



OUTLOOK

British Columbia Dental Hygienists' Association



Your connection to a growing, vibrant professional community

BCDHA Lobby Day



BCDHA Directors, staff and members met with elected government officials to discuss issues important to the dental hygiene profession.



Inside this issue:

Chair's Message	2
BC Dental Hygienists Show They Care	3
Public Awareness Campaign	6
National Dental Hygienists Week™	7
The Other Foot & Mouth Disease	8
Lobby Day	10
Your Community	12
You	16
CDHA Corner	18

Continued on page 10

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bcdentalhygienists

Your Association...



Message from the Chair

By Tammy Gulevich, RDH

As I write this I have just returned from our very successful Lobby Day at the BC Legislature. What a learning experience to participate in an event such as this!

I asked myself on many occasions how did an "ordinary, grassroots dental hygienist" find myself in a photo op with the Premier of British Columbia? After speaking to a number of the MLA's, I came to realize that many of them were also in the same boat. How did a grassroots school teacher become an MLA? The bottom line is they all wanted to make a difference and became involved. All of them are real people who do the same things as each of us. They have the same worries as us... children, schedules, family and exercise!



(LtoR) Board Member Mandy Hayre, BCDHA Executive Director Cindy Fletcher and Ondina Love, CDHA Executive Director with the Honourable Adrian Dix, Minister of Health



Being able to connect with the MLAs with personal stories from dental hygienists in the community and issues of barriers to accessing oral care was very rewarding. Having a strong professional body that is available to advocate on behalf of every dental hygienist is invaluable. You might wonder how speaking to the MLAs helps you in your practice within a traditional dental office; but many of the topics we discussed directly relate to this type of practice. One MLA asked my opinion on water fluoridation. Another asked about the difference between Invisalign® and regular braces. For those of you in independent practice, we increased awareness of the dental hygiene services available to our vulnerable populations and how dental hygienists can fill the gap. For those of you in public health, we discussed the challenges of funding for oral health programs. And we discussed education institutions and baccalaureate programs. If we can educate the policy makers, we can educate the public on the profession of dental hygiene.

As we reflect on our experience at the Legislature, I realize how important it is to keep our dialogue open at the political level. I encourage each of you to speak to those decision-makers at every opportunity about the profession of dental hygiene and the depth of our education. This might be the politician in your hygiene chair, the city councillor whose child plays sports with your children or the interesting passenger who sits beside you on the plane. The more we educate the public the more they will demand our services without barriers. Remember we are primary healthcare providers and deserve to be recognized as such.

Dental Hygienists are a caring group of people who rarely take the spotlight. What I learned about lobbying, is how to elevate public opinion and brag a little about our great profession. It's ok to boast and to demand that attention once in a while!

Tammy Gulevich, Chair •

Independent Dental Hygiene Practitioner Meetings

On March 8th & 9th, 2018, BCDHA hosted two separate events for Independent Dental Hygiene Practitioners.

On March 8th fourteen practitioners attended a workshop on the use of the BCDHA Dental Hygiene Services Fee Guide in their practice. The workshop provided an opportunity for dental hygienist colleagues to dialogue about their specific challenges and successes they experience with billing for their services.

At the Business Meeting on March 9th Ondina Love, CDHA CEO, provided information from CDHA's latest National Job Market and Employment Survey. Ownership of independent dental hygiene practices rose from 3% in 2015 to 6% in 2017, doubling



in two years. In BC, ownership stayed stable at 4%. An announcement was also made regarding changes to the CDHANet claims submission process.

Wendy Jobs, BCDHA Dental Hygiene Practice Consultant provided an update on BCDHA activities over the past year and announced the **BCDHA Caring Campaign** (see below). Afterwards attendees had the opportunity to discuss common topics of interest.

The Business Meeting was available via the internet for those practitioners unable to attend in person. BCDHA will hold another in-person IDHP meeting in 2019. Watch future eNewsletters for the details.

