



OUTLOOK

British Columbia Dental Hygienists' Association



Your connection to a growing, vibrant professional community

It's Time to Celebrate!

by Mandy Hayre

2014 is a milestone year for the British Columbia Dental Hygienists' Association (BCDHA) because it marks the 50th anniversary of the establishment of our Association! This provides us the opportunity to reflect back on our history and see how we have grown and changed; while also focusing on the future vision we have for the profession.

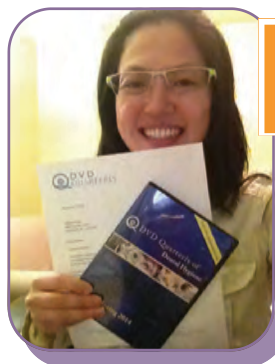
Dental hygiene is still considered very young when compared to professions such as Medicine that has been around for centuries. But, what BCDHA has been able to accomplish in 50 short years is extraordinary. We have many people to thank for these successes and it begins with all of you, the members of the Association. Without the support of each and every one of you, the Association would not exist, and consequently we would not have had a voice to be able to make the changes we have. I would like to thank each of you individually for that.

Our members have elected our volunteer Board of Directors to lead the organization and work towards achieving the goals set for our profession. It has been a busy 50 years, and it is heart-warming to see our leaders from 50 years ago still working in our profession, still involved in what is going on and still contributing to its continued growth. This is amazing, and the parallel in medicine would be if Hippocrates was in the room!

(Continued on page 10)



BCDHA past Chairs/Presidents at the 50th Anniversary celebration



Mardie Perez winner of DVD Quarterly subscription



UBC Dean of Dentistry, Dr. C. Shuler

BCDHA
1964 50 YEARS 2014
The ONLY voice of
BC's Registered Dental Hygienists
CELEBRATING
50
YEARS OF...

- Advancing the profession
- Providing superior insurance and member benefits
- Supporting dental hygienists in their practice

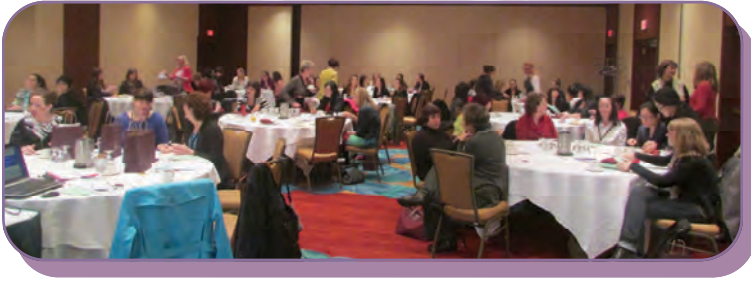
THANK YOU MEMBERS!

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Your Association...

Celebrating the Past, Embracing the Future



By Brenda Morris, Chair

Thank you to all of those who attended our Annual General Meeting in Richmond this March as we continued the celebration of the 50th anniversary of the British Columbia Dental Hygienists' Association, and took a look at some trends that might impact our path into the future.

There was a vibrant mix of participants including pioneer dental hygiene leaders, long term practitioners, some individuals who recently joined the dental hygiene profession and dental hygiene students. The meeting began with a buffet breakfast, following which the business of the AGM was conducted. Participants were then invited to view table clinics presented by students from Vancouver Community College, and the University of British Columbia Dental Hygiene programs. The BCDHA Board of Directors then presented an update on Current Issues.

As a professional association, BCDHA is responsible and accountable to the membership. The Annual General Meeting is held once a year so that the members have an opportunity to ask questions, share their thoughts and review important documents such as the financial reports and approve bylaw changes. By participating in this meeting, members' exercise their power of membership.

Board Chair Mandy Hayre highlighted some of the board activities and events that have taken place over the last year. Activities included:

- *The Executive Director and board Chair met with Health Minister Terry Lake to discuss the dental hygiene profession and issues related to professional practice;*
- *The Board of Directors participated in team building activities and educational sessions that support the boards' actions through a policy governance approach;*

- *BCDHA worked to maintain and build upon its relationships with the College of Dental Hygienists of BC, the BC Dental Association and other professional associations;*
- *The Board presented to the members at the Thompson Okanagan Dental Society meeting and the Pacific Dental Conference.*

Mandy Hayre reported that the BCDHA membership remains stable. Recipients of BCDHA awards this year included Jade Lavallee (Dianne Gallagher Inspiration Award presented in October, 2013), and Cheri Wu (Barbara J. Heisterman Award presented at the AGM).



Mandy Hayre (L) with Kim Laing

Reports from the Education Representative to BCDHA and the provincial representative on the Canadian Dental Hygienists Association board of directors reminded members of the dedication and passion that drives the actions of the provincial Articulation

committee and our national association. A powerful presence in national news conferences on the use of mouth guards, in national and local newspapers, and in social media all increase public awareness of the dental hygiene profession and inform provincial and national legislative bodies.

The meeting progressed with thank you's and a sad goodbye to long standing directors Kim Laing (Greater Vancouver) and Margit Strobl (Northern BC). The Chair then installed new directors to the board, Linda Martens (Greater Vancouver) and Tammy Gulevich (Northern BC). It was announced that Brenda Morris (Upper Island) and Brenda Currie (Fraser Valley) were re-elected to their positions, and Mandy Hayre was reappointed as the Education representative to the Board. The installation of new board officers included the passing of the gavel to new board Chair Brenda Morris, and introduction of new Vice Chair, Jodi Noble.



