendy Jobs will be taking this on, and looking for experts in the dental hygiene community to help support the development of policy briefs and practice supports. If you have knowledge or expertise on a particular topic that you think other members and the Association would benefit from, we would love to hear from you as we build this important member area of the website. Information on Cannabis and dental hygiene, working with marginalized populations, stepping forward on political advocacy, "what to do if..." – these are just some of the topics we know members are interested in knowing more about. If you have ideas on what you'd like to see, email Wendy at wjobs@bcdha.com.

Chris Kilmaster will be reworking our existing grants and scholarships programs. We previously granted funding to students, members and institutions, and while our intention is to continue these types of programs,

(Continued on page 2)

Inside this issue:

Chair's Message	2
BCDHA at the PDC	4
CDHA Corner	5
Periodontal Disease; Sleep; & the Role of Inflammatory Markers	6
Guest Editorial	8
Your Community	10
Your Colleagues	12
UBC Graduate Profile	14

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bcdentalhygienists

Executive Director's Message

(Continued from page 1)

we're looking at how we might make them more current for 2019. Chris will also be developing a member strategy, which will help us look at the needs of members in more detail. If you have any thoughts on membership, please send them along to Chris at

ckilmaster@bcdha.com.

We also have an opportunity to strengthen our presence with a new communications strategy that Denise will oversee. You will see changes to the frequency of emails you receive from us, and we will also be moving to a digital version of Outlook. While we know some individuals love to have a hard copy in hand, the reality is that printing and mailing copies is quite expensive, and we believe most of you would rather receive a digital version and allow printing and postage costs to be redirected to member services. We are also hoping to refresh our website in the next few months. Any communications, advertising or corporate services inquiries can be sent to Denise at dpulice@bcdha.com.

Lastly, with a background in government relations and communications, I will be working with the rest of the team to step even more bravely forward with strong government advocacy work that will advance the profession. Our first formal government response has just been submitted regarding the Cayton Report, and it will make recommendations and provide insight into how dental hygiene could be impacted by proposed changes to the *Health Professions Act*. This is the future of your profession, and we are proud to be putting forward a strong, well-researched document highlighting our

expectations, concerns and suggestions. In addition to this piece, we have begun a new set of conversations around the dental hygiene regulations and the need to move those forward as soon as possible. Having spoken to several levels of government as well as other partners, I think we have a way forward and we will be working hard to see the changes we need made as quickly as possible.

At the same time, we recognize the need to change the public perception of 'what a dental hygienist does' – so you will start to see information coming from our office that we hope will take a bite out of some of the myths and misunderstandings the public has about the role of the profession. If you have any suggestions or ideas for me, I would love to hear from you at

aburton@bcdha.com.

I would be remiss if I didn't express my immense gratitude for the outgoing Executive Director, Cindy Fletcher who has left the organization in a dream state for an incoming ED. I know Cindy has been greatly appreciated by the dental hygiene community for many years – and hers are very big shoes to fill! I look to all of you as members to help guide me as I take on this role, and I hope you will join myself, the staff and the Board in thanking Cindy for her many years of incredible work and in wishing her a very happy retirement.

I'm excited to work with all of you to move the dental hygiene profession forward in B.C. Never hesitate to reach out if you have an idea, a suggestion or just want to hear about BCDHA.

Best regards!

Andrea Burton

Your Association...

Message from the Chair By Tammy Gulevich, RDH

Highlights of the 2019 BC Dental Hygienist's AGM

BCDHA's 55th Annual General Meeting took place in Burnaby on May 25th, 2019, providing members with an opportunity to provide feedback and direction on the future of the Association and to participate in a continuing education workshop offered by Homewood Health. Our numerous exhibitors made this a great event by providing opportunities for members to browse displays, network with colleagues and win door prizes.

Jeffrey Cartwright of Homewood Health provided an informational continuing education opportunity on **Resolving Workplace Issues**, followed by a second session outlining CDHA's newest member assistance benefit program administered by Homewood. Homewood Health provides a wide range of professional services to support you, your spouse/partner, and eligible

dependent(s). People frequently use it for personal challenges such as relationship concerns, family or parenting issues, anxiety, depression, addictions, grief, coping with health issues, or work-related challenges. For more information visit www.homewoodhealth.com

The business portion of the AGM was conducted over lunch, providing the Board of Directors with a unique and valuable opportunity to connect with members and share some of the successes of the past year. I was pleased to highlight some of the activities your Association has engaged in and to remind everyone that we still have much work to do to advance the profession in the



(Continued on page 3)

Message from Chair *(Continued from page 2)*

province. In 2018, one of our most notable and memorable advocacy activities was "Lobby Day" at the BC Legislature. We are looking forward to 2019 and tapping into the experience of our new Executive Director who will be working closely with the BC government to ensure the new regulations for dental hygienists are advanced and dental hygiene is welcomed as a more prominent voice in government decision-making.