If you are interested in learning more about these meetings, or are interested in independent practice, please feel free to contact Wendy Jobs, BCDHA Dental Hygiene Practice Consultant at wjobs@bcdha.bc.ca or at 604-415-4559. •



BC Dental Hygienists Show They Care

The British Columbia Dental Hygienists' Association's **Caring Campaign** will provide dental hygiene care for underserved or disadvantaged British Columbians who might not otherwise be able to access these important services. This project is a collaborative initiative between the British Columbia Dental Hygienists' Association (BCDHA), corporate sponsors Sunstar and Maxident, and independent dental hygiene practitioners across BC.

BCDHA worked closely with four independent dental hygienists to identify deserving individuals or families from their communities. Those selected will visit their local dental hygiene clinic to receive preventive dental hygiene services that will be funded by the Caring Campaign. •



Sunstar Representative, Francine Gagnon (2nd from R) with BCDHA staff members, Cindy Fletcher, Denise Pulice and Wendy Jobs

BCDHA Grant Funds

Supporting Members & Their Communities Around the Province

Every year BCDHA makes funds available to support members who undertake activities in their communities.

BCDHA member Tammy Gulevich received funds to support an oral health award she established for the Northern BC Regional Science Fair in 2008. The partner project titled: 'Will it Decay... or Will it Stay?' won the BCDHA Award. Grade 4 students Ava Gordon and Gemma Parsonage won a trophy and \$25 each.

Jackie Bannister of Salmon Arm received a BCDHA Member Grant to host a Mother's Day oral health event for at risk mothers in her community. •



< Tammy with students, Ava and Gemma.



Jackie with a client. >



Jackie with BCDHA member, Emily.

Economics Matter

By Wendy Jobs, RDH, M.Ed.
BCDHA Dental Hygiene Practice Consultant



When was the last time you were asked by a patient how much something cost? Often these conversations, the ones about the cost of the services we provide, are taken care of by other dental practice team

members. Even if this is sometimes the case, I strongly suggest that you take some time to flip through the British Columbia Dental Association (BCDA) Dental Fee Guide. For those dental hygienists who work in a dentist owned dental practice, you should have access to this guide in order to familiarize yourself with the contents since there are some interesting things that can be found in this document.

Let's start by reviewing some historical data. Close to the time when I graduated as a dental hygienist, the fee for scaling was \$21.90/unit and root planing was \$26.30/unit (BCDA, 1992). Shortly thereafter, sometime around 1994 or 1995, the fee for root planing was decreased to match the fee for scaling which resulted in both types of debridement being billed at the same rate.

Does this surprise you? In 2009 the BCDA scaling fee was \$30.50/unit and as of February 1, 2018 it has increased to \$44.50; this has resulted in debridement fees having increased by more than 46% within the last 9 years (BCDA Fee Guide, year as indicated). It is of particular note that the fees for scaling have increased more than 35% in the last 3 years alone!

Compare this with the cost of living in Canada which has increased by approximately 12.4% from 2009-2017. This is a 33.6% disparity between the increase in the cost of living and the increase in the scaling/root planing fee

being charged in a dental office (Statistics Canada, 2018).

Would it further surprise you that the average hourly wage in British Columbia for dental hygienists from 2009 to 2017 has **decreased** by approximately 0.3%? The average hourly wage reported for a dental hygienist in BC in 2009 was \$43.85 and in 2017 it was \$43.71 (BCDHA, 2009 & 2017).

I have put some of this data into a table for easier comparisons.

Year	Unit of scaling#	Unit of root planing#	Reported average hourly wage for a BC dental hygienist*
1992	\$21.90	\$26.30	\$30.00 (1991) \$33.00 (1993)
2009	\$30.50	\$30.50	\$43.85
2015	\$32.90	\$32.90	\$43.05
2017	\$42.00	\$42.00	\$43.71
2018	\$44.50	\$44.50	No available data

*BCDHA Employment Survey of BC Dental Hygienists – Executive Summary, year as indicated

#BCDA Dental Fee Guide, year as indicated

An informed practitioner is one that can make good decisions and implement best practices. I suggest that you have an awareness of the specifics of what is included (and not included) in the fee guides so that you can have enlightened discussions with your patients when needed. Another important reason to be aware of changing economic factors is for your own personal & professional empowerment, for instance, when you are in discussion with your employer regarding salary and benefit reviews.

Knowledge and information is power, please stay informed!

