



OUTLOOK

British Columbia Dental Hygienists' Association

Your connection to a growing, vibrant professional community



Kayla Ragosin-Miller - a dental hygienist who Made a Difference!



BCDHA Executive Director, Cindy Fletcher and Joanne Wing from Sunstar presenting Kayla with her prize of an iPad Mini at BC Children's Hospital.

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Contest Poster

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DO YOU twitter?

BCDHA wants to connect with YOU!

BCDHA invites you to Like our [Facebook page](#) - Posts include interesting articles, continuing education information, job opportunities and more.

Follow us on [Twitter](#) and join the conversation with 1963 followers and growing.

Visit www.bcdha.com and click on icons   to connect.

While you're there check out our Blog!



Your Association...



Message from the Chair

By Brenda Wisdom, RDH

At the time of writing this message, Canadians from coast to coast were getting ready to cast their votes for our national leaders. By the time you are reading this, we will know who has won the federal election and perhaps wondering if the new government might have plans that support issues that are important to dental hygienists in British Columbia.

For those of you who took the time to gather information and cast an informed vote, congratulations and thank you. Now that the election is over, there is still opportunity for dental hygienists to continue the conversations with political leaders. Take some time to speak to those in your dental chair and to those leaders you meet in the community. You never know where their influence might lead. Give voice to your thoughts on issues that are important for your country, your community, your clients and you.

Now that I have you thinking about voting, I would like to remind and encourage you to be involved in the upcoming nominations and elections for BCDHA directors in your region. This winter, board positions in the Upper Fraser Valley, Greater Vancouver, Northern BC and Upper Vancouver Island regions will be up for election. If you live or work in any of these areas, we hope you will consider running for one of these positions. Why not challenge yourself and add a new dimension to your dental hygiene knowledge and practice? At the same time you will be positively contributing to the growth and advancement of the profession. The Board encourages dental hygienists of all experience levels and practice interests to consider a position on the Board.

If a director position is not of interest to you, be sure to look for messages from BCDHA regarding the candidates in your area and take some time to read each candidate's message and biography before you vote. With electronic ballots, voting for your BCDHA director is much easier than voting in a federal election. One vote can make a difference! It is a key opportunity to help decide who gives voice to issues and ideas related to your profession.

Regional representation is important to the BCDHA because BC hygienists work in a vast geography. Issues that are a priority for a dental hygienist practicing in a large urban center may differ from those of a hygienist practicing in a remote area or in a different practice

setting (i.e. public health or education). The Board is committed to ensuring that dental hygienists from around the province have an equal voice in their professional association.

If you have a question or an issue you would like to bring forward, the BCDHA Board of Directors welcomes your comments. The Board uses this information to set the ENDS policies that guide the actions of the organization. We welcome the diverse perspectives and ideas of all dental hygienists in BC and encourage you to contact the Board at boardofdirectors@bcdha.bc.ca.

Email addresses for individual directors can be found on the Board of Directors' page on the BCDHA website (http://www.bcdha.com/?page_id=470).

We also invite you to join us and share your thoughts at our next Annual General Meeting which will be held in Abbotsford on February 20, 2016.

Thank you for your continued support through your membership with the British Columbia Dental Hygienist's Association. We recognize the hard work you do every day to improve the oral health and general wellbeing of your clients, your peers and your community. •

BCDHA at the CDHA Conference in Victoria



Member Ethel Henry and BCDHA Chair Brenda Wisdom

To view more photos visit *British Columbia Dental Hygienists' Association* on Facebook.

2015 Dianne Gallagher Inspiration Award



Dianne Stojak

The Board of Directors is pleased to announce that Dianne Stojak of North Vancouver has been selected as the recipient of the 2015 *Dianne Gallagher Inspiration Award*. This award is given annually in honour of Dianne Gallagher, a dental hygienist who gave selflessly to her profession for more than 40 years. Through her dedication, Dianne inspired many dental hygienists in British Columbia and across Canada. She led by example, and through her vision, she challenged dental hygienists to make their personal and professional futures better.

In the nomination for Dianne Stojak, a colleague wrote, *"Dianne was one of my instructors in the dental hygiene program at Vancouver Community College. She was passionate about community health and her passion was*

obvious. Faculty members working with Dianne in the 1980's state that Public Health dental hygiene did not always have a place in the curriculum but Dianne championed for this important aspect of our profession every chance she had, and she never gave up."

Dianne has been active in dental hygiene for over forty years. Her involvement in dental hygiene includes clinical private practice, community health practice, education and educational consulting. Dianne has a Diploma in Dental Hygiene from the University of Manitoba, a Bachelor's Degree in Adult Education from the University of Alberta and a Master's Degree in Leadership Studies from the University of Victoria.

Her focus for the last thirty years has been education and educational consulting. She has been an instructor in the full-time dental hygiene program at Vancouver Community College (VCC) since 1986. She developed and established the community health service section of the curriculum in the dental hygiene program at VCC, providing real life service learning and continuing community care for high-risk populations in the Vancouver area. She also participated in the initial planning for the Strathcona Dental Clinic, a community based clinic meeting the needs of under-served groups. She has also been a part-time faculty member

of the Faculty of Dentistry and Faculty of Medicine at the University of British Columbia where she taught communication skills.