Mandy Hayre (L) with Margit Strobl



Mandy Hayre, Past Chair with new BCDHA Chair Brenda Morris

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The student table clinic session was opened with the ceremonial cutting of the BCDHA 50th anniversary cake by past BCDHA President Diane Eade and Vancouver Community College student Michelle Lum.



The table clinics addressed a range of topics including Early Childhood Tooth Decay, Elder Abuse and Heart Health. This was perhaps one of the most inspiring aspects of this meeting as it provided an opportunity for hygienists at all levels of experience to discuss and debate the issues, as well as other factors that impact the practice of dental hygiene, and the oral and overall health of British Columbians.

The meeting concluded with a Current Issues Update presentation by the BCDHA board. The board was fortunate to have permission to share information gathered by the Canadian Dental Hygienists Association and the Canadian Medical Association. It highlighted current issues that impact the practice of dental hygiene including:

- *Politics, Economics, Social and Technology*
- *Population and Health Care Data*
- *Report on the latest National and Provincial Dental Hygiene Surveys*
- *Information on Liability Insurance for Dental Hygienists*



Information on the liability insurance provided with a BCDHA/CDHA membership was discussed and compared to other liability insurance options. Some members were pleased to learn that as members of BCDHA/CDHA they are covered for any claims that come against them even after retirement. Other liability insurance options do not offer the same level of support and coverage. BCDHA encourages all dental hygienists to review their liability insurance policies and to contact CDHA if they have any questions.

Be sure to join us at next year's Annual General Meeting.

In the meantime, please contact the Board of Directors at boardofdirectors@bcdha.bc.ca if you have any questions or comments. •



BCDHA is pleased to offer our members this license plate frame as our gift to thank you for your support.



Visit the BCDHA website to find out how to receive your gift!
www.bcdha.com

Volunteers needed for Special Olympics Health Screening Event!



Are you interested in helping out at one of Special Olympics' largest health screening events ever?

We are now recruiting volunteers for the Special Smiles oral health program taking place at the **Special Olympics National Summer Games at the UBC campus July 9-12th 2014.**

BC is poised to welcome many of the registered 1,200 athletes with intellectual disabilities to our Special Smiles health program at the summer games.

Interested? Go to www.bcdha.com > Practice & Employment > Practice Opportunities.

Thank you for your support!

Bulletin Board

Call for Nominations for the Dianne Gallagher Inspiration Award



The BCDHA Board of Directors is calling for nominations for the 2014 *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.

Is there someone who personally or professionally inspired you or someone around you? Did someone encourage you to step outside your comfort zone? Or give encouragement to carry on when things were difficult? Is there someone who challenged you to grow professionally?

If so, we invite you to share your story and nominate that person for this award.

To complete the nomination form, go to www.bcdha.com > Professional Resources > Grants & Awards.

Deadline for nominations is May 15, 2014

Blog Submissions Sought

Recently, BCDHA launched a dynamic new blog (<http://www.bcdha.com/blog/>) that allows dental hygienists to showcase all of the good work that we do for our patients, in our communities and in overall health maintenance.

If you'd like to contribute or be featured in our blog, we can help. It's as easy as being interviewed on the phone, and we'll take care of the writing for you!



For more information,
please contact:

Denise Pulice at:
dpulice@bcdha.bc.ca



Coming to the
Queen Elizabeth
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May 28 – June 29,
2014

BCDHA members
receive 10% off select
performances.

To purchase your tickets visit the BCDHA website
www.bcdha.com, click on Professional Resources,
click on Corporate Offers.

The rest is easy!

Deadline to order: May 20, 2014

CJDH  JCHD

Research Award 2014

Recognizing excellence in oral
health research

The *Canadian Journal of Dental Hygiene* (CJDH) Research Award, sponsored by Crest Oral-B, recognizes excellence in Canadian oral health research. Applicants should submit a research study, a program evaluation or a systematic review ranging from 2000 to 6000 words by May 31, 2014. All manuscripts will be peer reviewed; the winning entry will be published in the journal.

For more information, please contact journal@cdha.ca.

Sponsored by



2014 Barbara J. Heisterman Award



The BCDHA Board of Directors established the Barbara J. Heisterman Award for Outstanding Innovation and Commitment Care in September 2001. The award is given annually to a dental hygienist who best exemplifies the outstanding and unique attributes and values of Barbara Heisterman, who was British Columbia's first mobile residential care dental hygienist.

When considering the nominations, the Board of Directors looks for a dental hygienist who:

- Practices ideas that provide improved access to DH care;
- Demonstrates courage in pioneering new ideas;
- Mentors other dental hygienists;
- Shares practice experience with others;
- Supports access and inclusivity for all persons regardless of age, economic status, physical or cognitive ability, culture or race;
- And demonstrates a commitment to membership in BCDHA.

This year's recipient, Cheri Wu, truly exemplifies the criteria listed. Cheri is very accomplished professionally, but those who know her best say that her accomplishments pale in comparison to the "person" behind those credentials and accomplishments.