If you have any questions about this article or any other dental hygiene practice issue, please feel free to contact me at wjobs@bcdha.bc.ca. •

UBC Dental Hygiene Students - Student Membership Grant

"Brush Up Your Health"

In the spirit of National Dental Hygienists Week, Dental Hygiene Degree Program students at the University of British Columbia had an early celebration and promoted oral health & total health through the "Brush Up Your Health" event. This year, sixteen enthusiastic student volunteers hosted this annual event on March 16th, where 4 table clinics were set up on the Vancouver campus to bring awareness to the connection between oral health and general health as well as advocate for the dental hygiene profession. The table clinics were set up side-by-side on the main atrium of the university's student union building, the AMS Nest, to attract the attention of fellow university students.

The first table clinic informed the audiences about the effect of acid exposure on oral health. Participants had to guess the sugar content of popular soft drinks and various snack bars. Dramatic relief was then provided when they were able to quantify the amount of sugar in the food they usually consume.

One of the table clinics focused on the dental hygiene profession and the Bachelor of Dental Science program that is currently available on the UBC Vancouver campus. Many visitors were not aware of the wide range of practice settings dental hygienists are able to work in, and the majority did not know dental hygienists practice independently. The interactions developed the public's awareness of the dental hygiene profession, and their respect for dental hygienists as primary health care providers.



Two table clinics provided the participants with information on the importance of maintaining oral health. To start the interactions with the dental hygiene volunteers, participants were encouraged to describe and demonstrate their idea of an adequate oral hygiene routine on the dentofom. The audiences were then rewarded with tooth-brushes and toothpaste, donated by Colgate, as gratitude for their participation.

With the generous support of the British Columbia Dental Hygienists' Association through the **student membership grant**, "Brush Up Your Health" continues to be successful in educating fellow university students about best oral self-care practices, nutritional impact on oral health, and the roles of dental hygienists as primary care providers. This event also allowed dental hygiene students to develop the sense of community and experience providing oral health education to the university student population. •



BCDHA's Public Awareness Campaign

Last fall, BCDHA sponsored a province wide public awareness campaign focused on the dental hygiene profession. Ten digital billboards in Surrey, Abbotsford, Kamloops, Kelowna, Prince George, and Victoria displayed a series of ads that promoted the varied roles of dental hygienists and our role in promoting oral and overall health.

The 3 screens (below) were displayed a total of 322,560 times over the 4 week campaign. Screens were displayed for 6 seconds each time. The approximate audience per day was 194,610 for a total of almost 5.5 million public views over the 28 day campaign. •



Highlights of the 2018 BC Dental Hygienist's Association Annual General Meeting

BCDHA's 54th Annual General Meeting took place on May 26th 2018. Attendees enjoyed breakfast while visiting with students from Vancouver College of Dental Hygiene and learning about their Table Clinics. It was wonderful to see the enthusiasm our next generation of dental hygienists had as they discussed their valuable research projects. Thank you to Sunstar for their continued support of the BCDHA, especially for their generous donation towards our AGM and their help in filling the goodie bags!

Chair Tammy Gulevich highlighted some of the activities BCDHA was engaged in this year and the continued importance of advocacy. The March 5th BC Legislature Lobby Day was reviewed and it was stressed that we must continue to pressure the BC government to move the CDHBC's bylaw proposals through in a timely manner.

The BCDHA board did not have any outgoing or

incoming directors this year. The election of officers was announced with Tammy Gulevich returning as Chair and Brenda Currie elected as Vice-Chair.

The AGM provides a unique and valuable opportunity for the BCDHA Board of Directors to connect with members and gather information that guides the creation of BCDHA's ENDS policies. After the business meeting, the attendees participated in "Sharing Circles" where great ideas were shared amongst the members. The dental hygienists present networked and brainstormed on BCDHA's role in supporting the profession at a personal, professional and public level. Feedback from participants was very positive as everyone highly valued the ability to share ideas, challenges and success stories.

It is always a pleasure to have enthusiastic dental hygienists present at the AGM and we encourage you to participate next year! •

National Dental Hygienists Week™

Television and Social Media Campaign

As part of our National Dental Hygienists Week™ campaign, BCDHA sponsored a television ad, which was also posted on YouTube and other social media outlets.

