



OUTLOOK

British Columbia Dental Hygienists' Association



Your connection to a growing, vibrant professional community

Promotion

Dental Hygienists Make a Difference! Contest



Tell us How a Dental Hygienist Has Made a Difference in Your Life...

Email your short story to contest@bcdha.bc.ca for a Chance to Win an iPad Mini!

CONTEST DEADLINE: June 1, 2015
Official Contest Rules at www.bcdha.com

BCDHA SUNSTAR GUM

BCDHA, in partnership with Sunstar, launched the "Dental Hygienists Make a Difference!" contest on April 1st for Oral Health Month and National Dental Hygienists Week. A campaign kit, which included contest posters and entry forms was mailed to each BCDHA member in March. The contest was promoted through social media throughout April and May. At the close of the contest on June 1st we had received over 200 compelling stories from dental hygienists' clients. Watch for the announcement of the Winner - coming soon!

Advocacy

Button Campaign

Increasing the Public's Awareness and Recognition of the Dental Hygiene Profession

By Rachel Kim, Jeraldine Tan and Dana Yu

How many times have you been asked, "What is a dental hygienist and what do you do"? If you are like any of us, I suspect you're asked quite often. Although dental hygiene has been recognized as a health profession in Canada for over fifty years and has over 3,400 dental hygienists practicing in BC, there still exists a real lack of public awareness of who we are and the important role we play.¹ Have you ever wondered why dental hygiene services are not included in

the public healthcare system, even though there is significant evidence of the relationship between poor oral health and systemic disease? We do! We've also pondered what we should be doing to significantly and successfully advocate for our profession to address the issue that the dental hygiene profession appears to be undervalued and misunderstood by the public.¹

(Continued on page 10)

Awareness

More than 7000 bookmarks were distributed to over 200 public libraries throughout BC in April as part of National Dental Hygienists Week activities.

Dental hygienists were also invited to host table displays, oral health displays and education sessions at their local library.



Total Your Health Begins With Your BC Dental Hygienist!

BCDHA

There is a direct link between oral health and your overall health. Brush, floss, rinse, eat healthy, and see your dental hygienist regularly.

Learn more, visit www.bcdha.com



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Your Association...



Highlights of the 2015 BC Dental Hygienists' Association Annual General Meeting

By Brenda Morris, BCDHA Chair

Thank you to all of those who participated in the BCDHA Annual General Meeting in Coquitlam this February. As a professional association, the British Columbia Dental Hygienists' Association is accountable to the membership. The BCDHA 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, approve bylaw changes; and by doing so, exercise their power of membership.

BCDHA exists so that...."Members are Connected to a Growing, Vibrant Professional Community" and the board strives to engage members province wide. The introduction of a web cast into the AGM enabled members to participate from within the meeting room as well as from the comfort of their homes. More than 70 members attended in person and over 50 more joined the meeting online. Focus Audio Visual Services did an amazing job delivering the webcast service and supporting the BCDHA board throughout the meeting.



BCDHA Annual General Meeting 2015 - Executive Plaza Hotel Coquitlam

For those in attendance the meeting began with a buffet breakfast and viewing of student table clinics. Students from Vancouver Community College and the University of British Columbia Dental Hygiene programs shared their research and knowledge of "Malnutrition", "Management of Chronic Pain", "Food for Tooth" and "Oral Cancer and Smoking Cessation". We benefited from these wonderful displays on meaningful topics that impact the practice of hygienists both new and experienced.

The Annual General Meeting included the introduction of guests, including life members Paula McAleese and Carol Kline; past presidents Allison Ransier, Margaret Kolthammer and Margit Strobl; and current CDHA President, Mandy Hayre.

(Continued on page 3)



Sulva Zahir and Taylor LaRose, VCC



Jenna Zummack, VCC



Dennis Chen and Yan Zhou, UBC



Kaila Tuuri and Asmaa Arshad, VCC



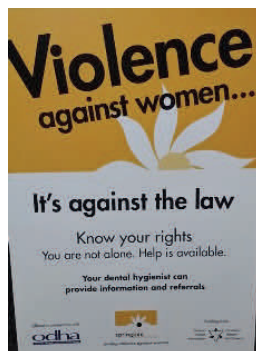
Hyun Cha and Elizabeth Koh, UBC

The Report from the Chair highlighted some of the activities BCDHA has engaged in this year including 50th anniversary celebrations and important political events. The room exploded in cheer when the proclamation of the second week in April as National Dental Hygienist's Week was mentioned. Other 2014-2015 highlights for BCDHA included:

- 50th anniversary celebrations at the Pacific and Thompson Okanagan Dental conferences and at study club meetings throughout the province;
- Distribution of license plate frames "Got Teeth... Thank Your BC Dental Hygienist";
- Promotion of "Gift from the Heart" and "Special Smiles Oral Health" programs;
- Collaboration with Springtide Resources on the release of an online course "Detect, Respond, Refer: Helping to End Women Abuse" for dental hygienists;
- Participation in Dental Hygiene Advisory Committees at Camosun College, Vancouver Island University, and Vancouver Community College;
- Board of Directors professional development and educational sessions to support the board's governance;
- Maintaining and building upon relationships with the College of Dental Hygienists and other professional associations;
- Recipients of BCDHA awards included Heather Cooper (Dianne Gallagher Inspiration Award presented in October, 2014), and Cheri Wu (Barbara Heisterman Award presented at the 2014 AGM).