Cheri is a graduate of the Camosun College Dental Hygiene program and she completed her Bachelor of Dental Science (DH) degree at the University of British Columbia.

Since graduation, Cheri has given back

to the community in many ways. She worked for 13 years in a subsidized dental practice, the Cool Aid Clinic in Victoria, and during her employment worked extensively with anxious dental patients, persons with mental and/or physical disabilities and persons with HIV/AIDS. While working at the Cool Aid Dental Clinic, Cheri implemented preventive programs that measurably improved the oral health of many clients. She also welcomed Camosun College Dental Hygiene students to participate in the care of clients and mentored them at chair-side. She also supported and mentored the dental residents working at the clinic as part of their rotation for the UBC's Faculty of Dentistry. Cheri participated in many outreach programs providing education to groups such as the Salvation Army and AIDS Vancouver Island.



Cheri was treating clients with HIV in the years before very much was understood about the disease, and at a time when many other health care practitioners were reluctant to provide care. When these patients became too ill to come to her, Cheri went to them... providing care for them in their homes, in their beds.

In 2011, Cheri established her own state-of-the-art private dental hygiene practice in Victoria. Her generosity and commitment to the profession continues as she provides dental hygiene services to clients "whenever they are able to come in" (including early morning, evening and weekend

appointments). A third operatory is being developed so that Camosun College dental hygiene students will be able to rotate through the clinic and gain additional experience in a different practice environment.

In February of 2012 Cheri organized a team of oral health professionals to support a new national dental hygiene initiative called "Gift from the Heart". Together they provided care free of charge to 23 financially disadvantaged clients --- and worked with students, dentists and colleagues to do this. Cheri has continued to participate in this event every year since.

Cheri teaches part time in the Camosun College Dental Hygiene program and inspires all students with her generous spirit and energetic dedication. In addition to teaching, Cheri also works with a dental company where she provides Clinical Education, lecturing across Canada and Washington. These lectures focus on clients with special needs, and ultra-sonic and air polishing implementation.

In addition to her busy work schedule, Cheri also serves as a volunteer and provides peer support for the Victoria Burn Survivor Society, and is on the Board of Governors for the Elizabeth Buckley School for children with auditory dysfunction and physical limitations.

In spite of her many roles, Cheri always finds time to help others. Whatever task she is given she dedicates herself fully to it. She is a truly amazing role model! Cheri's colleagues said, "her personality matches her hair ... she is a vibrant flame".

BCDHA salutes Cheri Wu's vast accomplishments and contributions and is very pleased to present her with the 2014 Barbara J Heisterman Award for Outstanding Innovation and Commitment to Care. •



Why I Went Mobile

By Susan Young RDH

My great grandmother, Dodo lived to be 101 and no one really knew her age until she was well into her 90's! Remarkably, she used to take care of my two sisters and myself when we were toddlers and she was in her 80's.

As she approached 100, I was studying in a dental assisting program. I spoke to one of the College's dental technician instructors about her ill-fitting dentures, and when I told him she was 100, he basically said, "*What do you expect with her being that old?*". He stopped by her home on route from the College one day to check her dentures, and conversed with her about current events which she was totally on top of. Afterwards, he pulled me aside to tell me he thought she was an amazing woman.

My grandmother's denture issue is one that I understand much more now as a dental hygienist. Not only had she lost weight, but her lower arch had resorbed, which led to this problem.

Let's fast forward to 2009 where I had been working for 30 years in a progressive dental practice with an established clientele that spanned three generations. I noticed that there were less and less older family members in my care, and learned that many were now living in long term care facilities and found it too challenging to visit the practice.

Shortly afterwards, our dental hygiene study group was fortunate enough to have Dr. Leeann Donnelly present on the topic of residential care. I was immediately intrigued and inspired to think outside the box regarding my role as a clinical dental hygienist. This was the start of my journey towards providing dental hygiene care in long term care! I began searching the literature and speaking with others who were already working with this population. Now in my 3rd year as an independent practitioner, I continue to find my role exciting, full of variety, and full of endless learning opportunities. I love helping my clients and their families. My greatest reward is seeing the positive changes in my clients' oral health. Facility staff are now seeking me out and taking an interest in their residents' oral health.

I truly want to make a difference by paving a smoother path for future dental hygienists serving these underserved populations and I see my practice as an opportunity to give back to the community. My work in residential care has rejuvenated my passion for dental hygiene and taken me into a whole deeper understanding of complex medical conditions and the impact that dental hygienists can have on an older adult's quality of life and overall health.

So, if my story has inspired you to consider an independent mobile dental hygiene practice, I'd like to share some strategies that you can use to assess your readiness to "go mobile"...

Branching off in this new self-guided direction is your first step to becoming an entrepreneur. "Entrepreneurship is the process of creating something different with value, by devoting the necessary time and effort, assuming the accompanying financial, psychological and social risks and receiving rewards of monetary and personal satisfaction"¹.

Take a moment and ask yourself:

- Do I want change?
- Why do I want change?
- Am I willing to learn new skills?