The 30 second ad was aired on TV more than 100 times during the week of April 7-13, 2018. The ad ran on such programs as The View, Ellen, The Doctors, and the Evening News, and had more than 1.3 million views by adults 18+ years.

Our social media campaign achieved 25,208 views, reflecting an extraordinarily high view rate of 61%. A high view rate indicates that the video was well received and fewer people decided on skipping the ad and either watched the entire video or clicked through to obtain more information about BCDHA. •



BCDHA 2018 Public Awareness Campaign

Recognition Cards

A recent member survey indicated that a considerable percentage of our members are not feeling valued by their employers. (However, they report feeling valued by patients and colleagues.) BCDHA undertook a campaign to facilitate the recognition of dental hygienists by their employers during this year's National Dental Hygienists Week.

Practicing dentists in BC were mailed 4 postcards along with an explanatory note describing the campaign. Employers were encouraged to complete the card and present it to their dental hygienist(s) during National Dental Hygienists Week™ to let them know how they contribute to the success of their practice and the health of their clients. In a follow up survey of our members, 40% of those completing the survey reported receiving a card from their employer. •



A Fond Farewell to Cindy

By Tammy Gulevich, BCDHA Chair

Earlier this year, Cindy Fletcher announced her retirement to the board. As our Executive Director, Cindy has truly been "the face of BCDHA" for 22 years. Upon graduating from the UBC Dental Hygiene program, she began working in dental practice as an RDH, and from the beginning of her career, enjoyed the business/administrative aspects of the office.

Cindy later worked in community dental health and found great satisfaction in working with the underserved populations and creating new initiatives. She was a volunteer with BCDHA for many years, so when the association evolved to the point where we needed to hire an ED, her peers valued the strengths and dedication she had already shown. It came as no surprise when she undertook this important role.

Cindy has literally built BCDHA from the ground up. She has moved the association from the basement of someone's home to the sophisticated organization we see today. She has made countless contributions to the

profession as a mentor and role model to educators and dental hygienists across Canada, has been involved in provincial and national initiatives, and worked on many interdisciplinary activities.

She is a life-long learner and earned her Certified Association Executive designation and Bachelor of Health Science degree from Thompson Rivers University. She has kept current and relevant throughout her career, and has been instrumental in all of the major BCDHA changes.

Cindy truly has been an exceptional Executive Director and her grace and leadership has strengthened our organization. We will be sad to see her go in August 2018, however, we are happy she gets to enjoy retirement and being a Grandma! On behalf of the Board of Directors and staff, we wish her all the best for the future. •





The Other Foot and Mouth Disease Part 1

Dr. Stephen Bray

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

The 'Foot and Mouth Disease' epidemic.

In 2001 the UK experienced an out break of 'Foot and Mouth Disease' which brought the country to a standstill and affecting Agriculture and Tourism dramatically leaving a legacy and unforgettable scar. Over two thousand cases were reported and over 6 million cows were killed. The epidemic was estimated to have cost the economy over \$16 billion dollars.

Clearly this was a disease whose significance cannot be overstated, yet there is an insidious and debilitating disease involving the human body which it is estimated eclipses the above both in clinical significance and economic burden. This disease has a great importance to us in the dental profession, due to its pathophysiology. It is the diversification of signs and symptoms that cause not only its stealth, diagnostic difficulties, but also impairs its successful management.

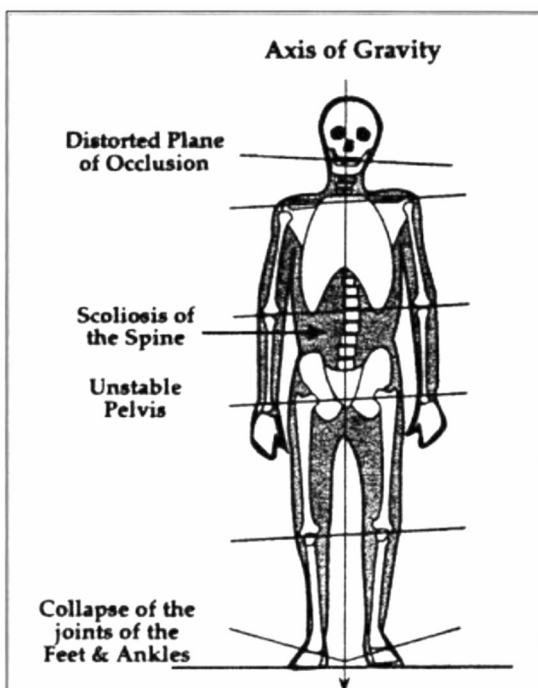
So what is the "Other Foot and Mouth Disease"?