It was the BCDHA's pleasure to recognize Zul Kanji (shown left) as the recipient of the **2019 Dianne Gallagher Inspiration Award**. This award is presented annually and recognizes and honours a dental hygienist, or dental hygiene student who has challenged or inspired other dental hygienists to make their personal and/or professional futures better. Dr. Kanji's nominator, Yolanda Lan, wrote: *"As an educator and colleague, Dr. Kanji has inspired me to become a dependable primary care provider, to pursue*

graduate education, and to give back to society as a socially responsible global citizen." Congratulations Zul!

The BCDHA Board welcomed new directors Tamara



Above: Christina Cappy (left) with Tammy Gulevich

Right: Brenda Wisdom (right) with Mandy Hayre, Dental Hygiene Educator Representative



Right: Leta Zaleski (left) receiving her Board pin from Tammy Gulevich

Maniec (Upper Island), Susan Schmitz (Greater Vancouver) and Leta Zaleski (Fraser Valley) who will join our ongoing directors Tammy Gulevich (Northern), Karl Gunderson (Interior), Mandy Hayre (Dental Hygiene Educator Representative) and Bev Jackson (Victoria). The election of officers was announced, and I am pleased to be continuing as Chair with the very able support of Mandy McGill who will be taking on vice-chair responsibilities. BCDHA also had the opportunity to thank outgoing directors for their contributions, wisdom and guidance: Brenda Currie (Fraser Valley), Christina Cappy (Greater Vancouver) and Brenda Wisdom (Upper Island). We appreciate your commitment to BCDHA and wish you all the best in your future endeavours.

After the AGM, the Board led members in an "owner linkage" event. Round table discussions were facilitated by Board members as participants were asked to rank the new ENDS (organizational goals) that we developed in October using the data collected from members last year. The Board will continue to seek the input of members to ensure that BCDHA continues to serve and advocate on issues that are important to our owners and members.

BCDHA would like to thank corporate sponsors Maxill, Maxident, Designs for Vision, Patterson, Glo Apparel, Hedy, Dental Hygiene Quarterly, Sunstar, SYNCA, UBC Continuing Education, WaterPik, WestRock Dental Temps, TempStars, Broadway Across Canada, Procter & Gamble and Philips for their continued support. •



BCDHA at the Pacific Dental Conference

BCDHA and the CDHA combined booths at the 2019 Pacific Dental Conference in order to showcase Homewood Health's new member and family assistance program through CDHA. Homewood Health representatives were available to provide information and answer any questions from members.

The BCDHA Board and staff were on hand at the booth to meet and chat with members. Each member that visited the booth was asked to answer a short survey which entered them in a draw for prizes. Thanks to Waterpik for their donation of two Waterpik Waterflossers and Glo Apparel for a Gift Card worth \$100 towards their product. •



RIGHT: BCDHA member Pamela Chan (right) winner of a Waterpik Waterflosser, shown with Chris Kilmaster, Member Services Manager, BCDHA.



RIGHT: BCDHA member Sarah Muir, winner of the Glo Apparel Gift Card worth \$100.



To see more photos from PDC visit the BCDHA **FACEBOOK** page @theBCDHA



THE CANADIAN DENTAL
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DES HYGIÉNISTES DENTAIRE



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Coaching

Life balance and health issues, or support for career management

Online Resources

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For access, visit cdha.ca/Homewood





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

CDHA CORNER

Dear friends and colleagues,

It is with mixed emotions that I write my final message as your CDHA representative. There is excitement as I move to new adventures, but also sadness at leaving the position that I have held for the last nine years where I was actively involved in listening to all of you and working to make your goals a reality. I will never forget my time at CDHA, especially serving as president where I had the opportunity to represent you across Canada and internationally. It was a highlight to be president for the national conference in my hometown, Victoria, in 2015. The call for nominations for the BC director has already gone out, and I hope my successor enjoys the same wonderful opportunity to grow and contribute to the profession in a meaningful way.