If you answered "yes", entrepreneurship may be for you, provided you are a(n):

- Self Starter
- Good Decision Maker
- Effective Communicator
- Effective Planner and Organizer
- Physically and Emotionally Healthy individual
- Self-motivated dental hygienist

Then, as an entrepreneur be prepared to wear many hats in addition to that of a clinician, such as:

- Bookkeeper
- Employer
- Marketing Manager
- Office Manager
- Scheduling Coordinator
- Educator
- Computer Supporter
- Cleaner
- General Handy Person

So, if all of this sounds good to you and you are excited and motivated, where do you start?

Here are five areas that I found helpful in preparing myself for “going mobile”:

Shadowing

- Contact dental hygienists or other healthcare professionals who provide a similar service and follow them for a day.

Resources

- Dental Hygiene Organizations - I attended a couple of excellent workshops on independent dental hygiene practice.
- Private Consultants - I found a mobile dental hygienist in Seattle that provided me with a private consultation on the set up of a mobile business and job shadowed her business in action.
- Small Business of British Columbia - great source for setting up a business plan and courses on small business.
- Continuing Education Programs - I took a number of “starting a small business” courses through a local school board.

Networking

- Attend business association meetings in your area.
- Find out about networking small business groups with your area (senior advocates).

Organizations

- Contact organizations and use them as they are a great source of valuable information.

BCDHA - British Columbia Dental Hygiene Association

CDHA - Canadian Dental Hygiene Association

SCDA - Special Care Dental Association

GNABC - Gerontology Nursing Association of BC

Mentorship

- Find someone to become your mentor and tap into their experience and knowledge.

Explore, investigate, volunteer, network, and read to see if “going mobile” is for you. You may discover that change can be less scary than you first imagine, and bring you unexpected opportunities. With a combination of professional preparedness and personal passion, working as a dental hygienist for the elderly can be a rewarding career you could embrace for years to come. For me it was working with seniors and the thought that I was giving back to my community the way my great grandmother gave so unconditionally to my sisters and me throughout her wonderfully long and full life that led me to such a rewarding change! •

¹ Hirsh R. *Entrepreneurship* New York: McGraw-Hill/Irwin 2005; 2005.

About the author:

Susan Young, RDH has been providing dental hygiene services since 2011 to people that find it difficult to access a traditional dental office.

She is the owner of Dental Hygenix - Mobile Dental Hygiene Care
www.dentalhygenix.com

Resources

CDHBC - www.cdhbc.com - *Registrant's USB Handbook - Tab 9*

BCDHA - www.bcdha.com - *Residential Care Guide*

CDHA - www.cdha.ca - *Independent Practice Information*

GNABC - www.gnabc.com - *Gerontological Nurses Association of British Columbia*

SCDA - www.scdonline.org - *Special Care Dentistry Association*

Small Business BC - www.smallbusinessbc.ca - *Source for small business owners*

Mentorship - *find a person willing to allow you to shadow and seek their expertise*



Dental Hygienists and Woman Abuse

Dental hygienists' role in abuse prevention

Dental hygienists are in a unique position to be among the first health care professionals to recognize signs of abuse and to help survivors of abuse. For instance, dental hygienists often have frequent interactions with repeat clients over a long period of time, work with entire families, work in close physical proximity with clients, and work one-on-one with clients. Within their work setting, dental hygienists are able to establish trusting relationships with their clients, which may over time lead to a client's disclosure of abuse. Dental hygienists may also witness behavioural indicators of abuse in their practice setting, such as interactions with their partners, and can be exposed to physical indicators of abuse, such as injuries. **In fact, 75% of physical injuries received during episodes of violence against women by an intimate partner are inflicted to the head, face, mouth and neck.**¹

As well, dental hygienists often work in settings with other staff persons and may encounter colleagues who have experienced abuse. In Canada, 1 in 4 women experiences physical violence at the hands of her current or former partner.² Since 95% of dental hygienists in Canada are women³, it is very likely that every Canadian dental hygienist has some colleagues who have experienced woman abuse.

The most important thing I learned is:

How important my role is, as a dental hygienist, to identify a woman's abusive situation.

How to respond.
What to say. I feel prepared to act.

How to handle this kind of situation and the resources that are available.

*Quotes from **Detect, Respond, Refer** course participants*

Training opportunity

In response to this unique opportunity to extend the network of professionals prepared to respond to woman abuse, an online course has been designed specifically on this topic for Canadian dental hygienists: **Detect, Respond, Refer: Helping to End Woman Abuse**. The course was designed by Springtide resources with extensive input from the Ontario Dental Hygienists' Association. Springtide Resources is a not-for-profit charitable organization that has decades of experience developing in-person and online training and education on the topic of woman abuse. With support from BCDHA, Springtide Resources is now promoting this course to BCDHA members.

Detect, Respond, Refer introduces participants to woman abuse and the dental hygienist's role in ending woman abuse, including: detecting abuse, responding to cases of abuse, and referring clients and colleagues to appropriate services. The course includes real dental hygienists' stories and Canadian statistics. Participants are guided through exercises about mandatory child abuse reporting, dental practice organizational strategies to prevent and respond to abuse of clients and staff, and self-care strategies.

This comprehensive, self-directed, continuing education course is user-friendly, and delivered online in an interactive presentation. Participants can work from home and at their own pace.