It is the disorder of the postural process between both ends of the postural chain. That is from the jaws superiorly to the feet inferiorly. This is why the importance of dentistry cannot be overstated, as its performance can affect the postural chain either negatively or positively.

If you consider the body as a beautiful, complex and efficient, machine—you'd likely agree on the importance of ensuring it was put together correctly, checked on the assembly line to ensure that all structure and panels and motor/gear-box components were lined up and working synchronously as designed.

The body is of course more than just a machine, but

(Continued on page 9)



The approximate periodontal ligament surface area available for proprioception – (for example; maxillary central incisor is 24 mm², the maxillary first molar, 32 mm².) It can be estimated that this provides for almost 8.0 cm². If you draw an 8 cm x 8 cm square you'll see just how much input potential the central nervous system is receiving from the teeth alone. The hygienist is responsible on a day-to-day basis for health promotion of this area. This does not include tendons, ligaments, the joint, muscles, etc. Anyone who does not believe the value of downward (or descending) influences on posture should draw the square!

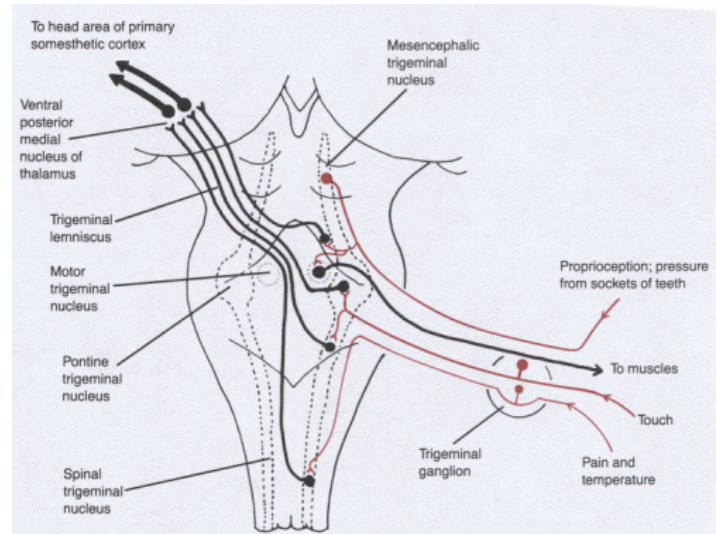
[Thanks to Dr. Jim Carlson]

(Continued from page 8)

it also requires structural integrity and everything to be aligned in order that maximum efficiency be achieved (we call it health). Postural integrity involves an intact “postural chain”. This “postural chain” reaches from the jaws superiorly to the feet inferiorly. We see the top of that postural chain everyday, albeit when the patient is sitting down.

The balance mechanism

The feet are important as they provide the base upon which the upright individual stands. Excuse the pun, but it stands to reason therefore, that the static and dynamic function of the feet will influence this postural chain. The ankles and all joints superiorly, be they the knee, hip, to the pelvis, lower back, shoulders, neck and cranium may all potentially be affected. Tissues, organ systems, musculoskeletal and neural, as well as transmitters (hormones) may be affected secondarily. Equally when the human stands upright, it requires such proprioceptive (feedback) to maintain this upright, erect stance. Correct sensory input from the eyes, muscles, tendons, joints, along with the vestibular system (balance mechanisms of



the inner ear) allow calculation and correction in the stance. This balance mechanism system is therefore only correct and accurate when the head is ‘on straight’. This requirement is where the teeth play their role.

As dental professionals we are all used to seeing diagrams of the three branches of the trigeminal nerve, the largest of all the 12 cranial nerves. We must recall how extensive the trigeminal system is extending to the brain-stem. Remarkably, recent investigation of the mouse brainstem has shown mapping of the face. Information from the balance mechanism systems are all directed to the brain stem.