CDHA's biennial national conference will be held this year in St. John's, Newfoundland and Labrador, in October; the International Federation of Dental Hygienists' symposium will be in beautiful Brisbane, Australia, in August. I will be at both events and hope to see many of you there. Their programs are impressive and sure to bring value to all who attend.

As always, please do not hesitate to contact me if you have any questions or comments. There is nothing more important to me than listening to our members! In closing, I thank each and every one of you for giving me the opportunity to serve you for the past few years. It has truly been an honour.

Always yours in service,

Mandy Hayre, RDH, BSc, PID, MEd
CDHA board director, British Columbia
directors@cdha.ca



2ND ANNUAL SUPERHERO COMPETITION

We're recognizing dental hygienist superheroes across Canada. We received 856 nominations, including 253 from BC (second highest in the country). Watch for an announcement of the winners later in June.

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development with **webinars that are now available to members for FREE**, saving you hundreds of dollars.

NEW webinars recently released:

Noise Levels in the Workplace

Understanding Cardiovascular Conditions, sponsored by Crest + Oral-B

Homewood Health: Member & Family Assistance Program

Fundamentals of Educational Assessment

Identifying Product Hazards in the Dental Setting,
sponsored by Johnson & Johnson

Cannabis in Canada, sponsored by Philips

www.cdha.ca/webinars

2019 Conference:

Save the date! CDHA will host its next national conference, **October 3-5**, in St. John's, Newfoundland & Labrador. Make plans now to join us on the rock! Registration will open in early spring. www.cdha.ca/conference

JOIN THE CANNABIS CONVERSATION

CDHA has developed several resources on this important topic including a client information sheet and an article on consent and process of care (www.cdha.ca/factsheets). Read the spring issue of *Oh Canada!* magazine for more.

MEET YOUR ORAL HEALTH CARE TEAM

CDHA is pleased to announce a new, dynamic resource: a multimedia presentation allowing the public to virtually "meet" the various members of their oral health care team and learn about their specific roles. This presentation is supported by a downloadable information sheet, and is also available in French. www.dentalhygienecanada.ca/youroralhealthteam

POSITION PAPER AND STATEMENT ON SILVER DIAMINE FLUORIDE

CDHA's position paper on silver diamine fluoride (SDF) was published in the October 2018 issue of the *Canadian Journal of Dental Hygiene*. To learn more about the short- and long-term effectiveness, safety, and acceptance of SDF therapy for children and adults with carious lesions and/or dental hypersensitivity as it applies to dental hygiene practice, download the position paper and statement at www.cdha.ca/positionstatement



www.cdha.ca



info@cdha.ca

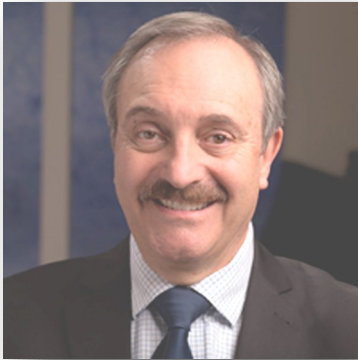


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Your Profession...



Periodontal Disease; Sleep; and the Role of Inflammatory Markers

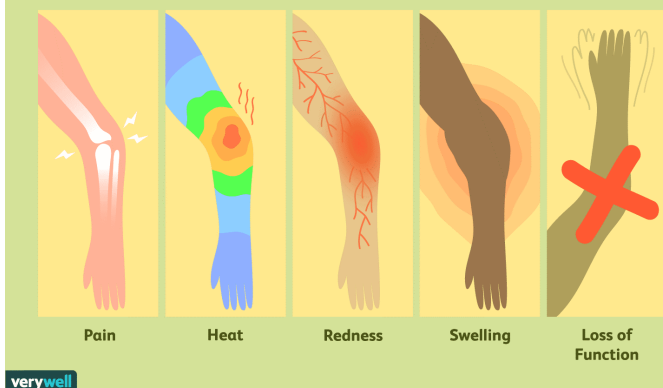
Dr. Stephen Bray

Dipl. (Behavioral Sleep Medicine), BDS (Hon, Med). DDS,
Fellow Sleep Disorders and Orofacial Pain

Most practicing hygienists have heard of the connection between periodontal disease and heart attack, but where did that come from? And is it true?

We know that inflammation is a complex but consistent response by the body to a noxious stimulus, characterized by the cardinal signs of calor (heat), rubor (redness), dolor (pain), tumor (swelling) and functio laesa (loss of function). The response consists of a cascade of reactions providing safeguards, as failure to respond to these symptoms results in acute disablement, an example of which is gout.