Dianne has supported dental hygiene education, participating in numerous national accreditation visits to dental hygiene programs across Canada. She has also been an active member of the boards of both the British Columbia Dental Hygienists' Association and the Canadian Dental Hygienists Association. In addition, she managed the consulting team that developed and established the Residential Care Registration for the College of Dental Hygienists of BC (CDHBC). She is the outgoing CDHBC board member for the Lower Mainland and served on the CDHBC Governance Committee.

Dianne is a lively member of her North Vancouver community and enjoys the leisure time she can spend with family, friends and her gorgeous grand-daughters.

BCDHA was pleased to present Dianne with the glass Dianne Gallagher Inspiration Award during the BCDHA Dental Hygiene Luncheon at the Thompson Okanagan Dental Meeting in October. •



Notice of Election and Call for Nominations - BCDHA Board of Directors

BCDHA is currently accepting nominations for four positions on the Board of Directors. In early 2016, regional representatives will be elected for a three-year term from the Greater Vancouver, Upper Island, Fraser Valley and Northern BC regions.

BCDHA provides orientation workshops for new directors and lots of mentorship from the experienced board members.

Any full or life member in good standing that lives or works in one of the four identified regions may nominate him/herself or another full or life member (also from that region).

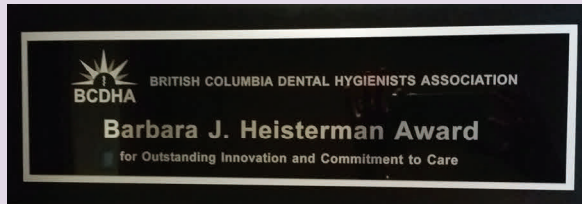
Why not challenge yourself and add a new dimension to your dental hygiene knowledge and practice? At the same time you can positively contribute to the growth and advancement of the profession. The board encourages dental hygienists of all experience levels and practice interests to consider a position on the Board.

Nomination forms must be received by the Board of Directors at the BCDHA office no later than 11:59 pm on December 6, 2015. The elections will take place in early 2016.

For additional information on the role of the Board of Directors and a nomination form, visit the BCDHA website and click on "About BCDHA" then "Board of Directors" (website: www.bcdha.com).

Bulletin Board

CALL FOR NOMINATIONS FOR THE 2016 BARBARA J. HEISTERMAN AWARD



The BCDHA Board of Directors is calling for nominations for the 2016 Barbara J. Heisterman Award for Outstanding Innovation and Commitment to Care.

This award is given annually to a Registered Dental Hygienist who best exemplifies the outstanding and unique attributes and values of Barbara J. Heisterman.

The recipient must be a Registered Dental Hygienist; an active dental hygiene practitioner and a member of BCDHA and/or CDHA for the previous 10 years.

To review the criteria for this award and/or nominate a deserving dental hygienist, visit the BCDHA website and click on "Professional Resources" then "Grants & Awards".

Nominations accepted until December 31, 2015.

Why not show your dental hygiene pride on your tree this year?

Look for the ad on the BCDHA website

www.bcdha.com

to order your ornament today before they're gone!



Only 4 remaining.

Buy if for yourself or give it to a friend!

Ornament Price \$20

Taxes & shipping included.



Order your discounted tickets for these upcoming shows at the Queen Elizabeth Theatre!

Visit the BCDHA website (www.bcdha.com), click on "Professional Resources" then "Corporate Offers".



British Columbia Dental Hygienists' Association

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info@bcdha.bc.ca / www.bcdha.com

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

Making a Difference to the Profession

Kyle Fraser, RDH, B.Comm, BEd
Greater Vancouver Director
vancouverdirector@bcdha.bc.ca



Sometimes we come to a point in our careers where we need a new challenge. A little change once in awhile spices up our lives and motivates our work. There is no better way to address this than to serve on the Board of Directors of the profession's provincial association.

I would like to share my experience serving as the Greater Vancouver Regional Director on the BCDHA Board. I have gained valuable perspective and have made contacts that help me every day in my job, my Board work and in my personal life. There is absolutely no question that serving on the Board has had a positive impact on both my career and personal development.

I personally feel that if I can serve on the Board of Directors, anyone can. I want to encourage each and every one of you to at some point in your careers to consider this wonderful opportunity. It is extremely rewarding. The Board of Directors does important work that is incredibly valuable to the success of the organization, and to the success of the profession as a whole.

I was hesitant and nervous in the beginning; however it did not take long for me to feel comfortable and at ease.

I am so appreciative I was given this opportunity to test myself and my own abilities. I had no previous experience working on a Board, and it is not a requirement. All that is needed when you join is a willingness to learn and passion for the profession. By serving, you can help make a real difference and help shape the future of dental hygiene in British Columbia. Orientation and mentorship is provided. Dental Hygienists from all areas of the province (urban and rural), experience levels and practice interests are encouraged to serve on the Board. The more diverse, the better!

