

Official Newsletter of the College of Dental Hygienists of Nova Scotia

UNISON

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Autumn 2013

Mission Statement

The College of Dental Hygienists of Nova Scotia, in the best interest of the public, regulates members, promotes excellence in care and advances the profession.

The College of Dental Hygienists of Nova Scotia now has an online member management system!

This system will allow members to:

- Update your address, contact, and employer information at any time
- Register for upcoming CDHNS events
- Request a letter of standing
- Renew your membership
- Specify your preference on how the Unison is delivered
- Record Continuing Competency credits
- Access many member and personalized documents in the library

Renew your licence online this year!

Send in your CPR card early!

www.CDHNS.ca

CDHNS GOVERNANCE

Dear Friends and Colleagues,

I hope you have all had the summer you hoped for!

As we approach the fall season and another CDHNS Council meeting, there are a few differences to note in your Council's composition:



I would first like to thank Joanne Noye for her four years of service on the CDHNS Council. As an independent dental hygiene practitioner, Joanne always brought an interesting perspective to our table. In addition to Council, Joanne has also served on the Membership Services Committee, and is currently our representative on the CDHA Board of Directors.

Secondly, I am pleased to welcome Jerry Craig to the CDHNS Council. Jerry brings with him 35 years of experience in the profession! I have had the pleasure of working with Jerry previously with the Halifax Metro Component Society, and am looking forward to serving with him on Council.

Also in the fall, the CDHA will be celebrating 50 years at their Annual Conference in Toronto. Congratulations CDHA! Hopefully we will have lots of representation from Nova Scotia – if you are planning on attending, please feel free to drop me an email. I would love to chat with you and hear your thoughts on how we are doing and where you see our profession going in the future.

Sincerely,

Wendy Stewart
CDHNS Chair, 2013-2014
wendy_stewart_96@hotmail.com

Welcome Jerry Craig to the CDHNS Council!



Jerry graduated in 1978 from the Canadian Forces Dental Services School. He has worked in both military and private practice through his career. He has been the president of a dental hygiene society, involved in the Collaborative Campaign for Self-Regulation in Ontario, and is currently a member of the Hearing Committee here in Nova Scotia.

The Unison
is the official newsletter of the
College of Dental Hygienists of
Nova Scotia.

Editor-In-Chief: Rosemary Bourque RDH
Editorial Staff: Jenn MacKay-Myra

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CDHNS Human Resources
Registrar: Patricia Grant
Admin. Assistant: Jenn MacKay-Myra

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CDHNS office:

Armadale Professional Centre
11-2625 Joseph Howe Drive
Halifax Nova Scotia B3L 4G4
Website: www.cdhns.ca
E Mail: info@cdhns.ca
Phone: (902) 444-7241
Fax: (902) 444-7242

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articles and letters.
Submit to the
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NEXT DEADLINE
FOR SUBMISSIONS
DECEMBER 1, 2013

FROM THE DESK OF THE REGISTRAR

Administrative

The CDHNS officially moved downstairs in the same building on April 1, 2013. We are now located in **Suite 11**, 2625 Joseph Howe Drive, B3L 4G4. Our new suite provides an improved space in which to efficiently conduct the CDHNS business.



Membership Management System

The work on the implementation of the new membership management system continues. In late June our programmer visited the CDHNS to provide staff with two days of intense onsite training on the new In1Touch system. The CDHNS membership data has been converted into the new software In1Touch and we have passed our "Launch Date".

As members you can take part in the "**Go Live Date**" which is the next step. By now you will have received an email containing your unique **username** and **password** to access the "member only" section of our web site. Go to the website and sign in, to make sure your user name and password work. Also review the information in your file to update any changes and to help us to ensure the data converted accurately. If you have not received the email containing your password you should check your "junk" mail folder in case it was diverted. If the CDHNS does not have an email address for you please call the CDHNS to obtain your password.

Like any change there will be a learning curve for staff and members alike. The area where members will see the most change is during licence renewal (see below). At the end of the day or year in our case these changes will help to make us more efficient and to serve our members and the public better in the future.

RENEW - ON LINE and ON TIME!

Enclosed with this newsletter are your 2013/14 licence renewal notice and a letter providing the 3 EASY Steps to renewing online. Please read the information carefully. Send your CPR card to the CDHNS NOW to start your renewal process. If we have the CPR verification then after September 1 you can complete the renewal form on line. As always the CDHNS must have your CPR card, your completed application and your renewal fee by October 15, 2013 in order to process your licence by November 01, 2013.

Cultural Competence

The registrar and administrative assistant attended a Cultural Competency Workshop for regulatory bodies and government groups on May 23. This was sponsored by the Fair Registration Practices Review Officer. The presenter was Robert Wright, whose background is social work and he has a vast experience in race relations and other work around diversity. Cultural Competence refers to an ability to interact effectively with people of different cultures.

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From Our Members
A member visits Laing House

Announcements

Being culturally competent is important for all health care workers as radicalized and aboriginal Canadian populations increase in society our membership will become more diverse as will the clients we serve. The CDHNS will consider a plan to develop Cultural Competence within our organization over the next few years. Robert Wright's presentation is available at www.robertswright.ca.