5 Cardinal Signs of Inflammation



Cytokines are messenger chemicals that communicate between cells. They play a part in inflammation; some are antagonists (e.g. interleukins, and some are agonists. Interleukin IL-1B and IL-6 are pro-inflammatory and associated with the production of C-reactive protein (CRP), a strong driver of the inflammation response. Why is this important?

In the 1950s, Dr. Kroop discovered a consistent increase in CRP following heart attack (myocardial infarction – MI). As well as being used in diagnosis, it illustrated MI as a

fundamentally inflammatory event.

The pathophysiology of these vascular diseases involves the formation of an atheromatous plaque covered by a fibrous cap. As atheroma has high inflammatory activity, rupture of the cap and exposure to the blood flow causes thrombus formation, causing either MI or stroke (CVA) depending on the site. It is noteworthy that this does not have to occur in a narrowed vessel. Aspirin is often taken prophylactically as it prevents both platelet agglutination and reduces CRP levels.

Other Associations

CRP levels have been found to be higher in chronic periodontitis, obstructive sleep apnea and other inflammatory diseases.

A long-term study of the effects on cardiovascular disease with the anti-inflammatory methotrexate found no effect, unless CRP levels were reduced. Clearly CRP is a highly active player in cardiovascular disease (CVD).

Type 2 diabetes is an inflammatory atherothrombotic condition associated with a high prevalence of cardiovascular



(Continued on page 7)

(Continued from page 6)

disease and is also associated with increased levels of CRP.

Obstructive Sleep Apnea (OSA) Management and CRP

In a 2017 study, CRP levels were found to be higher in OSA patients compared with control subjects. Those with higher body mass index and more severe OSA demonstrated larger differences in CRP levels. This data is consistent with an inflammatory component of OSA pathophysiology and supports the role of CRP (and hsCRP) as biomarkers of this disease. Recent studies have also shown indications that OSA management with oral appliances show promise in reducing these biomarkers.

The Hygienist's Role

Dental hygienists are taught an appreciation and understanding of the inflammatory process in periodontal disease. Counseling in lifestyle changes, cessation of

smoking, weight loss, healthy periodontal tissues, OSA management, dietary review and stress reduction are all impactful subjects to review with our patients.

Screening and education must remain at the forefront of the hygienist's priorities and skills.

Post script

Readers are invited to contact the author for further references and educational opportunities. Dr. Bray may be contacted at info@abettersleep.ca. •

Images:

<https://www.verywellhealth.com/signs-of-inflammation-4580526>

<https://austinfamilyorthodontics.com/what-is-gum-disease/>

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Unlearning Self-Contraction with the Alexander Technique

By Alena Minova, CanStat Certified Alexander Technique Specialist

Current dental statistics reveal an intriguing paradox of a working day in a dental office. Despite the use of state-of-the-art chairs and equipment, almost 90% of dentists report experiencing back pain, and up to 75% of hygienists in BC report significant work-related issues [1,2]. Ergonomics are indeed important and have a significant impact on our musculoskeletal health, however, how we choose to sit in those chairs - how much we contract and shorten our muscles - makes a significant difference in the amount of tension and repetitive strain injuries we might experience over our professional career as clinicians. At the center of the conversation today is proper muscle tone. How can we manage this for effective everyday functioning while meeting the goal of being pain-free during our career?

First, a review of muscle tone is in order. It is important to be reminded of one essential anatomical fact - that physiologically speaking, a muscle can do two basic things; contract, and stop contraction. For comfortable, effective functioning, we need proper tone - not too much and not too little. Over-contracted, over-stimulated and shortened muscles cause both pain and mental anxiety, which interferes with our everyday functioning. On the contrary, one is unlikely to have relaxed muscles and to feel anxious at the same time. Unfortunately, we can't simply "stretch out" this tightness without learning how to stop muscles from habitually over-contracting and shortening in the first place. Stretching weak muscles may result in tightening the same contracted muscles even more.

Although many practitioners suffer from work-related musculoskeletal discomfort and pain, some solutions exist. If you have not yet heard of F.M. Alexander, I would like to introduce you to his work relating to managing muscle tension. In "*The Use of the Self*", he devised the process, an entire methodology, for working with the muscle tension that interferes with our muscular support. Later in his life, Alexander described this method as a study of human reaction. Today it is known around the world as the *Alexander Technique* [3].