Reports from the BCDHA Education Director and the provincial representative on the Canadian Dental Hygienists Association Board of Directors were provided by Mandy Hayre. Her commitment to the profession in her many roles reminds members of the dedication and passion that drives the work of the Provincial Articulation Committee and the Canadian Dental Hygienists Association.

BCDHA invited Tracy Porteous, Executive Director of the Ending Violence Association of BC, to showcase strategies that her association is utilizing to influence behavior change to reduce violence against women. Video clips shot with the BC Lions football team are one of the more powerful tools her association is using to spread the message that everyone can do something to make our communities, our streets and our homes safer.



Next on the agenda was a thank you to outgoing director Jodi Noble (Victoria) and installation of the new director for the Victoria district, Bev Jackson. It was announced that Brenda Morris will continue as Chair and Tammy Gulevich was introduced as the Vice-Chair for the 2015-2016 term.



Brenda Morris with Jodi Noble



Bev Jackson and Brenda Morris

The meeting concluded with a presentation by the BCDHA board which reported on current trends, including an increasing number of dental hygienists licensing as independent practitioners, stable wages, and a stable number of dental hygiene educational programs. The presentation also highlighted member benefits including:

- Counseling services available as a national member service with counselors available 24 hours a day to offer life balance solutions, health smart coaching and career smart counseling;
- E-Learning courses;
- Access to e-CPS (Compendium of Pharmaceuticals and Specialties);
- Professional Liability insurance which includes an unlimited, extended reporting period, legal representation cost coverage, no deductible and covers all work places;
- Other perks including discounts at Mark's; travel, hotel and car rental discounts; and competitive house insurance plans.

Dental hygienists across BC are connected to a "growing, vibrant community". Through their support of BCDHA, members demonstrate a commitment to working together to increase public knowledge of the profession, increase dental hygienists' collaboration with other health care professionals, uphold the highest professional standards, and increase access to dental hygiene care for all British Columbian's. This spring you received a package from BCDHA that contained a button that says "I'm a dental hygienist...ASK me what I do!". Wear it proudly. The person in your dental chair, at your public health office, or in other practice settings, wants to know what makes you, a professional dental hygienist, unique. •

Snapshot of the Board

Beverly Jackson

Victoria Region



Bev moved to Vancouver Island in 1984 after graduating from the University of Alberta. In 1986 she served as the President of the Victoria and District Dental Hygienist's Society and has since worked with various professional groups such as the National Dental Hygiene Certification Board and Camosun College Dental Advisory Board. Bev has completed a Bachelor of Dental Science (Dental Hygiene) from the University of Toronto and a Master of Education (Leadership Studies) from the University of Victoria.

Bev practiced clinical dental hygiene in general and periodontal offices. She loves clinical practice and continues to apply these skills whenever the opportunity arises both in the educational environment and in volunteer situations. Bev has taught for over 20 years and is currently an instructor in the Dental Hygiene Program at Camosun College in Victoria. She enjoys the challenge of teaching and is grateful to this collegial environment that requires a continual need to be on top of evidence based practice.

In addition to dentistry, Bev has committed years of community service and contributed to committees in a minor fastball league. She will always be connected to community in a volunteer capacity as it is in her nature to be actively involved. Bev feels that now that her two girls are grown and leaving home, there is opportunity to dedicate time and energy to our profession. She has a tremendous passion for our profession and is looking forward to taking the voice of dental hygienists to the provincial level as a member on the BCDHA Board of Directors. In Bev's own words, "If I had to do it all over again, I would choose dental hygiene as my career because the connections made are life-long, the opportunities are limitless and it is such a rewarding profession". •

The BC Dental Hygienists' Guide to Independent Practice in Residential Care



Increasing Oral Healthcare Accessibility for Geriatric populations
© 2015
British Columbia Dental Hygienists' Association
www.bcdha.com



BC Dental Hygienists' Guide to Independent Practice in Residential Care



BCDHA has completed an extensive revision and update of the previous version of the Residential Care Guide.

The *BCDHA Dental Hygienists' Guide to Independent Practice in Residential Care* is a great resource for dental hygienists interested in establishing a practice in residential care or for those preparing to set up a mobile dental hygiene practice that serves community-dwelling dependent adults. The guide is available in a printed bound format.

To order your guide visit the BCDHA website at www.bcdha.com

Bulletin Board

Ride to Conquer Cancer - in memory of Dr. Michele Williams

As a Certified Specialist in Oral Medicine, Dr. Michele Williams spent much of her outstanding career in search of a cure for oral cancer. This ride was her pledge to all of the amazing patients she had the privilege of caring for and to the incredible team of dedicated professionals with whom she worked.

Regrettably, Michele lost her personal battle with cancer. She died on January 8, 2015.