Regulatory

2013 AGM

The 2013 AGM was held on Saturday, June 1 at the Faculty of Arts and Social Sciences, Dalhousie University. The registration for the meeting was approximately 170 however fair weather lowered that attendance to closer to 106. Following the annual business meeting an Ownership Linkage questionnaire was distributed by Council regarding the incident of early childhood caries.

A continuing education presentation followed on the **NS Drug Information System** - how the system will impact health professionals in Nova Scotia, how the program will evolve over the coming years, and how dental hygienists will be involved. Judy Samson, *Change Management Lead, Department of Health and Wellness Drug Information System Project* and Dr. Ron Wilson, *Physician Advisor, NS Drug Information System Project* were the presenters. The slides from their presentation will be posted in the online Library in the members' only section of our website.

Care Directive for Administration Local Anaesthetic - update

As noted in the last newsletter members have been inquiring about a sample of an "order" to be used in their place of employment when administering local anaesthetic. A Care Directive Document with a sample directive (order) for local anaesthetic was developed and given approval in principle by Council in May. However one or two revisions were made by the Committee so final approval will be requested from Council in September. Members who wish to see the draft care directive in the mean time should call the CDHNS.

Independent Practitioners Meeting

The CDHNS facilitated the first meeting of independent dental hygiene practitioners (IP) on Sunday, April 28, 2013. This meeting was to discuss mutual concerns and exchange information. Five practitioners attended and several more members who have delivered care in an independent basis or are in the process of setting up a practice were invited. The independent practitioners are investigating the formation of a group to continue to exchange ideas and work on projects such as the development of a fee schedule. Since the CDHNS "ENDS" includes encouraging members to explore alternate practice settings it is likely that we will continue to facilitate such meetings in the future. Any members providing dental hygiene care directly to the public are required to inform the CDHNS and any member who has an interest being notified regarding any future meetings of IP group can contact the CDHNS.

Ownership Linkage

The series of Ownership Linkage/Registrar's visits around the province have been completed. Six identified areas were visited between October 2012 and May 2013. In all approximately 200 members attended the sessions, with the largest attendance at the Halifax Dental Hygiene Society. The final visit was to the South West Nova area in May. The Ownership Linkage portion was conducted on behalf of Council by Simone d'Entremont who is from the area and organized the meeting. The registrar presented on various practice issues and provided the members attending an opportunity to ask questions. Overall we had excellent attendance and great help from the local organizers throughout the province. Thank you to all for the welcome and for your input into the CDHNS. The information has been tabulated from the workshops and prepared for Council use in shaping the "ENDS" policy.

Lung Association Collaboration - Survey

The CDHNS is collaborating with the Lung Association of Nova Scotia to distribute a survey to health professionals. The common area of collaboration is around the issue of smoking and the increased role dental hygiene could play in smoking cessation programs. In early fall you will receive an email requesting you to participate in an online survey for health care professionals. We encourage all members to complete the survey, as dental hygienist have an important role to play in prevention of oral disease related to smoking and in supporting a collaborative approach to overall health of the population.

Member Service

Handbook

The Employment Manual- Empowering Yourself in the Workplace has been printed and a copy is given to all new registrants. In September an online version will be available to all members in the new sign in area of the website under Library. We urge all members to use it as a reference document for employment issues including those requiring "Difficult Conversations".

National Dental Hygienists Week project - North End Clinic

To celebrate National Dental Hygienists Week the CDHNS collaborated with the Halifax Dental Hygiene Society (HDHS) to hold a volunteer day at the North End Community Health Centre. Volunteers were oversubscribed for the day and a list has been kept should we do something like this again. The CDHNS prepared an advanced notice for the press and a backgrounder and press release two days before the event. This generated one radio interview for the registrar prior to the event and a live spot on radio which Dianna Major covered on the day of the event. The day would not have been such a success without the generous support of the Henry Schein Company. Long term the CDHNS would like to partner with the North End Clinic to establish a sustainable oral health program for the facility.

Dalhousie University School of Dental Hygiene 50th Anniversary Celebrations

The CDHNS was proud to be profession level sponsor together with the Atlantic Provinces Dental Hygiene Associations of the 50th Anniversary of the School of Dental Hygiene Celebrations. It was a sold out weekend and very successful event. The Continuing Education presentations were well received and included Nova Scotia Cancer Care Centre who were all excellent and a terrific example of collaborative practice, Cara Tax on radiology, Angie Parker on perio and Joanne Clovis and Kim Haslam on ways to find the best evidence. Commercial exhibitors had a chance to display their products to the profession during the coffee and lunch breaks.

Ending the event was the celebratory dinner where the entertainment, presentation of an award recognizing the relationship of the School with the Grenfell Mission and the food were all spectacular. Most important of all classmates and colleagues had the opportunity to meet and get caught up since their days at Dal. It was a reminder of our accomplishments as a profession and an opportunity to demonstrate professional pride in those accomplishments.