I cannot stress enough what a great way this opportunity is to give back to the profession. If any of you in the Greater Vancouver region are willing to serve on the board in the future, I would be more than happy to answer any of your questions. Dental Hygienists from the other areas/regions of the province who may be interested in serving on the board, please feel free to contact me, any other board member, or the board member in your area at boardofdirectors@bcdha.bc.ca. •

BCDHA is gearing up to begin partnering with the Ending Violence Association of BC (EVABC).

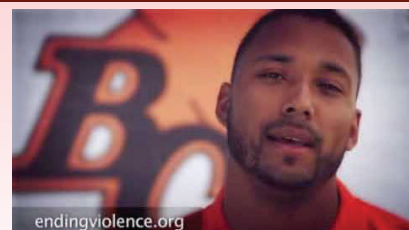


Ten dental hygienist members have volunteered to help champion this initiative and support ending violence against women. The EVAW working group has held one meeting and begun to brainstorm and strategize ways that we as dental hygienists can help **make a difference** - with our clients, colleagues, friends, family, and in the community at large.

If you missed the call and still want to get involved, please email Carol Yakiwchuk at the BCDHA office. cyakiwchuk@bcdha.bc.ca

Stay tuned for more information...

ENDING VIOLENCE
Association of BC



**BE MORE
THAN A BYSTANDER**

BREAK THE SILENCE
ON VIOLENCE AGAINST WOMEN

"In BC every year, there are 60,000 physical or sexual assaults committed against women. Almost all of these assaults are committed by men."

**THE BC LIONS WANT YOU TO
"SPEAK UP!"**

BCDHA in partnership with EVA BC was pleased to have JR LaRose, retired BC Lion speak at TODS luncheon meeting in October.



Photo: www.pd4pic.com

Dementia and Dental Hygiene Care

By Carol Yakiwchuk, BCDHA Independent Practice Consultant

More than 15% of Canadians 65 years and older are living with dementia at a cost of over \$33 billion annually.^{1,2} Dementia is now recognized as the most significant disability among this age group, and is expected to significantly increase in numbers as those aged 65 and older is anticipated to double to 10 million by 2036.³⁻⁴ The Alzheimer Society of Canada has thus coined this epidemic “the rising tide”, and emphasizes that dementia is a disease impacting both older adults residing in care and those living in the community.³⁻⁶ As our population ages, dental hygienists will care for an increasingly greater number of clients with dementia in their practices, and some will not yet be diagnosed. Thus, it is important for dental hygienists to be able to recognize the early warning signs of dementia and be knowledgeable on strategies and tips to employ in order to successfully provide client-centered care to this population that is responsive, effective, and appropriate.

What is dementia?

Dementia is a term that describes symptoms associated with loss of brain function. Symptoms include memory loss, impairment of judgment and reasoning, changes in thinking, mood and behavior, and loss of communication abilities.⁷⁻⁹ The two most common types, Alzheimer’s disease (60-80%) and vascular dementia, are nonreversible progressive degenerative diseases of the brain.⁷⁻⁸ Dementia occurs in about 8% of those over 65 years of age, rising to about 35% in those aged 85 years and older.⁸

What are some of the signs to watch for?

Your client may disclose that they have recently been diagnosed with dementia and be open to discussing this with you. Or, you might notice a change in your client’s behaviour, appearance, or memory that gets your attention. Figure 1 contains a list of the 10 warning signs of Alzheimer’s Disease that you should be aware of.¹⁰ A detailed description of each warning sign and examples of typical age-related changes is available at: <http://www.alzheimer.ca>. This website also contains excellent resources, current research results, new advances in care, and helpful tips.

What should I do if I suspect the onset of dementia?

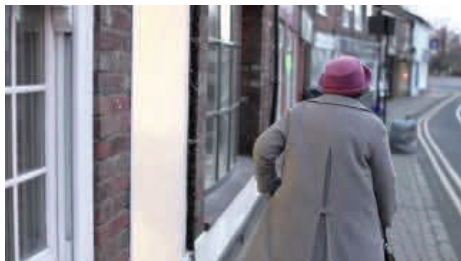
Know the tell-tale warning signs listed in Figure I and recognize that your role as a health professional is to screen rather than diagnose any medical condition. Collect a comprehensive health history and prompt your client for more information if needed. If you do identify a cause for concern, speak to your client about what you have noticed in an empathetic and non-judgmental fashion. Ask if he/she has experienced any challenges, and if so, consider asking for permission to speak with a family member. At this stage, you may decide that a referral to his/her physician is also needed. Although there is no known cure, when diagnosed early, the progression of this disease can be slowed and symptoms

Figure I



managed through the use of cholinesterase inhibitors medications (e.g. Aricept) and non-drug treatments. You can also support your client and his/her loved ones by referring them to the Alzheimer’s Society.