Summary

As dental professionals we look at teeth and the “bite” on a daily basis yet it is all too easy to look at them as individual chewing units. The teeth represent much more with evidence indicating their role as organs providing proprioceptive neural feedback, correcting head posture. This part of the balance mechanism represents the superior aspect of the postural chain and is, to a large part under the observation and control of the dental team. •

In part 2 of this article we will review the teeth as organs of balance and another role we can play as health advocates.



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UBC CDE is offering Registered Dental Hygienists some fantastic learning opportunities this fall.

Fall Courses

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September 22 - 23, 2018

Mini-Implants: Good Things Come in Small Packages,

November 3, 2018

Mastering Adult Minimal Sedation: Inhalation and Oral Sedation in Dentistry,

October 26 - 28, 2018

Contemporary Dental Materials: How to incorporate new dental materials into your practice,

Saturday, November 17, 2018

Less is More: Trends in Minimally Invasive Dentistry,

Saturday, December 1, 2018

www.dentistry.ubc.ca/cde
cde@dentistry.ubc.ca 604-822-6156

Members of our Association, staff and the Board of Directors held a Lobby Day in Victoria on March 5th.



BCDHA Board members and local RDH's participate in Advocacy Training with Ondina Love from CDHA.



Meetings with MLAs were held to discuss the oral and overall health concerns of our profession and priorities for health policy change in our province.



Also discussed was the priority of advancing the regulation proposal previously submitted by the College of Dental Hygienists of BC. The amendments proposed in this regulation will safely increase access to oral care for B.C.'s most vulnerable populations.



Meetings were also held with the Minister of Health, Adrian Dix (front cover) and the Minister of Social Development and Poverty Reduction, Shane Simpson (pictured above). •

Your Community...

Special Olympics Special Smiles Program



On November 4, 2017, the 2nd year dental hygiene students from Vancouver Island University, along with instructor Elizabeth Cavin, volunteered at the Special Olympics "Special Smiles" program held in Nanaimo. **Special Smiles** provides comprehensive oral health care information to participating Special Olympics athletes. Services included free dental screenings and instructions on correct brushing and flossing techniques. •



View more photos on Facebook:



@theBCDHA

Gift from the Heart



On April 7, 2018, national "Gift from the Heart" day, BCDHA member Christina Capy volunteered to work with Pria Dhaliwal, owner /operator of the Toothbus, a mobile dental hygiene practice. Christina and Pria visited the New Hope building in Surrey, where they provided much needed oral health care and education to new immigrants.

Every year, on "Gift from the Heart" day, Registered Dental Hygienists across Canada open their hearts and clinics to provide free oral health care to the public who may be financially unable to receive dental hygiene care or who have difficulty accessing dental hygiene treatment. •



(L to R) BCDHA members Christina and Pria inside the Toothbus

(Continued on page 14)

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- TMJ Syndrome (Painful Jaw) and Fibromyalgia
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CanStat Certified Practitioner
(Alexander Technique)

alexandertechniquetoday.com

Tel: 778-885-6229

A Workshop for all Dental Professionals
Highgate Sports Clinic, 6975 Kingsway, Burnaby
June 14th, Thursday, 7pm to 9pm
June 23rd, Saturday, 12pm to 2pm

Call to register: 778-885-6229 (Alena)

Your Community continued...

BCDHA member Amy Li provided fun, interactive oral care presentations to Burnaby preschool and elementary school classes in February 2018. •



Below: Super Smile Club 2018 is an Oral Health Promotion Program created by the Vancouver Community College 3rd year dental hygiene students in collaboration with Phil Bouvier Family Centre.

The children loved brushing Max and Magi's teeth which were on loan from BCDHA along with the table display 'A Child's Smile'.



(L to R) 3rd Year Dental Hygiene Students Kayla Kilistoff, Marcus Lee, Erin Robb and Sierra McCann at Vancouver Community College

Bulletin Board...



Congratulations to Joanne Vestvik.
Thank you for being a BCDHA member
for 50 years!

Best wishes on your retirement.