Course details:

Course length: 5 to 10 hours (self-paced)

Course access time: 8 months

Cost \$39



The course has outcome testing and a certificate of completion. This course may contribute to your continuing education requirements.

Once the course is completed, BCDHA members can send a copy of their certificate of completion to BCDHA to receive a free package of resource materials to support their work to respond to woman abuse in their practice.

To register for this course or to learn more, visit: www.learning.springtideresources.org and explore **Detect, Respond, Refer: Helping to End Woman Abuse** — *BCDHA members*: Select the "**National**" option to register or email: learning@springtideresources.org

¹ D. Sweet, "Recognizing and intervening in domestic violence: proactive role for dentistry", *Medscape: Women's Health*, Vol. 1, No.6, 1996.

² Statistics Canada, "The Violence Against Women Survey", 1993.

³ Canadian Dental Hygienists Association, "Supporting Gender Equality in Oral Health Businesses", April 14, 2010.

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The coupon bearer is a member, and is entitled to a 10% discount on the following items:		
Scrub Tops and Bottoms; Lab Coats; DH & WR Shirts, Sweaters, Fleece, Hoodies, Dresses, Jackets, Shorts, Skirts, Capris and Cotton Twill Pants; Yoga Wear; Inspiri Collection (Available in Select Stores); Winter Accessories; Casual and Anti-Slip Footwear.		
Where an item is sale priced the lower price will apply. Coupon is required to be eligible for discount Not to be combined with any other offer. Purchase must be paid by one of the following at the point of sale: Credit or Debit Card or Cash.		
Acct#: 00266890 	This coupon is valid if printed in colour or black and white.	Valid at any Mark's Expiry Date: 31 May 2015

BCDHA 50th Anniversary Celebration

By Mandy Hayre (Continued from page 1)

To start the 50th anniversary celebrations, BCDHA hosted the Thursday afternoon event at the Pacific Dental Conference. From those members in attendance that I have spoken to, the event was unforgettable and 'the highlight' of the conference this year! The program was exciting and started with Vancouver Theatre Sports League entertaining us for about an hour regarding the 'uniqueness' of the dental hygiene profession. It was hilarious, spontaneous, and had everyone in the audience engaged!



Diane Eade (L) and Bonnie Craig

In the next segment of the program we heard from past Presidents/Chairs of BCDHA from preceding decades. The speakers provided brief highlights from the decade in which they served the Association. The speakers were Bonnie Craig (1964-1973), Diane Eade (1974-1983), Shirley Bassett (1984-1993), Ginny Cathcart (1994-2003) and Margit Strobl (2004-2013). This was a poignant session and illustrated how we were started by a handful of dedicated dental hygienists in 1964, when the meetings were held in each other's homes. The challenges they faced in those early years were trying to get organized and to recruit more members. One of our leaders stated that it was a 'big deal' when they grew to over 10 members because they



were now in the 'double digits'! I found it very interesting that the business of the organization was done by the members because there was no office, no staff and no computers! As the five past Presidents spoke I was again struck by how much our profession has achieved in 50 short years.

As the five presenters each spoke of their decade, they illustrated the many challenges they faced and how collectively they were able to surpass formidable obstacles to keep moving the profession forward. I enjoyed this session and it took me back to a memorable event that occurred during the Canadian Dental Hygienists Association's (CDHA) 50th Anniversary celebration in the fall of 2013. I had the privilege of meeting Mai Pohlak, the first President of CDHA. It was wonderful to hear her talk about the vision they had for dental hygiene 50 years ago, and how it 'really was very narrow back then' and how amazed she was with how much we have accomplished since then. For me, it served as a valuable reminder that while



Ginny Cathcart (L) with Shirley Bassett

(Continued on page 11)

progress and movement towards our goals can be slow and full of stumbling blocks, it can and does happen!

Whether we are fighting for self-regulation, trying to provide dental hygiene care to the underserved populations such as those in residential care, trying to work outside of the 365 Day Rule, or trying to provide our full scope of practice without barriers --- we will eventually get there. And we will get there together with our Association, the only voice of dental hygienists, working on our behalf.



UBC student, Nora Tong

No anniversary celebration would be complete without also looking to our future as well. We had the privilege of having two dental hygiene students with us that day. The first was Nora Tong from the University of British Columbia, and the

second was Michelle Antifaeff from Vancouver Community College. They both spoke about the future of our profession and what they envision we will look like in 50 years! Listening to them, I was again struck with the thought that our future is bright, and our profession will be in good hands as we pass the torch to the leaders of tomorrow.



**VCC student,
Michelle Antifaeff**

The last segment of the celebration was a time to look back and look at the many dedicated people who have contributed to the success of BCDHA. We recognized the past Presidents/Chairs and the life members of BCDHA.



There is one life member in particular that I would like to recognize. This individual was one of the original founding members of BCDHA when the Association was created ... back in 1964. And, more notably, she has remained a member ever single year since, for fifty years! On a volunteer basis, she ran the employment line for years and was also responsible for the BCDHA archives. She is also someone who is still much connected to the 'goings-on' of the profession. Who is this exceptional leader? It is Carol Kline! She was at the celebratory event and we were able to thank her for her many years of service and dedication to our profession. Thank you Carol!