F. M. Alexander used to say, "You translate everything, whether physical, mental or spiritual, into muscular tension [4]." The key lesson here is to learn how to not tighten, especially when scared, tired, or under pressure. Alexander clearly demonstrated that we can't improve posture by holding it rigidly, or by targeting specific muscle groups. When we 'hold' our postures by using more muscular effort, we also hold our breath and limit our movement possibilities. This approach may be referred to as 'micromanaging' our muscular-skeletal system. It is just another attempt to find a 'quick fix' for a persistent problem. So, you might ask, what would be an effective approach for chronic pain?

Alexander's discoveries explain why a 'quick fix' does not work when we experience chronic pain in any body part. For example, your shoulder may be hurting because it is compensating for the 'downward collapse' of the whole body. Thus, 'whole body' tension patterns must be addressed if we are to be successful in finding solutions for localized pain or discomfort.

How we use our bodies to manage function and then inadvertently compensate for mismanagement is of the utmost importance to how we form our muscular habits. Jack Stern, a prominent neurosurgeon in New York, confirms Alexander's discoveries, stating that the way we "use" or "misuse" our bodies is responsible for pain. In his interview with Robert Rickover, an Alexander teacher, he reassures us that most people who walk through his door don't need surgeries, interventions or manipulation and that he sees the 'worst' cases indeed [5]. He recommends the Alexander Technique to his patients as the first and most important way to change their habits of moving and resting.

The premise of the Alexander Teacher is to assist in our 'unlearning' tension. Again, F. M. Alexander explains that with too much tension, our senses become 'dull' and don't show us a correct map to restoring our optimum muscle tone. In other words, our senses may

(Continued on page 9)

(Continued from page 8)

deceive us. The extreme example of “unreliable sensory appreciation” is phantom pain; for example, when a person feels pain in the place of an amputated limb. Alexander teachers are trained to guide people into their full height, width and length by teaching them to let go of too much muscle contraction. This results in less pain, better performance and improved control over our reactions. Of course, our sense perception is getting restored in this process as well.

The Alexander Technique is well known among musicians as a tool to address repetitive strain injuries and muscle tension. If we look closely, we realize that hygienists deal with many similar challenges, such as a fixed posture and precise manual work. Their attention is narrowed down and oriented on the person/instrument in front of them.

The type of injury that hygienists experience over time is called “cumulative trauma.” I am using Bethany Valachi’s term here [6]. All the stimulation of a dental office, (e.g. being in a fixed posture position for long periods of time while attending to somewhat tense patients) may slowly accumulate and cause changes in the muscular and nervous systems leading to pain and discomfort.

Cumulative trauma is a process that takes time. ‘Unlearning’ the common response to stress that involves over-contraction is a process that is well worth learning [7]. I would like to mention that even one visit to an Alexander Teacher will leave practitioners with a precious skill. Usually, within the first lesson the teacher explains and demonstrates a “constructive rest” practice; the way to rest our whole bodies quickly and effectively. Learning this skill will help us to control the level of tension and severity of symptoms. Clients often report a feeling of exceptional lightness or a sense of “floating” after practicing “constructive rest” for just 15 minutes. The essence of this practice is knowing how to get your body to be well supported while working with specific directions (instructions) to ourselves. One can find general descriptions of the “constructive rest” practice on the internet, yet it is worth finding a trained person in this

area. Since our tension patterns are unique, a properly trained teacher will be able to show all the nuances of practicing a constructive rest pose that will most benefit each individual’s discovery of full body support.

It is very important to teach our muscular system to return to its physiologic rest tone after we have been through emotional or physical stress. If a tight muscle loses its ability to contract and release contraction as needed, then it will interfere with the resilience of the whole body. To access our full muscular resilience, we also need to learn to inhibit the muscles from contracting too much during our workday seated in a chair, while attending to clients, responding to emotional challenges, or while exercising. This will help us truly benefit from our yoga, dance class, or gym session. It is a primary skill that we are all capable of learning - we just need the right teacher. I recommend that you seek out an Alexander teacher today and give it a try. What have you got to lose? •

Alena Minova is a CanStat Certified Alexander Technique Specialist with over 3 years of full-time study under her belt. The Alexander Technique is taught at the major performing arts schools across the globe, including the Royal Academy in London, the Juilliard School in New York and Capilano University in North Vancouver. There are currently 20 CanStat certified practitioners of the Alexander Technique in British Columbia. Alena has also been certified to teach Yoga for Scoliosis. Alena was proud to present Inner Ergonomics for Dental Professions at the Pacific Dental Conference in 2019. For more information please check out the following websites. Alena can be reached at

minova@shaw.ca

<http://alexandertechniquetoday.com>

<https://www.canstat.ca>

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Your Community...