Bonnie Blank, Gerlinde Chapman, Carolyn King,
Margaret Samsonoff, Catherine Bescape and
Kathryn Ragan



Directory of Independent & Mobile Dental Hygienists



ATTENTION!

Independent Dental Hygiene Practitioners

If you would like to be added to the BCDHA **Directory of Independent & Mobile Dental Hygienists in BC** located on the BCDHA website at www.bcdha.com, please send your detailed information via email to: dpulice@bcdha.bc.ca



Save hundreds of dollars a year from a variety of businesses when you download the BCDHA version of the Endless Savings & More (ESM) App.

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Visit www.bcdha.com and join today!



How To Clear Clutter From Your Mind

By Rowena List

Do you feel like your mind is racing a mile a minute?

Are you overwhelmed?

Does your to-do list just keep on going and going?

As a practicing dental hygienist, it's important to have a clutter free mind with each patient, wouldn't you agree?

Take a few minutes to try these simple steps and feel what it's like to have a clutter free mind.

Step One: Arrive at work 15 minutes early so you can mentally prepare for your day. Get yourself settled in and review your patient list for that day. Have a big glass of water and give thanks to one of your coworkers.

Step Two: Prepare your work station. Is it set up exactly how you like it? If there are things in your station that look cluttered, tidy them up. For example: promo pieces, give aways etc.,

Play some soft relaxing background music.

Step Three: Take 15 seconds in between each patient to clear your mind and breath. This might mean running to the ladies' room or the lunch room to just quickly regroup and shake off the last patient. This is not a bad thing. It means releasing the energy in between each person. All you do is shake your hands in front of you for 5 seconds and breathe deep.

Step Four: If your mind is really full of to do's and family issues, take 15 minutes of your lunch break and do a mind dump. A mind dump has no right or wrong way. Simply take a piece of paper and write out everything that is going on inside your head. Are you thinking about a trip, a kid's school play, your mother's birthday, etc.? Write it all out. Beside each item put a capital A if it is something you need to deal with and only you can deal with it. Put a capital B if it is something you would like to do if you had the time,

and a capital C on all the rest, which means those are things you can delegate or get to one day when everything else is done.

Freeing up your mind like this makes room for you to be present in all situations. Present in conversations you have with your kids, family, friends and patients.

Step Five: Clear your physical clutter from your home. If your home does not step up to greet you, you are going to feel heavy, weighed down and your mind will be spinning. Take 15 minutes each night to clear out an area of your home. Start small. Start with your t-shirts. Donate all t-shirts you are no longer wearing. Toss the ones that look like rags. Next night move on to your shoes. Keep only the shoes that you wear and are comfortable. In another 15 minutes you can toss out all the outdated pantry items. Old candy from Halloween, expired baking powder etc. Can you see how doing these simple tasks can lead to a clutter free home and a clutter free mind?

Release the three deadliest words "just in case".

Step Six: Clear your calendar. Make sure you have some white space in your calendar for down time. Time for you to relax, have a bubble bath or do some yoga. You need to replenish yourself on a regular basis in order to be able to give of yourself to all those who require it.

And while speaking of calendars, schedule work time, play time, household responsibility time etc. Don't keep all that information in your head. That causes clutter in the mind.

(Continued on page 17)

Step Seven: Learn the fine art of delegating. This means releasing the need for total control. Get kids involved with household responsibilities. Can they help with bed making, lunch making and folding laundry? Is there a teenager in the neighbourhood who can help out with some of your to-do's?

Step Eight: Disconnect from electronic devices. Did you know you lose 27% of your day's productivity if you check your phone first thing in the morning before doing anything else?

Turn off your phone while with those you love. Clear the clutter from your mind by not filling it with all kinds of clutter like social media, games with flashing moving parts, or nonsense shows.

Make room for what's important to you and those around you.

Step Nine: Eat whole foods as much as possible. We all know that sugar and high fat foods cause brain fog. Having a weekly meal plan helps with conducting an easy organized shopping trip.

If you've enjoyed this article and would like to know more about getting organized please visit www.gettingittogether.ca and download your free guide. "All Things. Organized."

And take advantage of your 15 minutes over the phone discovery session. •

About the author:

Rowena List is a Professional Organizer, Coach and Speaker. She has been helping people get and stay organized for over 15 years. In her free time, you'll find Rowena on her bike, skiing, golfing or travelling. Rowena was a public representative on the board of the College of Dental Hygienists for 7 years and has many fond memories of those times.