(Continued on page 7)



"The Appointment"

For insight into some of the issues faced by clients with dementia when visiting the dental office, check out Health Education England's newly released video: "The Appointment" available at:

<https://www.youtube.com/watch?v=EnPUq00UA8c&feature=youtu.be>

Resources

There are numerous resources available to help guide you in effectively communicating and providing dental hygiene care to those with dementia. Check out peer-reviewed journals on gerontology, Alzheimer's, and dementia; and peruse the wealth of information on-line provided by trusted organizations focused on dementia.

Key communication strategies

Here are a number of strategies proposed by experts in the field that can help you communicate more effectively with a client with dementia:¹¹⁻¹³

1. Set a positive tone - approach from the front using a calm, soothing voice and a smiling face.
2. Call the person by his/her preferred name.
3. Tell them who you are and why you are there.
4. Make eye contact and communicate at eye level.
5. Speak in a conversational manner.
6. Use clear, simple short sentences; allow time for the person to respond.
7. Use gestures /non-verbal communication cues.
8. Break down tasks into small steps. Explain procedures before performing them.
9. Be respectful, patient, supportive, and sincere.
10. Avoid using "Elder speak", a degrading style of communication using a high pitched voice and pronouns. It increases care-resistive behaviour (CRB).¹⁰
11. Create and maintain a safe environment with minimal stimulus. Increase your appointment time in order to avoid rushing.
12. Allow the person to have rest periods during the appointment.

Strategies for early stages of dementia

Preventing disease and having any outstanding restorative work taken care of is a priority during the early stages of dementia. Provide information and coaching to help your client establish a good daily oral care routine during this stage. Power toothbrush and high-fluoride content toothpaste may be accepted and helpful, and might extend one's self-care ability longer. Educate family members about the importance of regular dental hygiene visits, limiting sugar intake, and their role in

reminding, and encouraging independent oral care as long as is possible. Be sure to also refer family caregivers to dementia-related support groups and associations in the community and online.

Strategies for later stages of dementia

Those in the later stages of dementia may be taking mouth-drying medications and often require full-time care. They may exhibit care-resistive behaviour and are unlikely unable to independently perform oral care. Useful strategies to help gain cooperation include singing or playing soft music; using bridging, distraction, hand-over-hand techniques (useful for brushing), and when necessary employing "rescuing" strategies such as "good cop/bad cop" to help increase success during appointments and daily care.^{11,13} Teach family caregivers these strategies and encourage them to be patient, creative, and willing to try new approaches. Shorter dental hygiene appointments and focusing treatment tailored to the individual's tolerance level and comfort is necessary. When booking appointments for individuals residing in care facilities, request a copy of their representative agreement as well as their Medical Administration Record (lists medications and health conditions). If possible, plan to provide dental hygiene services on-site at their residential care home, where they are more comfortable and in familiar surroundings. Reviewing the facility's interdisciplinary progress notes can give you insight into how your client is managing, whether CRB is an issue, and if they are able to tolerate a dental hygiene appointment.



Photo: www.pd4pic.com

Conclusion

This article included a general overview on dementia, identified key warning signs of Alzheimer's Disease, and provided tips and useful strategies for you to employ when working with clients with dementia. BCDHA encourages you to be prepared to treat the "rising tide" of individuals with dementia by exploring the literature and resources available on the Internet and at the library. •

References:

1. Dementia numbers. Alzheimer Society Canada. 2015. Available from: <http://>

(Continued on page 18)

Your Colleagues...

Vancouver Community College 2015 BCDHA Awards



BCDHA Award of Excellence - Jimin Zhu with Chris Kilmaster, BCDHA Member Services (L) & Dr. Peter Nunoda, VCC President (R)



BCDHA Student Presentation Award - (L-R) Chris Kilmaster with Sulva Zahir and Taylor LaRose. *Melissa Springenatic was absent.*



BCDHA Award of Excellence - Krystal Weng holding certificate, with VCDH representatives.

Vancouver College of Dental Hygiene 2015 BCDHA Awards



BCDHA Student Presentation Award - (L-R) Ramneet Mann, Kristina Kwan, Salina Chhokar and Jacky Kwan

(Continued on page 15)

Congratulations to BCDHA award winners

Camosun College

Jenna Darin-Delorenzo - *BCDHA Award of Excellence*
Hayley Fraser & Olympia Aristou - *BCDHA Student Presentation Award*

College of New Caledonia

Dayna Gill - *BCDHA Award of Excellence*
Patricia Connaghan & Sarah Gagnon - *BCDHA Student Presentation Award*

Vancouver Island University

Kathryn Harrison - *BCDHA Award of Excellence*
Kaydee Heidema, Robyn McNeil & Susan Mitchell - *BCDHA Student Presentation Award*

University of British Columbia

Deanna Stubbs - *Joan Voris Award*

Congratulations to these CDHA Award winners:

Monica Bacica & Comox Valley Dental Hygiene Society - *CDHA Clinic Team Award*

Denise Laronde - *Best Literature Review 2015 (Waterpipe smoking: A "healthy" alternative to cigarettes or a health hazard in disguise? Can J Dent Hyg. 2104;48(1):27-33).*



Best Wishes to these Retired Members



Shirley Bassett
Rae Collins
Bonnie Craig
Veronica Lang
Linda Maschak
Sharon Melanson
Shauna Rimmer
Anita Vallée



Plaza Hotel Kamloops

BCDHA Member Winter Special

Deluxe Rooms \$89

Offer Valid to Dec 31, 2015.