Life member Carol Kline

BCDHA will continue to celebrate our anniversary throughout this year and we hope to engage everyone. BCDHA will be giving away a \$50 gift card every month in 2014 to a randomly selected member. Be sure to check our website each month to see if you are a winner.

Watch your email for announcements of regional anniversary celebrations that will be held around the province. We invite you to come out and celebrate with your colleagues! •



**Jessica
Lavoie
winner of
Blue Man
Group
Tickets**

Visit the British Columbia Dental Hygienists' Association Facebook page to view all the pictures from this event and more.
Please FOLLOW us!

BCDHA 50th Anniversary Monthly Prize Draw

Win a \$50 Visa Gift card & dental kit
www.bcdha.com

Sponsored by:



Your Community...



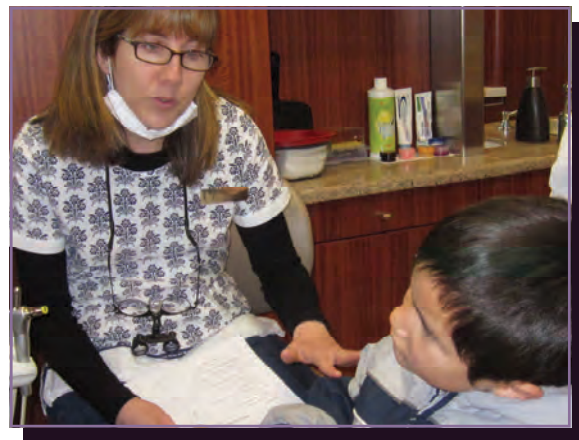
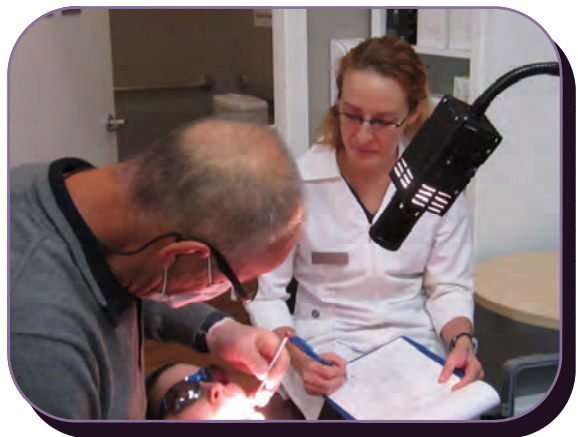
On February 8, 2014 Independent Dental Hygiene Practitioners in BC gave back to their communities by providing no cost quality dental hygiene care to individuals experiencing financial or other barriers in accessing dental hygiene care.

Focus on Dental Hygiene in Victoria — owner Cheri Wu, RDH

Focus on Dental Hygiene had the local radio station (C-FAX) broadcast the event. They hadn't even advertised yet and people were already signing up!

The clinic received several calls from hygienists who were interested in volunteering, with one confirmed volunteer dentist.

The clinic received donations from Velscope, Phillips, Henry Schein, Maxill, Pharmasave, Sunstar, Dentsply, Thrifty Foods and Colgate.



Floss Dental Hygiene Services Inc. - owner Heather Mayhew, RDH (Res.Care)

Floss Dental Hygiene Services located in Comox, BC had a great day! With two chairs running, they saw 18 clients between the ages of 2 - 65.

Six dental hygienists volunteered their time as well as a CDA and receptionist.



BCDHA is pleased to recognize these dental hygienists for participating in Gift from the Heart. •

Special Olympics Healthy Athletes Screening Day

For one Special Olympics BC – Coquitlam athlete, SOBC's **Healthy Athletes Screening Day** in Vancouver on February 15 was fun and full of helpful advice. It also uncovered a serious tooth problem that may otherwise have gone undetected but for the Special Smiles dental clinic. The screening also gave her a referral to help get follow-up treatment.

"The Special Olympics athlete actually had a tooth that had decayed and broken off and all that was left was a retained root tip," said Carol Yakiwchuk, B.C. Clinical Director for Special Smiles. The athlete was in danger of getting a serious infection. "Those root tips actually have to be extracted."

This is just the sort of health issue that practitioners working with Healthy Athletes hope to catch. The daylong event held at Vancouver's Notre Dame Regional Secondary School offered clinical examinations and health information in Special Smiles, Opening Eyes, Healthy Hearing, Health Promotion, and for the first time in Vancouver, a physiotherapy component called FUNfitness.

The free screenings attracted 73 Special Olympics athletes and newcomers, and had the support of 117 volunteers throughout the day. •



National Dental Hygienists Week

April 6 - 12, 2014

College of New Caledonia



The 2014 CNC dental hygiene class delivered a presentation on Saturday April 12th addressing the importance of oral care for pregnant women and infants.

This NDHW activity was funded by grant monies received through the BCDHA Member Grants.



The students from the Vancouver College of Dental Hygiene hosted an oral health awareness campaign on Wednesday April 9th at the Round House Community Center in Yaletown, Vancouver.



Follow **British Columbia Dental Hygienists' Association** on **Facebook** to view more pictures.



Independent dental hygiene practitioner Joyce Kwok provided an oral health presentation during NDHW to waiters, waitresses & chefs who work around the clock in restaurants and cafes.