For the 5th year, Michele was inspired to co-captain her team, BETTER OUTCOMES!! This year her team BETTER OUTCOMES will ride in support of Oral Cancer research, and in Michele's honor. Michele's very proud twin sister, Lesley, will ride for her and will wear her jersey with pride.

Please contribute to this history-making event by making a donation. Funds raised by team BETTER OUTCOMES!! will support breakthrough oral cancer research, exemplary teaching, and compassionate care. This was Michele's passion.

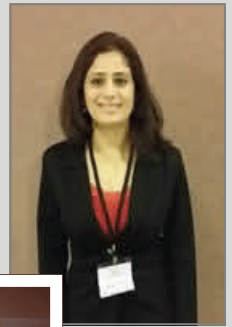
Visit www.conquercancer.ca and click on Donate.

Thank you for your generous support. It is greatly appreciated!

Lesley Williams



Congratulations to BCDHA member Tejal Chhabra Winner of the 2015 'Got Teeth' photo contest



Best wishes to former BCDHA members

**Linda Bourcet, Sharon Savage,
Fay Keith and Patti Hoy
on their retirement!**



BCDHA member Jennifer Innes, had an exciting year. She made it to the top 7 of MasterChef Canada.

Plaza Hotel Kamloops

Summer Special
Deluxe Rooms \$99

Offer Valid to Sept 30, 2015.

Visit www.bcdha.com >
Professional Resources >
Corporate Offers for more details.



British Columbia Dental Hygienists' Association

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SEND US YOUR ANNOUNCEMENTS, EVENTS AND PHOTOS

Do you have an announcement, event or story idea? We welcome articles of 500 words or less. Topics should be of interest to your colleagues or provide food for thought. Submissions published subject to Editorial Board approval & space.

Email to: outlook@bcdha.bc.ca



Building Partnership To End Violence Against Women

By Tracy Porteous, Executive Director, Ending Violence Association of BC

Tracy Porteous is Executive Director of the Ending Violence Association of BC (EVA BC). She is a Registered Clinical Counsellor who first became involved in the anti-violence field over 30 years ago.

For over 40 years, women's anti-violence advocates across the globe have been raising awareness on issues related to violence against women. When we look at the many social policy advances that have occurred in recent decades we can see much we can be proud of. Great thanks are owed to thousands of feminists working at non-governmental organizations, the United Nations, many levels of government, First Nations and labour groups, all of whom have concerned themselves with the all too stark, often lethal, epidemic of violence against women.

International agencies such as the United Nations, the World Health Organization and Amnesty International have all identified violence against women as one of the most widespread and socially tolerated global human rights violations facing women today. According to the BC Coroner Service, 216 people, most of them women and children, have died as a result of domestic violence in BC over the last 19 years. In 2014 alone, 26 people died in our province due to domestic violence.

But, domestic and sexual violence resulting in death does not tell the whole story. For every homicide, there are countless assaults that do not result in death and for every assault that is reported, there are thousands that are not. On average we estimate there are 60,000 sexual and domestic assaults perpetrated against women in BC each year.

But despite the horrifying statistics, there is some good news. Women have worked tirelessly to achieve a landscape of anti-violence responses that include policy, legislative and legal reforms, along with sophisticated and effective life-saving responses for people whose lives are impacted by violence. And men, too, are joining in as partners and allies working together to end violence

against women. While there is still much to be done, and investments in social program funding needing to be made, a great deal is already happening, in many communities and organizations throughout the world.

Never before have we seen so much public discussion on violence against women as we are seeing right now. Global public attention occurred this year due to a number of high profile cases around the world such as the abduction of hundreds of school girls from communities in

A black and white poster for the BC Lions' "Be More Than A Bystander" campaign. At the top, the text "BE MORE THAN A BYSTANDER" is written in large, bold, sans-serif font. Below it, in smaller text, is "BREAK THE SILENCE ON VIOLENCE AGAINST WOMEN". A quote follows: "In BC every year, there are 60,000 physical or sexual assaults committed against women. Almost all of these assaults are committed by men." Below the quote, the text "THE BC LIONS WANT YOU TO 'SPEAK UP!'" is written in a bold, sans-serif font. In the center, there are three photographs of BC Lions players in their orange jerseys. At the bottom, the text "TO FIND OUT HOW YOU CAN HELP VISIT WWW.ENDINGVIOLENCE.ORG" is written in a bold, sans-serif font. At the very bottom, there are logos for the Canadian flag, Status of Women Canada, Condition féminine Canada, and the British Columbia Association of BC.

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Africa, the rapes and anti rape protests throughout India, the rapes, gang rapes, and rape chants throughout North America on college and university campuses, disgraced NFL player Ray Rice caught on video punching his fiancé into unconsciousness, CBC talk show host Jian Ghomeshi and comedian Bill Cosby both accused by large numbers of women for committing sexual assault. Social media has been providing a vehicle for women to voice their common experiences with powerful hashtags like [#whyIstayed](#) and [#whyIleft](#). The hashtag [#beenrapedneverreported](#) became a global phenomena within 24 hours, with over 9 million women disclosing on Twitter their experiences of rape and why they never reported. There has been a continued call by group after group in Canada and beyond for a national inquiry into the more than 1,100 murdered and missing Indigenous women in our country.

