

Volume 37

Issue 3

Spring 2009

UNISON

Official Newsletter of the Nova Scotia Dental Hygienists' Association
Mailed under Canada Post Publications Mail Sales Agreement No. 1925350

Dates To Note

April is National
Oral Health Month

APRIL 19-25, 2009
NATIONAL
DENTAL HYGIENISTS'
WEEK

June 6, 2009
NSDHA AGM & CE
Sydney NS

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Next Deadline for
submissions August 1, 2009

From the Desk of the Registrar **CDHNS** *(pending)*



College Planning

We await the promise of Spring and we await the promise of proclamation for the Dental Hygienists Act and Regulations. Spring will take its time arriving with many setbacks along the way. Proclamation too as we have learned is taking its time in arriving and has had setbacks along the way. Spring may come slowly or suddenly with a quick change in temperature, proclamation may come suddenly with little warning. One thing

is certain like Spring, proclamation will come and like good gardeners we will be prepared with carefully laid plans we have worked on all winter. Here are some of the items the Registrar and the NSDHA Board have been working on to prepare for the College.

Legislation

We received the first draft of the regulations back from the Registry of Regulations in January.

Although there were no substantive changes to the regulations there were several questions and many changes to the formatting of the document. In consultation with our legal advisor Marjorie Hickey we responded to the revisions and questions with a letter. An indirect response to our letter was received in February which indicted a few more revisions, once again we have responded through our lawyer and we await a new and we hope final draft of the revised regulations. We have suggested to the government a no later than May 1, 2009 proclamation date as that is the year end for NSDHA and it would be a convenient time to start the new College.

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COMPONENT NEWS

NSDHA AGM to be held in Sydney Cape Breton June 6, 2009
CE details to be announced.

Check online at www.nsdha.ns.ca for upcoming details

South West Nova

May 2, 2009 CE Day, 8:30 - 3:30

nominal registration fee TBA

Lunch on your own.

NSCC Burrigde Campus, Yarmouth

Breton Island Component Society Meeting

Saturday March 21st, 2009, 9:30am - 12:30pm.

Cape Breton Regional Hospital, Education Services, Room 3612.

Pat Grant will speak on the "Transition from NSDHA to CDHNS" and

Wanda Fedora will present "Adapting the Dental Hygiene Process of Care for Persons With Dementia"

Congratulations to This Years Dalhousie Table Clinic Dental Hygiene Winners

First Place: Jessica Rix & Meaghan McLachlin "Toothbrushing: a Risk for Endocarditis"

Second Place: Allison Denny "Evaluation of Outcomes for Tobacco Cessation
Counseling within a Dental Hygiene Curriculum"

Third Place : Olu Brown & Natasha McNamara "The Benefits of Digital Imaging – The Wave of the Future"

Fourth Place: Kaila Wiebe & Natasha Dillman "Licorice: more than a yummy for your tummy"

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KAREN CASEY NAMED MINISTER OF HEALTH

Karen Casey, MLA for Colchester North, previously Minister of Education, has been named Minister of Health. Casey replaces the Honourable Chris d'Entremont, who is now assigned to the Community Services portfolio. NSDHA extends thanks and well wishes to Mr. d'Entremont who provided guidance and support during our legislative process. Minister Casey is a graduate of Nova Scotia Teachers College and Mount Saint Vincent University. Ms. Casey is a former CCRS board administrator and Colchester East Hants Health Authority chair. NSDHA and the pending CDHNS look forward to working with Minister Casey and her staff as our Regulations and Act receive final approval and proclamation.

Strategic Planning

The NSDHA Board and members of the new College Council held a very successful and exciting week end retreat in February to plan for the new College. The group worked with a facilitator to develop a Strategic Framework. The outcome of the weekend is a mission statement, vision, values, strategic directions and goals for the new College. These documents are in the review process, when they receive final approval by the Board they will be shared with the public and the membership via the website. The Registrar in consultation with the College Council will use these documents to develop an operational plan for the College for the coming year to meet the goals and objectives developed.

Registrar's Visits

As Registrar I have been fortunate in being able to meet face to face with so many of you over the fall and winter as I spoke on Legislative changes to several Component Societies. There has been extremely good turn outs for each meeting so far which is encouraging as it shows our members are interested in their profession and want to be kept up to date on the pending changes. Visiting Component Societies is an important part of our communication plan to keep the membership informed, as is this newsletter. I look forward to meeting with more members as I travel to the Cape Breton Component in March.

Self-initiation Guidelines

As reported in the last Unison the Nova Scotia portion of the Self-initiation Course has been developed, but we await the final version of the regulations before we can approve the course and launch it online through CDHA.

To provide a standard for self-initiation practice and to provide a guide for our members to use as a reference in the provision of dental hygiene care the Registrar in consultation with the authors of the NS Self-initiation Course Section 7 has prepared a Self-initiation Best Practices Guideline. These guidelines are in final draft stage and will go to the NSDHA Board for approval in the near future. When the Guidelines receive approval they will be posted on the College web site for use by members and for information for the public.

Guest Lecturer

As registrar of the pending College I was invited to lecture at the School of Dental Hygiene, Dalhousie University in the Professional Issues Course which includes the Health Law portion of the curriculum. It was an excellent opportunity to address the soon to be members of our profession. As well as reviewing the requirements for registration and other aspects of the Act, the presentation emphasized the work, which has been done by so many dental hygienists through the NSDHA to bring the profession to this point in the province.