Free Access to Compendium of Pharmaceuticals and Specialties (e-CPS)



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In an exclusive partnership between the Canadian Pharmacists Association and the CDHA, e-CPS is available online as an exclusive CDHA member benefit.

E-CPS features:

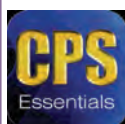
- Current Canadian information on more than 2000 products (drugs, vaccines, medical devices and natural health products)
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- Information for the Patient
- Printable information, available in English and French, and updated bi-weekly

Specific to Dental Hygienists:

- Drugs in Dentistry under Clin-Info Section covering numerous topics such as: Analgesics, Anti-infectives, Anesthetics, and more.
- Dental topics include printable tables and clinical decision trees (flow charts).

The screenshot shows the e-CPS website interface. At the top, there is a navigation bar with links: Home, e-CPS, Drug Monographs, CPHA Drug Monographs, Drug Updates, Clin-Info, Directories, Product Identification Tool, and Glossaries. Below this, the 'Select Clin-Info Category' section is visible, with a 'HELP' button. It lists several categories: Calculations and Dosing Tools (with a PDF link), Clinical Monitoring Tools (with links for Laboratory Reference Intervals, SI and Traditional Units, and Serum Drug Concentration Monitoring with Conversion Factors), Drug Interactions with Food (with links for Drug Administration and Food, and Drug Administration and Grapefruit), Drug Use Guides (with links for Drugs in Dentistry, Drug Use During Breastfeeding, Drug Use During Pregnancy, and Routine Immunization Schedules), and Ingredients of Concern in Pharmaceuticals and Packaging (with links for Latex and Nonmedicinal Ingredients). To the right, the 'Drugs in Dentistry' page is displayed, featuring a 'Printable Version' link, the date revised (October 2013), the author (D.A. Haas, DDS, PhD, FRCDC), and a summary of the use of analgesics, anti-infectives, anesthetics, and medical emergency drugs in dentistry. Below the summary, there are links for Analgesics, Anti-infectives, Endocarditis Prophylaxis, Antibacterial Prophylaxis for Dental Patients with Total Joint Replacements, Local Anesthetics, Medical Emergencies, Suggested Readings, and References.

What's New



In the Spring of 2014, all CDHA members will now have access to CPS on their Apple or Android devices anytime, anywhere!



Quickly access more than 2000 product monographs and listings extracted from the *Compendium of Pharmaceuticals and Specialties (CPS)*

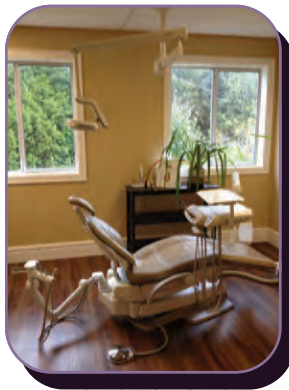
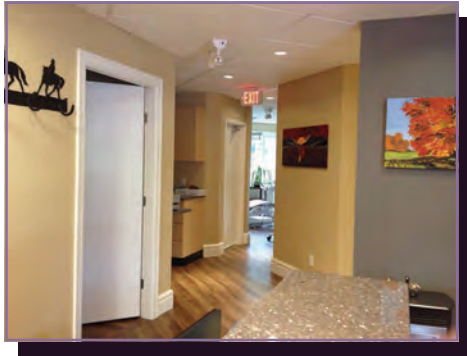
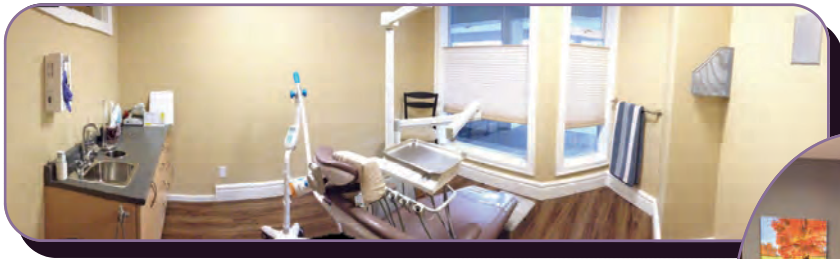


- Find recommended treatments for more than 200 conditions from Therapeutic Choices
- Check dose, adverse effects, drug interactions and relative cost for over 2200 drugs
- View all drugs/classes to treat a specific condition

Your Colleagues...

Dental Hygiene Clinic Opens in Victoria

Congratulations to Joanne Fox on the opening of Brentwood Dental Hygiene Clinic located in Victoria.



If you are an independent dental hygienist and wish to be added into the BCDHA Directory for Independent and Mobile Dental Hygienists in BC, contact the BCDHA office.



Awards and Achievements

Shelly Sorensen— Elected to the Board of Directors for the Canadian Association of Public Health Dentistry

Salme Lavigne— Recipient of the 2014 CDHA Life Membership Award

Carole Whitmer—Recipient of the 2014 CDHA Award of Merit

Congratulations to the Colgate CDHA Academic Scholarship recipients:

Danika Kujala - Camosun College

Cassie Grant - College of New Caledonia

Yun-Hsuan (Iris) Feng - University of British Columbia

Kelsie Lussier - Vancouver College of Dental Hygiene

Elissa Lauder - Vancouver Community College

Jamie Senger - Vancouver Island University

Best wishes on your retirement!