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

Mark Your Calendar!

Annual General Meeting - Abbotsford, February 20, 2016

Pacific Dental Conference - March 17-19, 2016

National Dental Hygienist Week® - April 9-15, 2016

Gift From the Heart - April 9, 2016

Dental Health Month - April 2016

Pacific Dental Conference

in conjunction with the Canadian Dental Association

Save these dates!

March 17-19, 2016

- ☘ Earn up to 20 hours of CE credits during three days of lectures and hands-on courses
- ☘ Enjoy Canada's premier two day dental tradeshow featuring all the newest equipment and products.
- ☘ Earlybird registration ends **January 15th, 2016**



Registration and program information at...

www.pdconf.com



Dental Hygienists Make a Difference Contest - Prizes Presented at BC Children's Hospital

On August 18, 2015 at BC Children's Hospital, Registered Dental Hygienist Kayla Ragosin-Miller and Louise Witt were presented with prizes for winning the British Columbia Dental Hygienists' Association contest, *Dental Hygienists Make a Difference*.

This contest, which ran through the spring of 2015, invited members of the public to write short stories nominating exceptional dental hygienists from all over B.C. that showcased their commitment to high quality, patient-centred oral health care. BCDHA received hundreds of entries for this ground-breaking contest.

The winning entry, written by Louise Witt, the mother of an autistic son, highlighted Kayla Ragosin-Miller's commitment to providing high-quality oral care for children who can be difficult to treat. Kayla is a Registered Dental Hygienist working at BC Children's Hospital in the Desensitization Program, started by Kayla. The Desensitization Program at BC Children's Hospital focuses on positive reinforcement to teach children with special needs how to cope with dental visits.

Brenda Wisdom, Chair of BCDHA said "We were honoured to read Louise's story highlighting the work Kayla has done. We know that oral health and overall health are linked. Ensuring that children receive good oral health care early on is imperative in helping to ensure good oral health and overall health as they



enter adulthood. Kayla's work through BC Children's Hospital is helping to ensure that children who may have difficulty receiving oral care are provided with the same level of excellent care that dental hygienists would provide for any other child."

This was the first year for our *Dental Hygienists Make a Difference* contest. We were thrilled not only with the number of entries we received, but by the exceptionally high-quality as well.

We know that dental hygienists make a real impact on people's lives, but it was particularly rewarding to read tangible ways in which it happens.

BCDHA was also pleased to have Sunstar as our corporate partner for this contest. •



Autism Canada @AutismCanada - Aug 19

BC Desensitization Program helps children w/ special needs during dental visits: bit.ly/1TTiBaE #DHDifference



Just one of the many tweets from various organizations that was sent out on the prize presentation.

Do you have a special topic related to Dental Hygiene that you would like to learn more about and share with others?

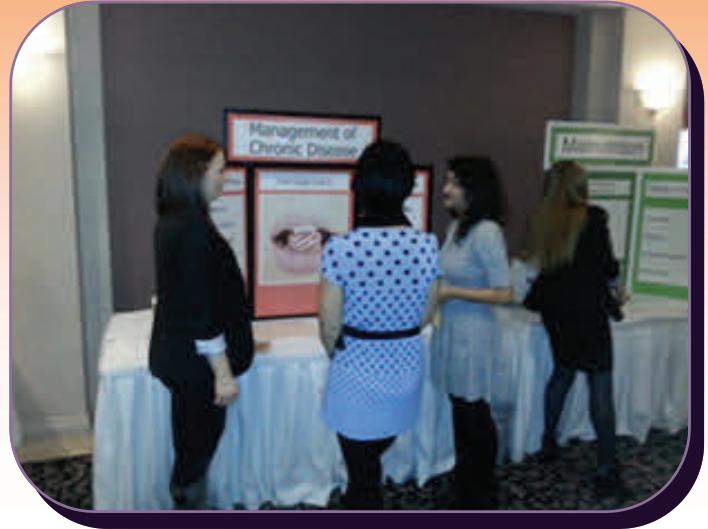
Or looking for a new and interesting way to meeting your QAP Learning Plan Goals?

BCDHA would like to invite you to present a table clinic at our **2016 Annual General Meeting** to be held in Abbotsford on February 20, 2016.

Table clinics will be available for viewing by BCDHA members attending the Annual General Meeting.

Space is limited.

Contact Cindy Fletcher (cfletcher@bcdha.bc.ca) or visit www.bcdha.com > Professional Resources > Professional Development for details and application.



The BCDHA Independent Dental Hygiene Practice Video Series

This new resource has been created for BC dental hygienists who are interested in establishing an independent dental hygiene practice.

It includes a printed booklet and 5 video presentations. Each presentation provides you with key information and planning strategies to effectively prepare for business ownership. The video presentations are delivered by knowledgeable speakers with expertise in dental hygiene clinic ownership, dental hygiene practice, insurance, financing, banking, and planning and equipping a dental hygiene clinic.