What is clear to me is that we are all stronger when we

pull together; women and men, from across all sectors, all cultures and all nations. The overwhelmingly positive public response to the partnership between the Ending Violence Association of BC and the BC Lions Football Club through our *Be More Than A Bystander; Break The Silence On Violence Against Women* campaign tells us that ending violence against women and girls, along with men is a response whose time has come. We are hoping to continue to extend our partnerships to end violence against women into all sectors. Knowing the central role played by dental hygienists in terms of oral health care, conducting head and neck exams and overall patient well being, we hope to work with you to create a partnership with your profession as well! We are open to all your ideas and remain committed to sitting down with your Association to land on an initiative that will both assist you and your patients. •



Detect, Respond, Refer: Helping to End Woman Abuse



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.

This course 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.

Course length: 5 to 10 hours of self - paced learning / Cost: \$39

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

Once the course is completed, BCDHA members can send a copy of their certificate of participation to BCDHA to receive a [free package of resource materials](#) to support their work in responding to woman abuse in their practice.

To register for this course or to learn more, visit: 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.

Dental Hygiene By the Numbers

By Cindy Fletcher, Executive Director



Our profession has experienced a major change in human resources over the last 15 years. In British Columbia we have gone from having a shortage of dental hygienists, to having too many, to ending up somewhere in between.

What caused the drastic change? About 10 years ago, there was an explosion in the number of dental hygiene programs in Canada. This vast growth came about as a result of lobbying from dentistry to increase the number of dental hygiene graduates nationally. At the peak in 2009, in one year 55 dental hygiene programs graduated over 2000 dental hygienists.

The majority of new programs were based in Ontario, and a few of those programs demonstrated less than stellar performance. This caught the attention of the Ontario government, who soon placed a moratorium on new dental hygiene programs, and then ruled that all dental hygiene education programs must pursue accreditation. This ruling was enough incentive for some of these programs to close their doors. Others closed a few years later after the Canadian Dental Hygienists Association released the national Dental Hygiene Diploma Entry to Practice Competencies. Some of these programs were not willing to undertake and implement the required curriculum revisions to bring them into compliance with the identified competencies, and simply chose to close their doors instead.

"Now that the number of dental hygienists in BC has stabilized, the employment market has once again righted itself..."

dental hygiene education programs are now roughly equivalent in length across the country. Prior to this change, many BC residents went to Ontario to attend dental hygiene programs that did not require the first year university-level transfer courses. With all programs being similar in length now, there are fewer BC residents seeking their dental hygiene education outside of the province.

There are currently 37 accredited dental hygiene programs in Canada. There are 18 programs in Ontario, 8 in Quebec, 6 in BC, and 1 in each of the following provinces: Alberta, Saskatchewan, Manitoba, Nova Scotia and New Brunswick (There are no longer any non-accredited programs in operation.)

The College of Dental Hygienists of BC reports that the number of registrants in BC remains fairly stable, with the number of new registrants each year being roughly equal to those who leave the profession or the province. So at the moment, our human resources remain fairly stable.

There is no doubt that five or six years ago employment opportunities in BC were scarce. But now that the number of dental hygienists in BC has stabilized, the employment market has once again righted itself, and we are seeing increased job opportunities in BC. At the time of writing this article, there were 50 positions posted on the BCDHA/CDHA Job Opportunities section of our websites, and 54 positions that had been posted on Vancouver's Craigslist over the last month.

When we look at the average provincial hourly wage, the findings from the Labour and Wage survey conducted in 2013 by CDHA are similar to the average hourly wage reported in the 2011 survey (\$41.89 and \$41.86 respectively). This stability aligns the dental hygiene profession with many other professions and trade unions



The changes in the curriculum also resulted in most two-year programs in Canada increasing the length of their program. Today, diploma level

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that experienced 0% increases during this time period. The 2013 survey did show however, that more experienced dental hygienists were earning more per hour than those new to the profession. For a dental hygienist with less than 5 years' experience, the average hourly wage reported was \$39.16. In comparison, a dental hygienist with 25 years' experience reported earning an average hourly wage of \$44.09, up from \$43.54 reported in 2011.

One of the most positive results of our increased human resources is that dental hygienists are entering the profession keen to create innovative and original practice

models. This creative thinking is moving dental hygiene "outside the box" and these new practice opportunities will continue to advance our profession forward and into previously undiscovered markets.

So what does all this mean for our future? Dental hygienists can expect a richer job market, with greater diversity in practice settings. Wages are expected to remain stable and reflective of experience.

Be sure to participate in the next Labour and Wage Survey which will be conducted later this year. •

Changes Coming to the CNC Dental Hygiene Program

When the Board of Governors of the College of New Caledonia suggested closing the Dental Assisting and Dental Hygiene Programs as a cost-saving measure earlier this year, they likely did not expect the level of reaction that came from the dental community and the public.

To rally support for the programs, a series of public meetings were hosted by the CNC dental programs, a meeting was held between BCDHA and the Minister of Advanced Education, and many, many letters and phone calls from members of the Prince George community and dental professionals across the province were received by

the CNC Board members.