Janet Basford, Richard Bosnell, Ginny Cathcart, Frances Lawson, Janice Lucas, Jeanine McMurtie, Linda Symington and Sheila Watts

Thank you for your support and dedication to the profession.



Interesting Facts about Independent Dental Hygiene Practice

800+ CDHA members are currently enrolled on the CDHA independent practice listserve
904 Canadian dental hygienists have their own Unique Identifier number (UIN)

102 in BC

638 in Ontario

The CDHA Net online claim submission service

240 Canadian dental hygiene offices registered to use this online service

260 dental hygienists (17 in BC) are submitting electronic claims through this service

1 reported reason for independent practice is personal satisfaction

Mobile practices make up the majority of independent dental hygiene practices in Canada



YOU...

Preventing Noise Induced Hearing Loss Among Dental Hygienists

Susan Thacker, M.A, Audiologist

Carol Yakiwchuk, DipDH, BScDH, MHS, RDH (365 Day Rule Exempt)

In your work as a dental hygienist, I'm sure you've witnessed firsthand how hearing loss can impact a client's quality of life by making communication more difficult. Hearing loss can isolate people, strain relationships, and increase stress at home and in the workplace. Clearly, our sense of hearing is an important link to the world around us.

Hearing loss is a disability that affects people of all ages and approximately 10% of the Canadian population.¹ While there are many causes of hearing loss that may be beyond our control such as congenital conditions, hereditary disorders, disease, and aging; excessive noise exposure is a significant risk factor that we can do something about.

According to the National Institute for Occupational Safety and Health, hearing loss caused by noise exposure is one of the most common occupational health hazards today.² Noise induced hearing loss occurs when too much sound is transmitted into the auditory system which causes structural changes to the hair cells of the inner ear. These structural changes caused by excessive noise exposure result in sensorineural hearing loss. Factors such as the sound's intensity (measured in decibels), duration (time), and spectrum (physical properties) all interact and if significant enough, can increase an individual's risk for hearing loss.³ A long or repeated exposure to loud noises at or above 85 decibels can lead to permanent hearing loss.^{4,5}

Noise is everywhere in our environment. Everyone comes in contact with noise every day in their leisure and work environments. Multiple exposures to any source of excessive volume including concerts, loud nightclubs, personal music players, and work related noise can result in noise induced hearing loss. Not only can noise damage hearing, but it can interfere with communication, disturb concentration, create stress and reduce the ability to rest and sleep.

Oral health professionals (OHP) are exposed to a number of intermittent and differing levels of noises in the dental office such as those produced by high volume suction, ultrasonic cleaners, ultrasonic scalers, stone mixers, and low and high speed dental handpieces. The intensity of noise produced from dental equipment has been estimated to range from 49-85 decibels, with ultrasonic scaler units emitting the highest noise.⁶ While the noise emitted from dental equipment is often lower than the damaging level of noise



Compliments of Oto Hearing

that causes hearing loss, it's important to note that "all noise, regardless of its source, will cause hearing loss if it is loud enough, or if one is exposed to it long enough, and/or if one's hearing mechanism is susceptible enough".^{7,8}

Reduce your Risk...Prevention is Key!

Since noise-induced hearing loss is not medically treatable, it's important to act preventively to reduce your noise exposure. Limit your time in noise during your leisure activities. Keep your car radio/stereo down to a reasonable level; reduce the level of your personal music player. Have some quiet time away from noise especially if you experience tinnitus after being in a noisy environment.



Compliments of Oto Hearing

Noise-induced hearing loss is often gradual, progressive, and painless, and thus can go unnoticed until significant hearing loss has already happened.⁷ Because of this, it's important that all dental hygienists go for regular hearing testing long before noticing a hearing problem. If you are just entering the profession of dental hygiene, have your hearing tested soon after graduation to assess your hearing. Then, because of the noisy nature of clinical practice, follow up with annual hearing evaluations with an audiologist. He/she will be able to detect the start of any noise induced hearing loss early on and help you halt any further loss by suggesting additional precautions to protect your hearing.

An excellent strategy you can adopt to protect yourself from harmful noise in your practice of dental hygiene and during leisure time is to wear hearing protection. Wearing hearing protection devices is simple and effective, yet remains highly under-utilized by dental hygienists.³ While over the counter ear protection models can protect you from the harmful effects of high frequency noise, custom fit earplugs provide

(Continued on page 19)



the additional benefit of allowing you to hear conversational speech when conversing with clients and colleagues. The precise fit and comfort of custom made hearing protection allows for longer periods of use and are less expensive over time than disposable plugs. Your local audiologist can also help you by recommending the most suitable and effective type of hearing protection for you. •

Tips for Preventing Hearing Loss among Dental Hygienists

- Visit an Audiologist soon after graduation to assess your hearing level & establish a baseline reading
- Go for annual hearing tests
- Ensure that all dental equipment is well maintained
- Practice ergonomically - use good posture and ensure you maintain an appropriate distance from clients' mouths
- Use hearing protection devices when operating noisy dental equipment
- Limit your noise exposure at home and with leisure activities

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