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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 and space.

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CDHA CORNER

Dear friends and colleagues,

The Canadian Dental Hygienists Association (CDHA) focusses on four main goals developed from feedback we received from you. First, CDHA works to create a public policy environment that supports members' ability to practise as primary health care providers. CDHA undertakes many lobbying activities on behalf of our members; on March 5, select staff along with BCDHA's board of directors, travelled to Victoria to lobby MLAs for improved access to oral care for British Columbians.

Second, CDHA strives to educate Canadians on the work of dental hygienists and the important links between oral and overall health. Through media releases, print and television advertising and interviews, and social media, CDHA aims to ensure that dental hygienists are recognized by the public as partners in health promotion and disease prevention.

Third, CDHA provides members with resources to work independently and interprofessionally. Along with professional liability insurance, member discount programs, and scholarships and bursaries, CDHA offers networking opportunities and other useful clinical and public education resources. Please visit www.cdha.ca for more information.

Finally, CDHA encourages members to create, contribute to, and use a growing body of professional knowledge and research. In addition to the Canadian Journal of Dental Hygiene and Oh Canada!, CDHA develops position papers and statements, produces free webinars, and organizes workshops across Canada on timely and important topics.

These are just a FEW of the things CDHA does to meet your needs. If you have a suggestion for something that would be beneficial to you, please let me know!

Best,

Mandy Hayre, RDH, BDS, PID, MED
CDHA board director, British Columbia



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
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WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

CDHA is committed to supporting your ongoing professional development so we're thrilled to announce that **all webinars are now available to members for FREE**, saving you hundreds of dollars.

FREE webinars now on demand:

Community Water Fluoridation

Instrument Reprocessing Essentials

Smoking Cessation: New Treatment Approaches sponsored by Johnson & Johnson

www.cdha.ca/webinars

Online Courses

Radiation Safety for Dental Hygienists

Developed with the Ontario Association of Medical Radiation Sciences, this four-module online course will provide you with fundamental knowledge about the safe operation of x-ray equipment. Find out how radiation affects the body and how you can protect yourself, your co-workers, and your clients from unnecessary exposure.

www.cdha.ca/radiationsafety

CHECK YOUR MOUTH

CDHA has partnered with the Oral Cancer Foundation and the American Dental Hygienists Association on a "Check Your Mouth™" initiative to help individuals identify the early signs and symptoms of oral cavity cancers. The Check Your Mouth™ campaign features an interactive website (www.checkyourmouth.org) that offers easy-to-use tools and tips for a quick visual and tactile examination of the oral cavity.

FILLING THE GAP IN ORAL HEALTH CARE

CDHA recently commissioned research to identify options for reintroducing dental therapy training into postsecondary education programs, recognizing that the closure of Canada's last dental therapy program in 2011 has led to significant oral health human resource shortages. *Filling the Gap in Oral Health Care*, a CDHA position statement, presents the results of this research.

www.cdha.ca/fillingthegap

PHARMASAVE PARTNERSHIP

Visit www.youtube.com/theCDHA to view the multimedia presentation CDHA developed for Pharmasave pharmacists across Canada to help equip them with the knowledge they need to have informed discussions with their patients about oral health.

NEW ADVOCACY TOOLKIT FOR MEMBERS

Successful advocacy depends on local efforts by members to deliver a strong message to their elected representatives on issues affecting their community. To help prepare dental hygienists for this advocacy work, CDHA has developed a handy toolkit.

www.cdha.ca/advocacy



www.cdha.ca



info@cdha.ca



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Because the investment in their enamel should start today.



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1. GSK data on file, 2013. 2. Lussi A. Erosive tooth wear – a multifactorial condition. In: Lussi A, editor. Dental Erosion – from Diagnosis to Therapy. Karger, Basel, 2006. 3. Lussi A. *Eur J Oral Sci.* 1996;104:191–198. 4. Hara AT, et al. *Caries Research.* 2009;43:57–63. 5. Lussi A, et al. *Caries Research.* 2004;38(suppl 1):34–44.

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