After much consideration, the CNC Board of Governors announced in May that the Dental Assisting program would continue as usual, with a regular intake in September 2015. The Dental Hygiene program will offer only the final year of the program in 2015. The College has indicated that revisions to the dental hygiene curriculum will be undertaken and that it is their intention to relaunch the program in the Fall of 2016.

Thank you to the many dental hygienists who wrote and called in support of the CNC programs.



EXPLORE

CDHA National Conference 2015
October 29-31

REGISTRATION NOW OPEN!



Don't Miss Our Early Bird Special!

\$395 for CDHA members (\$275 for CDHA student members)



CDHA PRESIDENT'S WELCOME

MANDY HAYRE

RDH, BDSc, PID, MEd

On behalf of the Canadian Dental Hygienists Association board of directors, I would like to invite you to attend our 2015 national conference in beautiful Victoria, British Columbia, from October 29 to 31. We hope that you will join us in British Columbia's capital city, where we will embrace the conference theme: "Explore." A wide range of educational sessions and exciting social events have been planned to provide registrants with the opportunity to learn from and network with each other. I look forward to seeing you in Victoria!



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

VISIT WWW.CDHA.CA/2015CONFERENCE

One of the assignments in our final year of the UBC dental hygiene degree program (2013) required our student team to identify a key issue that we would be prepared to advocate for, and prepare and present preliminary materials to support an advocacy campaign on this issue. *Advocacy* has been identified as an important ability for dental hygienists within the 2010 Entry-to-Practice Competencies and Standards for Canadian Dental Hygienists document, and is defined as “speaking, writing or acting in favour of a particular cause, policy, individual or group of people”.^{2, p.16} It didn’t take us long to decide on one! As students, we weren’t really much different than members of the public, as we all entered the profession with a very limited understanding of the dental hygiene profession. We also reflected on the fact that many of our UBC clients clearly lacked knowledge about our profession and were constantly asking us to explain our role. Without hesitation, our student team decided this was a very important and worthwhile issue to tackle for our advocacy project. Our presentation was well received by all who attended, including BCDHA Executive Director Cindy Fletcher. Imagine how pleased we were to be approached by BCDHA the following year to ask for permission to transform our idea into a reality. As recent practicing dental hygienists, we are still faced with clients who are unaware of our role, what we do, and how their oral health can impact their overall health. Hence when we received this request, it was without hesitation that we agreed to make this project a reality for BC dental hygienists!

By now, you will have received your “*I’m a Dental Hygienist. ASK Me What I Do!*” button and accompanying “talking tips” in the mail. We invite you to participate in this advocacy campaign by speaking with your clients about who we are and what we do. It is an important way to positively impact our communities and ourselves as health professionals. We hope that through your participation of wearing the button and answering your clients’ questions, you will be able to educate your clients on the important aspects of our training and practice that set us apart from other oral health professionals and how our professional services support clients in maintaining a healthy smile. Highlighting the existing links between oral health and overall health and explaining how oral pain, missing teeth, and infections can negatively affect an

individual’s quality of life are vitally important aspects of this discussion as well. It is important for the public to realize how oral health or ill-health can influence daily activities such as speaking, eating, and socializing. The association between oral disease and overall health is evident, such as its link to diabetes, heart disease, stroke, respiratory illness, and preterm and low-birth-weight babies.³ Oral diseases are often overlooked by individuals due to the lack of understanding and importance placed on oral health and routine appointments. This limited knowledge results in neglect of active oral disease and consequently, poorer oral health outcomes. Another major contributing factor to poor oral health care is the disparity in access to routine dental hygiene and dental treatment, as oral healthcare is not covered under BC’s Medical Services Plan. Through this work, we hope that all our clients will take more responsibility for their oral health, rather than passively receiving routine “cleanings”. Clearly, advocating for a fairly young profession such as ours does require persistent and continuous effort, and so we invite you to continue to wear your button throughout the year.

The “*I’m a Dental Hygienist. ASK Me What I Do!*” button campaign is designed to educate the public on the importance of our professional role. In doing so, this may increase the value members of the public place on the dental hygiene profession. The “talking tips” that accompanied the button aim to support your efforts to self-advocate by delivering a comprehensive and consistent response to clients. We hope that this button will help prompt the public to ask questions about the dental hygiene profession and the important role we play in health care.

We truly believe that self-advocacy is the next step towards advancing and improving our profession. We need to recognize that the public’s lack of awareness of the importance of dental hygiene is a barrier to our profession better integrating into the healthcare system, as well as to the improvement of the public’s oral health status and quality of life. We encourage all our fellow dental hygienists to join us in advocating for our profession. If you believe in our profession and understand the value of the services that we provide, then take action by joining us in our campaign! We look forward to seeing all dental hygienists proudly wearing our button: “***I’m a Dental Hygienist. ASK Me What I Do!***”. •

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National Dental Hygienists Week™ 2015

BCDHA member Mira Duszynska volunteered to teach children about oral health during story time at a North Vancouver library during NDHW 2015.



Vancouver Island University students (L to R) Alex Olivotto, Sandi Matthews and Karlie Hubick distributed free toothbrushes and gave out oral health information at Woodgrove Mall in Nanaimo on Saturday April 11th for NDHW 2015.