For an order form visit www.bcdha.com > Practice & Employment > Independent Practice.

Did you know
your dental
hygiene business
or dental office
can sign up for
direct deposit?



PROVIDERnet[®]

It's now easier than ever to get your money.

**PACIFIC
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www.pac.bluecross.ca/providernet

Community Oral Cancer Screening Project

By Monica Bacica, RDH

When I took over the reins as president of the Comox Valley Dental Hygiene Study Club 8 years ago, I knew my main job was to book speakers, but I also saw that there was an opportunity for our study club to do some community work.

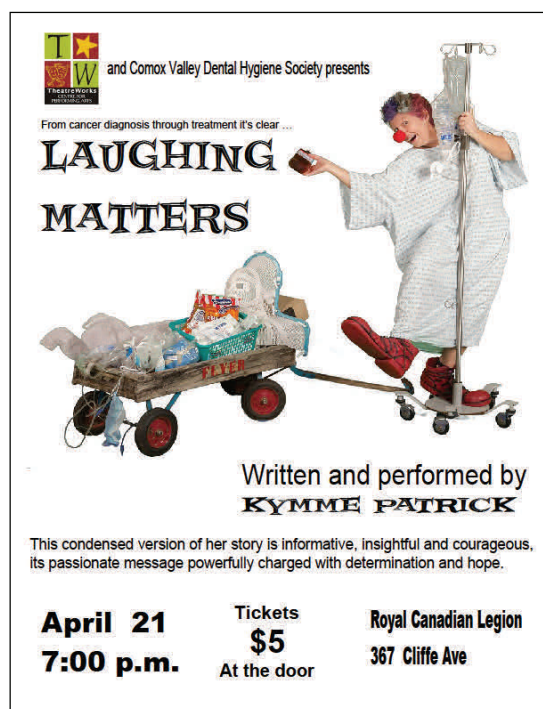
Recently I had 3 friends diagnosed with oral cancer.... 2 have since passed away. Emily (39) had a rare adenoma in her parotid gland and Jerry (60) had throat cancer likely due to HPV. My friend Kymme Patrick, who is an oral cancer survivor, was my inspiration for the idea to host an Oral Cancer Screening Clinic. Kymme, owner of TheatreWorks, is an actress who writes and directs her own plays and teaches theatre to kids. Last fall she launched her one woman show, "Laughing Matters", about her experience with oral cancer. She asked me to organize a discussion forum at the end of her play. Maggie St. Aubrey, RN from our local Nursing Centre; Dr. Debra Wiens, MD; Tami Servizi, RDH and myself attended to answer questions from the public. The most memorable question (to me) was, "I understand why the nurse and the doctor are here answering questions but why are the dental hygienists here?"

The public doesn't know that oral cancer screenings are in the scope of practice of dental hygienists. All dental hygienists are trained to do oral cancer screenings as part of our extraoral (EO) and intraoral exams (IO), but for a variety of reasons extraoral exams may not be done routinely. Three years ago, when my 3 friends were diagnosed with oral cancer, I renewed my personal commitment to always include head and neck exams. Now it is like putting on a seatbelt when getting in a car. I can't NOT do the exams and my dialogue with clients always includes oral cancer information. I have found that it really doesn't take much extra time and the exam has been easily integrated into my patient care. I haven't had one person complain. Most of them thank me, appreciate the attention to detail, find it relaxing and many (new-to-me) patients say, "I've never had that done before"!

I started organizing the community oral cancer screening project last fall and when I approached the study club about it, I received immediate support. The goal was two-fold: to provide complete oral cancer screenings to the community, including head and neck exams, intra-oral exams and Velscope exams; and to encourage and empower dental hygienists to consistently provide these exams for all of their patients.

In preparation for the event, I invited Dr. Denise Laronde from the University of British Columbia to speak at our March meeting. Denise gave us an update on oral cancer and a hands-on review of providing EO, IO, and Velscope

exams. Another event in preparation for the project was seeing Kymme Patrick's one woman show, "Laughing Matters" in April. She performed an edited version of her play, ending it with a group discussion. She geared these discussions to dental professionals, but we also invited other healthcare professionals to this event to support a collaborative approach and to share information about oral cancer.



A few weeks before the event we had an organizational meeting to go over the details and plan for the day. There was so much enthusiasm and support from the twelve volunteers, with everyone contributing meaningful and insightful ideas. We were able to secure Dr. Paul Helpard's Orthodontic Clinics in Courtenay and Campbell River to use for the screening event. Dr. Paul Shaw-Wood, Dip Perio, also volunteered to be available to do biopsies of any significant findings.