Other Issues

AIT and Competency Profile

Several other issues occupy the Registrars time. Work on the Agreement on Internal Trade (AIT) continues as the Federation of Dental Hygiene Regulatory Authorities try to come up with a suitable way of licensing dental hygienists from province to province. The Federation is working with the Dental Hygiene Competency Profile document to determine how it will be used as a standard in regulation in the future.

Advisory Groups

The Registrar's Advisory/Working groups noted in the last Unison continue to plan and formulate ideas and documents. Several forms and documents for registration and licensure are in the development stages, as well as planning for a membership management system, College web site, logo and By Laws. As a member if you have ideas on these or any other issues or wish to work in these areas please contact us at info@nsdha.ns.ca

Information Booklet

The information booklet "Introducing the CDHNS" which was sent to all members in December, was designed to inform the general membership regarding the changes to take place with the pending legislation. The booklet generated a fair amount of comment among the membership, thank you to everyone who provided feedback. If you did not receive the purple and white Information Booklet please let us know and one will be sent.

My thanks to the Council/Board members who gave up a significant amount of time and worked so hard at the Strategic Planning weekend.

Both spring and proclamation will come, in due time.

Soon we hope!

Patricia Grant

Registrar CDHNS (pending)
Executive Director NSDHA



The Working Group Strategic Planning Weekend

Facilitator Peggy Mahon (not pictured), Pat Grant, Sara Harding, Joanne Noye, Allyson Cormier, Wanda Fedora, Jackie White, Dawna Henry, Melanie O'Brien, Heather Nunn.

(not pictured) Stephanie Stevens, Karen Wolf, Rosemary Bourque & Wendy Stewart.

BIOAEROSOLS IN DENTAL OFFICES

Quebec Occupational Health and Safety Research Institute (IRSST)
has produced a brochure called respiratory protection against bioaerosols.

To view and download visit :

<http://www.irsst.qc.ca/en/home.html>

Cancer By Light ?

There are several light or laser cancer detection systems, currently being marketed to dental offices. While these devices have their uses, the evidence does not indicate they can replace the 3-minute head and neck cancer screening dental hygienists are taught in school. One such device is the Velscope. Current independent research indicates the Velscope's best use is to delineate margins of an already identified area, for best biopsy sample.

Ideally, this tool if and when used, is a selectively applied adjunct to regular generalized visual and manual palpate exam.

It is not a general screening tool in and of itself that can be universally applied. When practitioners advocate a particular procedure or device they wish to incorporate into their practice, it is wise to review ALL the research. It is also best if practitioners can quote pertinent studies, and appropriate information on rates of cancer in Nova Scotia, and Canadian rather than US statistics, as the population numbers, studies and epidemiology may differ significantly.

For more information view Balevi B. Evidence-based decision making: should the general dentist adopt the use of the Velscope for routine screening for oral cancer? Journal of the Canadian dental Association. 2007;73(7): 603-6

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COMMUNITY HEALTH SNAPSHOT

BICYCLE HELMET VS. HOCKEY HELMET

WHAT'S THE DIFFERENCE?

Hockey and bicycle helmets are forms of protective equipment for the head. Each is designed and tested to ensure they protect the head in their particular activity. As hockey and bicycling are very different activities, it is not surprising that the mechanisms of head injuries are also different.

The Canadian Standards Association (CSA) is involved with the development and testing of equipment standards, including those for both hockey and bicycling helmets. Regardless of the helmet type, the helmet must be properly sized to the individual in order for it to be effective.

Your local sports retailer can provide you with specific information about hockey and bicycle helmet sizing, the different brands and the best one for you.

One must keep in mind the nature of these two activities and the different equipment standards, it is quite clear that hockey helmets are designed and tested to protect the head of the hockey participant; while bicycle helmets are designed and tested to protect the head of the bicycle rider; they should not be interchanged. For example, long openings along the top of the bicycle helmet can allow a skate blade or stick to penetrate through to the skull. Remember safety is everyone's business, and it's up to you to protect yourself and your loved ones.

To ensure a hockey helmet will protect the head, many tests are done including:

- Skate penetration
- Blows to helmet with puck, sticks, and boards
- Person to person collisions.

In general, hockey helmets must be able to withstand a variety of repetitive impacts, from both large and small objects. Your hockey helmet must be CSA approved.

To ensure a bicycle helmet will protect the head, many tests are done including:

- Scraping along pavement
- Collision with cars, payment, and other.

In general, bicycle helmets must be able to withstand a single blow from large objects, at relatively high speeds. Once involved in a collision, the helmet should be discarded. Your bicycle helmet must be approved by CSA, SNELL, ANSI, CPSC, or ASTM.

Bartek Roszak was riding his bike one day when he was struck by a car and dragged underneath.

The driver, unaware he had hit someone, stopped only when he heard screams from people on the sidewalk. Bartek was stuck under the car and had to undo his helmet to get out. His head had been protected by the helmet, which was split in two. (excerpt from SAFE KIDS Canada report)

Trauma remains the number one killer of Canadians under the age of 45, is the third highest contributor to economic costs of specific diseases in Canada and is the highest contributor to potential years of life lost of any single disease process. Head injury itself remains the number killer in major trauma and places an enormous burden on families, communities and the health care system.

WEAR THE GEAR