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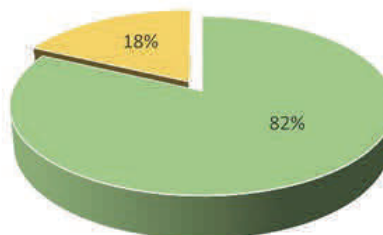
Vancouver College of Dental Hygiene students participated in lots of activities during NDHW 2015. They raised \$130 from a pizza day which they donated to Operation Smile. They donated toothbrushes and toothpaste to the Vancouver Food Bank and they had a draw for an Oral B Electric Toothbrush for their clients that completed a survey (see results on the right). A photo booth was also on site for their enjoyment.



Vancouver College of Dental Hygiene Client Survey Results

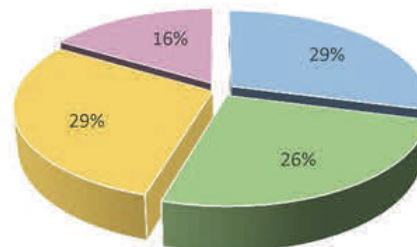
I visit a Dental Hygienist regularly...

Agree Disagree



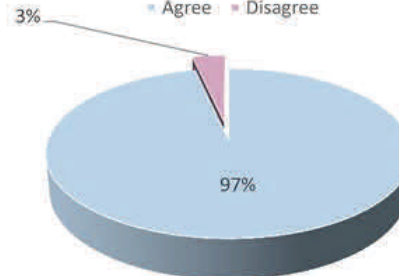
I see the role of a Dental Hygienist as...

Educator Tooth Cleaner Health Promoter Encourager



The link between oral health and overall health has been explained to me...

Agree Disagree



Your Community...



gift from the heart
from independent dental
hygiene practitioners

On February 7, 2015 Harbour City Dental Hygiene in Nanaimo opened its doors to those in need.



Special Smiles Program at Special Olympics Winter Games

Kamloops BC February 20 - 21, 2015



Special Smiles Program in Whitehorse, Yukon with Special Olympics

This was the first ever Special Smiles health program offered for individuals with intellectual disabilities in Whitehorse, Yukon by Special Olympics.



Special Olympics BC and Yukon employees with Carol Yakiwchuk and Donna Scott



BCDHA staff member Carol Yakiwchuk (L) with Donna Scott, CDHA President Elect, Yukon, Northwest Territories, Nunavut

In Memoriam

It is with great sadness that we announce the passing of Diane Mills, RDH, former BCDHA member, who passed away peacefully with friends and family by her side on May 22nd 2015.

Diane was born on July 24th, 1940. She graduated from UBC Dental Hygiene program in 1973.

Diane worked in many dental offices over the years and joined Vancouver Coastal Health in Squamish in 1992. There she served the Sea to Sky corridor as the public health dental hygienist prior to retiring to pursue her love of painting. Diane was a gifted artist, singer and entertainer.

Diane will be missed by her daughter, grandchildren and her many friends in the dental community.



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Siquijor November 2014: Semiahmoo Dental Outreach

By Stephanie McKinnell, RDH



My adventure to a tiny little island in the Philippines began with a simple question from my co-worker and friend; "Hey, you know the dentist I went to Cambodia with? He's looking for more volunteers for the Philippines outreach. Wanna go?" Without a moment's hesitation, I said "Yes!" I have always wanted to do a volunteer trip, of any kind really. And it was always in the back of my mind when I chose a career in dental hygiene. So alas, the opportunity came knocking, I talked it over with my hubby, and I signed up! Then, reality sunk in, once I started to get the email updates, and realized that my clinical dental hygiene skills would not be put to use and I would likely be stepping in to a dental assisting role. Since I have no experience with assisting (ask my bosses!), I was a little nervous but was also up for the challenge.

After being awake for 33 hours, minus the 6-hour nap on our 14-hour flight to Manila, we arrived on the beautiful,

tropical island of Siquijor. For many of the members of our group, this was like coming back to a second home, as this was the fifth year in a row that they had volunteered. Some of our team had already arrived a few days prior which brought the total number of volunteers to 27. This included 5 dentists, as well as our team leader Dr. Ken Stones, several hygienists and assistants, as well as nurses, nursing instructors, and nursing students. We got acquainted, and tried to calm our excitement enough to rest before getting our clinic set up.

Our clinic was set up at the Solangon Elementary School, which is about a 2 minute walk along the beach from our accommodations (talk about an enjoyable commute!). We lugged all of 800 pounds of dental equipment from the lower mainland and were able to set up 4 restorative units and 1 extraction chair at the school. The sterilizing station

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Outreach....*(Continued from page 15)*

was just outside of the clinic, which lent itself to many curious, adorable little faces hanging around, trying to figure out what these people, that looked so foreign to them, were up to. The clinic was fairly rustic in nature, and quite challenging to work in 98% humidity and temperatures in the high 30s. But it was definitely more than sufficient in allowing the dedicated team to help as many members of the community as we could. Kids were bussed in daily from schools all around the island.