2019 BCDHA Caring Campaign

Sponsored by: BCDHA, Sunstar and Maxident

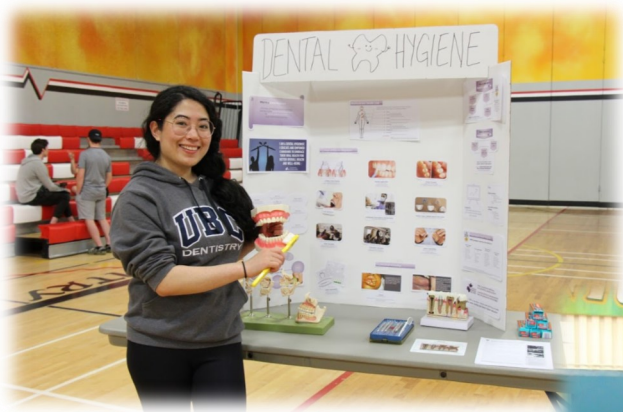
BCDHA member Larissa Brandson (left) is one of the Independent Dental Hygiene Practitioners taking part in the 2019 Caring Campaign. Here is what she had to say, "All went well! Met an incredible family and am just feeling so thankful for the opportunity to provide care for individuals who really need and appreciate it. I was able to complete hygiene on one of the ladies but need to return next week to complete treatment on the other sister as it has been several years since hygiene treatment was completed". •



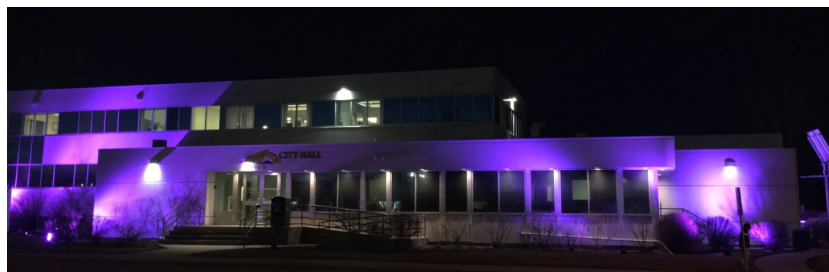
For more information on the 2019 Caring Campaign visit www.bcdha.com

Healthcare Roadshow in the Yukon

Mystica, a 3rd year dental hygiene student at UBC embarked on a Healthcare Roadshow to the Yukon with the University of Northern BC from May 25th to June 1st. Her intention was to educate children about healthcare careers. The Hygiene Demo Model and Teeth Pathology Model borrowed from the BCDHA were helpful tools. •



National Dental Hygienists Week April 6–12, 2019



Fort St. John, City Hall

BCDHA member and Independent Dental Hygiene Practitioner, Michelle Worton, owner of Blooming Smiles Dental Hygiene located in Fort St. John, BC celebrated National Dental Hygienists Week with everything purple. Her clinic also took part in the **Gift From the Heart**. A one day event which allows registered dental hygienists to give back to their communities by providing no cost dental hygiene care to those without dental insurance or on a fixed income. •



BELOW: Pictures submitted by Calvin Lim, DHDP '21, UBC Dentistry, CDHA Student Representative



BC Place and Telus World of Science at Science World



Olympic Cauldron



This was the 10th year that Liz-Ann Munro Lamarre, independent dental hygiene practitioner and owner of The Smile People dental hygiene clinic took part in the **Gift From the Heart**. She provided free dental hygiene services to four clients, the equivalent of just over \$1,200 of dental hygiene work. •



Your Colleagues...

Vancouver College of Dental Hygiene



VCDH 2019 Award of Excellence recipient Anjum Merchant, shown left had this to say after receiving her award, "Thank you so much for the award. I feel honoured, and it is an extremely encouraging gesture from BCDHA. I am privileged to be a part of the dental hygiene profession".

University of British Columbia



Brett Hastings (left) was presented the 2019 Joan Voris Award by Andrea Burton, BCDHA Executive Director and Mary MacDougall, Dean of Dentistry, UBC.

College of New Caledonia



LEFT: 2019 Award of Excellence presented to Hope Herrington (right) by Jennifer Scott, Dental Studies Instructor.



RIGHT: 2019 Presentation Award was presented by Jennifer Scott to Hope Herrington and Aria Kensley.