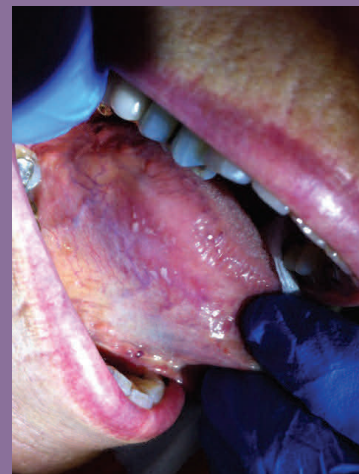
We put up posters, gave out flyers, and bought ads from 3 radio stations in the area. I wrote 2 articles which were printed in 3 different newspapers. A phone number was included with the ads to allow people to pre-book their screening appointments. There were 75 people between the 2 clinics that booked their screening appointments ahead of time!

(Continued on page 13)

(Continued from page 12)

The clinics ran from 10am-3pm and we saw 97 people in total. Thirty volunteers participated in this event. We were very fortunate to have 2-365 day exempt DH's volunteer for the event. They were able to see those individuals who hadn't had a dental exam within the last year.

We kept Dr. Paul Shaw-Wood very busy. If there was a significant finding we got him to have a look for a 2nd opinion, and in 4 instances a biopsy was recommended. Of the 4 biopsies performed, all indicated significant findings. Three of the biopsies confirmed epithelial dysplasia and 1 was a carcinoma in-situ found on the floor of the mouth. All clients with dysplasia have been referred to the Dysplasia Clinic in Vancouver, and the individual with the carcinoma has had surgery. Every screening form was copied and sent to the client's physician and/or dentist.



Epithelial dysplasia lesions



To fund our event, our study club applied for a member grant from BCDHA, and received \$1000 to support our initiative. Our study club covered the remaining expenses. The two screening events cost a total of \$1738.

This event was an overwhelming success and we have decided to make it an annual event. On behalf of our study club, I applied for a CDHA award and won the Clinical Team Award, which was a \$2000 cash prize. This award will provide our funding for next year's event which is set for May 7, 2016. A big thank you goes out to BCDHA, CDHA and the award sponsors.

If you are interested in hosting an event like this, please contact me at bacicanorth@shaw.ca.

Any group of dental hygienists wishing to see Kymme Patrick's play may contact her directly by email at

theatreworks@shaw.ca.

Start planning your NDHW® event today and visit the BCDHA website to see how you can qualify for funding. Visit www.bcdha.com > Professional Resources > Grants & Awards.



Monica (r) with friend Lonnie Baker whose partner Jerry died of Oral Cancer. Photo taken at the screening clinic.

Nanaimo Special Olympics Special Smiles health program a huge success...

BCDHA was a proud participant at the latest Special Olympics BC Healthy Athletes Wellness Day held on October 25th in Nanaimo.



Thank you to all our dental hygienist members from the lower Mainland and Vancouver Island who dedicated their time and expertise at the Special Smiles program that day. Over 100 individuals with intellectual disabilities participated and received a dental screening, personalized oral hygiene instruction and products, and a fluoride varnish treatment - all at no cost.

A special thank you to all our junior colleagues from Vancouver Island University Dental Hygiene Program who greatly contributed to the event's success! •



Did you know...?

It's time for dental screenings of all BC Kindergarten students

A message from BC's Public Health Dental Hygienists



Every three years, Public Health Dental programs offer a dental 'visual check' for all children in Kindergarten as part of a provincial Dental Health Survey. This school year, 2015-2016, is a Provincial Kindergarten dental screening year. The purpose of the survey is to identify those children with dental concerns and to provide a means to help evaluate public health programs in their efforts to prevent

early childhood caries (ECC). Depending on the area, children may receive screenings at Kindergarten Health fairs or in their school.

The Ministry of Education and Ministry of Health endorse an integrated strategy to address dental concerns in the early childhood years. Specifically, they support the provision of dental screening for children in Kindergarten in order to identify children whose health and learning may be affected by undetected or untreated dental conditions.

The screening is an opportunity to help find children that may not already be receiving professional oral care. Kindergarten children scheduled to be screened in school

will receive a prior notice to inform the parent of the screening date. After the screening, each child will receive a letter to take home informing parents of their child's screening outcome and helpful hints on keeping their child's teeth healthy. To create an opportunity to increase dental knowledge and support access to professional dental care, contact information for the local public health dental program is also sent home with all Kindergarten children. All information is collected, used and/or disclosed in accordance with the *Freedom of Information and Protection of Privacy Act*. The screening is not intended to replace regular dental care.

You can support the public health programs in your area by talking to your clients about the provincial dental screening program. You can further reduce the risk of Early Childhood Caries by encouraging families with young children to have their child's first dental visit at around age one and encouraging good oral hygiene practices. Healthy teeth and a relationship with dental professionals support children's learning and prevent the pain of untreated dental decay. Public Health Dental Hygienists across British Columbia are working hard to support the oral dental health of BC's children.

We encourage you to become familiar with the BC Provincial *Public Dental Health Key Messages* and welcome you to contact your local Dental Public Health Unit if you have any questions.

For your convenience, BCDHA has posted each region's Dental Public Health contact information and BC Dental Public Health's Provincial Key Messages document on www.bcdha.com under the following pathway: "Practice and Employment/Practice Opportunities/Volunteering in your Community".