Unfortunately, the island of Siquijor has an immensely devastating decay issue. With its 90,000 people, the majority of families have a very low income. In turn, this makes accessing dental care nearly impossible for most members of the community, let alone having the opportunity to provide healthy foods and snacks and even proper oral health care items.

Furthermore, the diet in Siquijor tends to be extremely high in sugar, with lots of processed, sugary snack foods, or large amounts of sticky white rice - which seems to be the staple in most diets. One dentist and his wife even noticed sugar sprinkled on their pizza! There are small shops, or cantinas, situated very close to most schools. These simplified corner stores sell a lot of sugary treats and their proximity to the schools, make it very easy for the children to access treats. There is also a lack of knowledge of how sugar affects teeth and causes caries. Sadly some Filipinos believe that decay must be caused by something in their water. These misconceptions were addressed by the nurses and nursing students who trekked across the island to give oral health, nutrition, and prevention presentations at various schools. Parents were often in attendance for the presentations as well.

It is estimated that we treated about 550 children, as well as some teachers, staff members from our accommodations, and volunteers that helped out with keeping the clinic up and running. In the end, I did provide some hygiene services but with extremely tenacious calculus, which had likely been there for years, and slim pickings of instruments, I can only hope that the debridement was tolerable for the people I treated.

"Lesson learned, always pack a sharpening stone!"

(Lesson learned, always pack a sharpening stone!). The kids and the adults we treated were very brave. They barely winced or cried, although there were a few, but this was to be expected with the amount of decay present. It was quite surprising to me, when I was assisting, that some of the children could tolerate what they did. Most kids needed extensive treatment in all quadrants. I definitely learned a lot about tolerance, courage, and an immense appreciation for what we have as far as preventative measures go. The interpreters we had at each chair were absolutely key in creating a more comfortable environment for the children as well. They were wonderful at translating and creating a calm environment.

Dr. Stones is devoted to setting up prevention programs that will continue after our volunteer team came back to

Canada. Over the past 5 years, he has ensured local volunteers and parents are trained to continue showing the preventive Power Point presentations at schools and to re-apply fluoride varnish. We noticed an increase in members of the "Healthy Kids Club" which

was implemented to highlight those children who were decay-free. Each year, the number of "Healthy Kids Club" members seem to grow, which is one sign that some of the preventative measures are truly working. Another example comes from one school on the island where the rate of decay-free children was 0% in 2010 and is now over 50% in 2013, which as Dr. Stones so eloquently puts it is "a remarkable, and gratifying change in a short time" (Dr. K. Stones, Semiahmoo Dental Outreach, <http://www.semiahmoodentaloutreach.org/about.html>).

Dr. Stones has spoken with the Governor on numerous occasions, trying to come up with solutions for the dental issues on Siquijor. For example, he has suggested encouraging the small shop owners to sell healthier, less sugary snacks, which has been met with limited success thus far, but some progress is being made. Dr. Stones also stressed the significance of prevention in the schools as without this, the clinical treatment is futile. He also discussed the rampant nursing bottle decay problem on the island. Members of the six health clinics on the island pledged to include nursing bottle syndrome

(Continued on page 17)





There is a dire need for dental treatment and education in many developing countries. Many leaps and strides in dental care and prevention have been accomplished on the little island of Siquijor, but there is always more that can be done. I feel honoured to have been a very small part of the most recent outreach in 2014. If time and finances allow, I encourage my fellow Registered Dental Hygienists to get in touch with the Semiahmoo Dental Outreach or another local organization to take part in an eye-opening, life-changing experience. This truly was the most unreal, rewarding adventure I have done thus far! I plan on taking part in more volunteer trips in the future. •

prevention information within their pre- and post-natal programs.

The dental outreach relies on the support from the Semiahmoo and Siquijor Rotary Clubs. It seems as though the outreach would be an impossible task without the efforts and funds from these members. They will follow up with the educational and prevention programs our outreach has put in place. Another promising outcome from Dr. Stones' and the Semiahmoo Dental Outreach's efforts is that a permanent dental clinic for visiting foreign dentists will be built, again with funding from the Semiahmoo and Peace Arch Rotary Clubs.



Please take a moment to look at the wonderful video created by fellow volunteer, Julio Gaspar RN:
<http://vimeo.com/117072056>

YOU...

Which Wolf Will You Feed?

by: E. Larry Butler



A Cherokee grandmother was teaching her grandchildren about life.

She said, "There is a fight going on inside of me...it's a terrible fight between two wolves.

One wolf represents fear, anxiety, stress, sorrow and sadness. The other stands for joy, peace, love, hope, kindness and health. This same fight is going on inside you

and inside every other person too."

The children thought about it for a minute. Then one child asked her grandmother, "Which wolf will win?"

The Cherokee grandmother replied...

"The one you feed."

(Continued on page 18)

Which Wolf... (Continued from page 17)

When we humans lived in caves and had to deal with the saber tooth tiger, our bodies were wired for survival, with the fight/flight response. Today we don't have to worry about the tiger. There are a lot of medical explanations about what happens in the body physically, emotionally and mentally when we are stressed. This is no different today than back in the caveman days – all that's changed are the triggers.