UBC Dental Hygiene Graduate Wins CJDH Student Essay Award

Recent UBC dental hygiene graduate Alison Ashworth won the Canadian Journal of Dental Hygiene (CJDH) Student Essay Award competition in 2018 for her paper: "Understanding the Factors Influencing the Aboriginal Health Care Experience." The paper was written as part of the DHYG 462 Literature Review II course requirements, an online fourth-year dental hygiene course taught by Dr. Zul Kanji. The CJDH award competition encourages dental hygiene students to develop an interest for writing and research and to recognize the possibilities that such endeavours offer for personal and professional growth. Alison's paper ably addresses the Canadian Dental Hygienists Association's 2015-2018 research agenda category of "access to care and unmet needs."

As the award recipient, Alison received complimentary registration for the Canadian Association of Public Health Dentistry 2018 Conference held in Vancouver, BC and had her paper published in the CJDH. •



Alison Ashworth

Read the essay at >> <https://files.cdha.ca/profession/journal/aAshworth.pdf>

Congratulations to these BCDHA award winners not shown

Camosun College: Brittany Inkster; Jordanne Rostad - Presentation Award / Batool Mohammad - Award of Excellence

Vancouver Community College: Ashlynn Timmins; Ellen Russell; Ravneet Bains - Presentation Award / Amber Torris - Award of Excellence

Vancouver College of Dental Hygiene: Christina Kang; Jia Jung; Yan Fei Peng - Presentation Award

Vancouver Island University: Melissa Hatfield; Nicole Styles - Presentation Award / Alexandra Cloutier - Award of Excellence. •

CIHR Graduate Scholarship for Research on Predicting Cancer Risk in Oral Lesions

Iris Lin, a Craniofacial Science master's program student, won a Frederick Banting and Charles Best Canada Graduate Scholarship from the Canadian Institutes of Health Research. The scholarship, valued at \$17,500 over one year, is awarded to students who demonstrate a high standard of achievement in undergraduate and early graduate studies.

Lin is undertaking research to investigate the immune microenvironment of potentially malignant lesions in the mouth, to predict cancer risk in these lesions. Her graduate supervisor is Dr. Denise Laronde, associate professor in the Department of Oral Biological & Medical Sciences.

This project not only has the potential to inform clinical management of potentially malignant lesions, including lichen planus, but it will also provide more information about the link between inflammation and cancer.

Lin graduated from the Dental Hygiene Degree Program in 2017, and during her final year she participated in a volunteer elective to Vietnam [made possible by the Sinclair Dental Travel Fellowship Program]. Some of her most resonating moments there were from her time on the Ho Chi Minh City Oncology Hospital patient wards. •



Iris Lin

Best Wishes to Carolyn Gorling on her retirement!



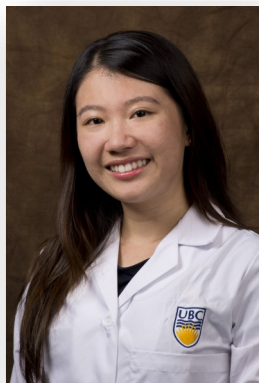
Photo by Aaron Burden on Unsplash

Long-time Vancouver Coastal Health worker retires

Tana Wyman, a UBC graduate in dental hygiene officially retired at the end of January after over 30 years working in the Vancouver community health department as a team lead. A group of colleagues from Vancouver Coastal Health and UBC gathered to celebrate her retirement. This photo was taken at the dinner event located at Steamworks in Gastown which followed attendance at the CDHA sponsored course on Cannabis. Tana's passion for her role in public health is as fervent as ever as she regaled everyone with her career highlights over dinner. •



From left to right...Diana Lin, Lisa Enns, Mary Findlay, Carole Charbonneau who is the successor to Tana, Tana Wyman, Yvonne Smith, Shawna Sutton, Jay Yip and missing is Joanne Vestvik



On to Grad School: A Deeper Dive for Yolanda Lan BDSc 2018

Having a bachelor's degree in dental science (dental hygiene) from the University of British Columbia (UBC) places graduates at the forefront of the dental hygiene profession globally and leads to exciting career opportunities. Graduating with this degree makes it possible to readily access graduate-level studies; undertaking a master's or doctoral degree results in even more career choices. Read on about Yolanda Lan, one such recent dental hygiene graduate, who chose graduate school.

What inspired you to do research?

My starting point was attending the UBC Faculty of Dentistry's annual Research Day. Whether it was learning about new technologies or policies for underserved populations, I was inspired to ask questions, which I believe is pivotal to providing oral health primary care.