Your support is greatly appreciated! •



BCDHA would like to recognize the significant contributions of our volunteers. Through your efforts, you not only make a difference in your communities, but as well promote the dental hygiene profession through your meaningful efforts.



BCDHA's Carol Yakiwchuk (L) met with Amy, one of the volunteers who won tickets to the game.

This year, thanks to a generous donation from the Ending Violence Association of BC and the BC Lions "Be More than a Bystander" program, BCDHA volunteers' names were entered into a free draw to win tickets to the BC Lions Game in Vancouver on November 7th.

Congratulations to the 10 lucky winners, and thank you again for your service!



YOU...

Make your workday active

Small changes make lasting rewards.



Your body requires constant movement, so it is important to keep active at work.

As a dental hygienist you routinely sit in the same position for extended periods of time during the workday. By doing this, more than half of your body's muscles are required to contract and resist gravity leading to muscle overload. This causes reduced blood flow and increased pressure on joints and muscles.

Keeping active helps to reduce friction and maintain the overall condition of your joints and muscle. It's also essential for your health, happiness and can make you more productive!

We spend so much of our waking hours at work, finding ways to 'make work time a healthy time' is vitally important.

There are many things you can do to create a healthier day for yourself (and others). There are ways to be active during your work day - even for 10 minutes at a time.

Here are a few ideas to get you thinking about how you can add movement to YOUR day:

- *Always take breaks.*
- *Invite a co-worker to join you for a walk at lunch or on a break.*
- *Stretch between clients.*
- *Take the stairs whenever possible.*
- *Have a walking meeting.*
- *Stand while talking to co-workers.*
- *Park farther away from your office.*

GET A LEG UP ON YOUR STRETCHING FOR BETTER MOBILITY

Walking is the most accessible, and easiest exercises you can do to increase your fitness and improve your health. Walking each day (1-3 bouts of 10 minutes or 30 minutes in total) Monday through Friday will boost your energy as well as enhance the quality of your health long term. Be sure to stretch after your walk and include this stretch to maintain flexibility and mobility in your lower body.



For more on how to live a fit and healthy good life visit:
<http://blog.goodlifefitness.com/>



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To learn more go to Membership Benefits on www.cdha.ca or
Contact CDHA program administrator Kathy Zhao at kzhao@cdha.ca

Start: Place one foot on a chair (as shown) and allow your leg to straighten.

Action: Lean forward at the hips (keep your chest lifted to maintain a straight spine) and pull your toes towards your chest. Hold the stretch as you breathe comfortably for 10-15 seconds. Switch legs and repeat.

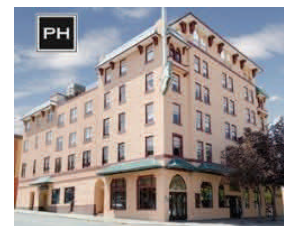
Your membership benefits



As a member of BCDHA/CDHA you are eligible for numerous benefits and services - just a few of which are listed below.

- Your Professional Negligence Insurance as required by the College of Dental Hygienists of British Columbia.
- Continuing education opportunities.
- Free access to the electronic Compendium of Pharmaceuticals (e-CPS).
- Inclusion in important Canadian Dental Hygienists' Association Programs.
- Employment Information including salary guidelines.
- Subscription to national journal and BCDHA newsletter.
- Information on Self-Employment and Alternative Practice.
- National and local forums and conferences.
- Member discounts.

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RESORT
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To see all available benefits with membership visit:

bcdha.com > Professional Resources > Corporate Offers or cdha.ca > Membership > Membership Benefits

Your membership in the BCDHA helps to support the growth of the dental hygiene profession, provide new opportunities for dental hygienists and increase access to dental hygiene services.

Planning a Community Event?

BCDHA has a variety of Public Education materials available for loan, free of charge, to BCDHA members.

We also have limited supplies of brochures, toothbrushes, dental floss and other oral care products. For a printable brochure that explains the role of a dental hygienist and for more information on volunteering in your community visit the BCDHA website > Professional Resources.



Table Displays



Oral Health Education Kits

Call us at **604-415-4559** or **1-888-305-3338** to see how we can assist you with your public education endeavours. •



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Follow these simple steps to good oral health

- Brush and floss daily
- Make healthy food choices
- Visit your dental hygienist regularly

Did You Know?

Periodontal (gum) disease may be linked to some life-threatening illnesses, including:

- Cardiovascular Disease • Diabetes • Lung Disease

BCDHA
British Columbia Dental Hygienists' Association
www.bcdha.com

Banners

(Continued from page 7) **Dementia**

- www.alzheimer.ca/en/About-dementia/What-is-dementia/Dementia-numbers
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Show your professionalism

BCDHA is proud to offer these promotional items for members at a reduced rate!

Name tags



The silver tone nametag bears the BCDHA logo identifying you as a member of the Association. Nametags are available with pin or magnet fasteners.

PIN \$9.25* / MAGNET \$11.00*

Business cards



Each card comes imprinted with BCDHA logo and identifies you as a Registered Dental Hygienist and a member of BCDHA.

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