We can't avoid stressors, but we can change our perceptions and responses to them. For example, I hate standing in line – I get anxious, stressed and angry. Lineups cause me stress – well, not so fast. There are times when I've been with a friend and interested in a conversation when the line moved too quickly for me. I wanted it to take longer because I was engaged in something that was important to me. In this situation, I'm not feeling stressed. So, is it true that lineups cause me stress – yes or no? Actually the answer is no. If the lineup was causing me to be stressed then every lineup would cause me stress. In truth, it's not the lineup but rather it is my reaction to the lineup at that moment. When I first recognized this, it changed everything. The good news is that if it's my reaction and not the event, then it means that at some level, I can actually be in control.

To paraphrase Eleanor Roosevelt: "no one can take advantage of me without my permission"; nothing can cause me stress without my assistance.

In her book, "Take Time For Your Life," Cheryl Richardson has a wonderful exercise called 'Pinpoint what drains you'. And in this exercise, she lists 50 different activities or situations that act as an energy drain on our lives. Each of these situations, in and of themselves may be no big deal, but as they add up, they cause us to lose more and more energy, leaving us with less resourcefulness to deal with the everyday challenges of life. I suggest you read her book.

We can't get away from the stressors in our lives, but we can start to manage them, and change the detrimental effect they have on us.

The secret to stopping the cycle begins with awareness.

What are your triggers? How are you reacting, physically, mentally, emotionally, and behaviourally? What can you do about them?

The best way to handle stress is to create a plan to deal with it. This plan has two parts to it. One involves looking after ourselves:

Eat healthy foods

Exercise regularly

Get sufficient sleep

Spend time with friends

Do yoga or relaxation techniques

The second part is awareness. One tool for this is a "mindfulness practice":

Once you feel anxiety start, interrupt the process through awareness of what you are thinking and feeling. Ask yourself the following:

- **What triggered you?** (If you are not sure, go back to before you began to feel anxious and observe what happened. An actual event? A thought? A feeling?)
- **What are you feeling in your body and where?** (Notice any areas of tension, tightness, holding.)
- **Observe your thoughts.** (What are you saying to yourself about what is going on?)
- **What emotions are present?** (fear, anger, sadness, hopelessness, etc.)
- **What feels familiar about this?** (When have you experienced this before?)

Then sit quietly and direct your breathing into where you are feeling the tension in your body. Stay with it until you feel some release and then continue to pay attention and breathe into where you feel some calmness or relaxation. Staying with it, allows this feeling to expand.

This is one of many processes you can learn to use to interrupt the stress cycle. As with all things it begins with a commitment to change. There may be many tools you will need to learn to use. The question is: Which wolf will you feed? •

If you'd like to download a free Mp3 recording for relaxation, please visit Larry's website at www.hypnotistvancouver.ca



E. Larry Butler CHT.
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Larry has a variety of talks suitable for study clubs and has created a three hour workshop
"Dealing with the Stress and Challenges in Dental Practice."

Handling Some of Life's Milestones *Part 2*

By Lana Shparberg, Client Services Manager, Deer Lake Law Group

BCDHA is pleased to present the second article in the series by Deer Lake Law Group.

Buying a Home

The purchase of a home tends to be the biggest financial decision that most people ever make. Always do research and be informed about what ownership entails in terms of expenses and time commitment for up-keep. Do not rely entirely on the advice of others; whenever possible go straight to the source: your Realtor, your lender, your insurer, and so on.

Before you buy, think about the following:

- a. What advantages and disadvantages are there to using a Realtor?
- b. How does buying in a Strata development affect the overall expense, investment value and the privileges of ownership of the property?
- c. What are the short and long range goals for the property?

Some preliminary planning before you sign the Contract should include a drive through the neighbourhood at various times during the day, a visit to local schools, parks, and other amenities, chats with your potential neighbours, and of course, a thorough analysis of your financial situation.

Estate planning

A well-lived life includes planning for the management of assets with a Power of Attorney. Upon your death, a Last Will and Testament will speak to the division and disposal of your assets, as well as guardianship and other critical issues.

In many cases, the Will becomes a small part of the distribution of the estate. Good planning can avoid fees and make the estate distribution process much simpler for your Executors.

Ask yourself the following questions:

- a. Will I leave behind dependents such as minor children?
- b. Do I anticipate any changes to my relationship?
- c. How might my assets and debts change over time?
- d. Do I want to appoint a professional Executor?

The types of assets you have determine your estate planning needs. If you have 'liquid assets' with a financial institution, it may be appropriate to designate a beneficiary, so as to avoid creditors. There are also

advantages to dealing with real estate through the transference of property.

While Probate is inevitable for some people, proper estate planning aims to avoid this expensive process.

Daily, lawyers deal with people who are contemplating major life decisions and require guidance as they do so. If you need help dealing with any of these issues the lawyers of the Deer Lake Law Group, in Burnaby, B.C., would like to offer BCDHA members and their families a free 30 minute consultation to discuss issues related to relationships, purchasing a home or general estate planning. •

The Deer Lake Law Group is also offering a rate reduction of 25% for all services billed hourly.

For more information, please call 604 430 2345 or visit www.deerlakelaw.ca.



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