My research journey began when, in my fourth-year of UBC's Dental Hygiene Degree Program, I took the undergraduate elective course Guided Study in Dental Hygiene (DHYG 406), with clinical associate professor Penny Hatzimanolakis as my supervisor. I had the opportunity to participate in research, learning elements such as ethics approval, retrospective study design and how to present research, which I was fortunate to do at Research Day 2018. To my delight, I was awarded first place in the undergraduate poster award competition. Needless to say, I was hooked and wanted to do more. I had the honour to represent UBC Faculty of Dentistry and present my poster at the Hinman Student Research Symposium in Memphis, Tennessee, in November 2018. Now I look forward to presenting my poster again at the IFDH International Symposium on Dental Hygiene in Brisbane, Australia, in August 2019.

What are your areas of research interest?

It's challenging to focus on just one point of interest, because oral health and overall health are connected. The periodontium (special tissues that surround and support the teeth), tissue healing, oral lesions and implants are all intriguing to me. During my master's degree program, I'll be continuing my research journey with Professor Hatzimanolakis in the Department of Oral Biological & Medical Sciences. Her enthusiasm for topics like periodontal disease, photodynamic and photodisinfection therapy, dental implants and oral self-care are contagious.

Tell me more about your interest in pathology . . .

In December 2017, I was fortunate to participate in the UBC Dental Hygiene International Service Learning Initiative in Vietnam [made possible by the Sinclair Dental Travel Fellowship Program]. Before that trip, my exposure to cancer was minimal. But at the Ho Chi Minh City Oncology Hospital, I was permitted to view and palpate late-stage malignant lesions in the oral cavity—cancer cases that were unimaginable and unforgettable—and I gained a thorough appreciation for the cancer screening process we as dental hygienists perform on a daily basis. In addition, I recognized that, to achieve a long-term

healthy outcome, more research is needed in pathology to improve the quality of life for patients affected by chronic painful oral lesions and oral cancer.

How do you see your research fitting with the practice of dental hygiene?

My research will help me gain foundational knowledge in dental materials, oral pathology and microbiology. As an oral health provider and promoter, understanding and, more importantly, incorporating knowledge into the practice setting is central to providing comprehensive dental hygiene care.

Beyond graduate school, what would you like to accomplish?

Becoming an educator with the UBC dentistry faculty is definitely one of my goals. I have come to cherish the entire UBC campus community. In 2017, a colleague and I initiated Brush Up Your Health, a campus-wide oral health promotion campaign, an initiative supported by a \$500 BCDHA student member grant; then in spring of this year, I organized the second annual Brush Up Your Health. We encouraged participants to ask questions related to dental hygiene and oral health, and the majority of people asked for personal self-care advice. I found this experience extremely rewarding. Not only did it allow me to disseminate knowledge, but it was also an opportunity to give back to my UBC community. If I'm still hooked on research by the time I finish my master's degree, I'll pursue a PhD. This university ranks among the top 20 universities in the world, so who wouldn't want to be involved here! •



Yolanda Lan (centre) with Dr. Zul Kanji (left) treats a young patient at the Ho Chi Minh City Oncology Hospital.

The UBC Faculty of Dentistry offers advanced study leading to a PhD or MSc in Craniofacial Science. Research options are available in one of the following three broad areas of study: population health research, oral health-related clinical research, and basic science research. For more detailed information, visit www.dentistry.ubc.ca/msc/about-the-program.

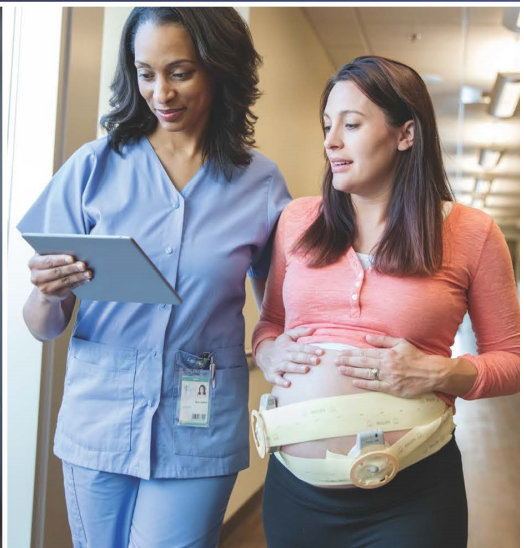
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