The dental hygiene profession in Nova Scotia also celebrated fifty years as NSDHA (1963) and then CDHNS (2009)! Fifty years of challenging the status quo! We have come a long way and have a lot to be proud of!

Patricia Grant
Patricia Grant, Registrar
August 2013

Use of Nitrous Oxide in the Dental Office – The Dental Hygienists Role

From time to time we have inquired at the CDHNS regarding the use of nitrous oxide sedation in the dental office. The dental hygiene legislation in Nova Scotia does not permit the administration or monitoring of nitrous oxide by dental hygienists. The provision of nitrous oxide sedation is a restricted activity and it would require a regulatory change. Such change would be based on a demonstrated need to provide enhanced care to the public.

Dental hygienists in some jurisdictions with additional education and training can administer nitrous oxide and oxygen sedation. In other provinces the role of the dental hygienists varies considerably with regard to the use of nitrous oxide/oxygen sedation.

The College of Dental Hygienists of **British Columbia** (CDHBC) distinguishes between the administration and delivery of nitrous oxide/oxygen gases. With the “Administration” of nitrous oxide/oxygen gases being the act performed by the person who is responsible for making the decision to initiate sedation and/or adjust the flow of gases; and the “Delivery” of nitrous oxide/oxygen sedation gases: performed by the person who follows the administration instructions. The “delivery” of nitrous oxide/oxygen sedation gases is within the dental hygiene scope of practice, with appropriate education. The “administration” of nitrous oxide/oxygen sedation gases is **not** within the dental hygiene scope of practice.

In **Alberta** dental hygienists may prescribe and administer nitrous oxide sedation as a restricted activity and it may only be performed by a regulated member who has completed a Council approved nitrous oxide/oxygen conscious sedation course and whose name has been entered on the College of Registered Dental Hygienists of Alberta (CRDHA) roster of dental hygienists who are qualified to perform this procedure. In Alberta dental hygienists **without** approved advanced training must not provide treatment to a client who is receiving nitrous oxide/oxygen conscious sedation unless another provider authorized to order and administer nitrous oxide/oxygen conscious sedation remains in the operatory for the duration of the treatment.

In **Ontario** dental hygienists are **not** permitted to administer or monitor clients under nitrous oxide/oxygen sedation. The College of Dental Hygienists of Ontario’s (CDHO) Guidelines are similar to the situation in Nova Scotia as they state that “dental hygienists may perform dental hygiene interventions on clients receiving nitrous oxide and oxygen if the sedation has been delivered by and is being monitored by an appropriately trained and authorized health professional, specifically a dentist, nurse or respiratory therapist. The authorized health professional must be in the room at all times monitoring the clients when the dental hygienist is providing care.

In **Nova Scotia** the Provincial Dental Board of Nova Scotia (PDBNS) provides Guidelines for licensed dentists regarding the use of sedation in the dental office including nitrous oxide and oxygen sedation. Members should review these Guidelines if they have questions or concerns about the use of nitrous oxide/oxygen sedation in their workplace. As in Ontario dental hygienists in Nova Scotia **must not provide** treatment to a client who is receiving nitrous oxide and oxygen sedation unless another provider authorized to order and administer nitrous oxide and oxygen sedation remains in the operatory for the duration of the treatment.

Two areas in the PDBNS Guidelines pertain to dental hygienists and will be of interest to our members.

Professional Responsibilities item 5 states the following “Only the following persons may administer a sedative agent in the dental setting:

- A dentist currently licensed in Nova Scotia
- A physician currently licensed in Nova Scotia
- A nurse, currently licensed in Nova Scotia acting under the required order and the direct control and supervision of a dentist or a physician, currently registered in Nova Scotia.”

AND

Section 2 (iii) (3) states:

“Dentists administering nitrous oxide and oxygen must:

3. Adhere to the policy that nitrous oxide and oxygen must be administered by a licensed dentist who should be in the room at all times during its administration. An auxiliary must be present to assist in the treatment room during the administration of nitrous oxide and oxygen if the dentist is also performing the dental procedure.”

If you wish to read more about the use of nitrous oxide sedation by dental hygienists check the addresses below.

College of Dental Hygienists of BC:
<http://www.cdhbc.com/PDF-Files/Tab-7-Interpretation-Guidelines-Jul-12.aspx>

College of Registered Dental Hygienists of Alberta: http://www.crdha.ca/media/35640/CRDHA%20Nitrous%20Oxide_Oxygen%20Conscious%20Sedation%20Guidelines.pdf

College of Dental Hygienists of Ontario
<http://www.cdho.org/reference/english/nitrousoxide.pdf#zoom=75>

Provincial Dental Board of Nova Scotia: <http://www.pdbns.ca/useofsedationindentalpractic.aspx>

The Baltic Amber Teething Necklace Health Canada Warns Health Risk

Entrepreneurs selling the amber teething necklaces say they are safe and work to relieve various infant maladies such as teething pain and drooling among other things.

Amber from tree resin, as a folk medicine dates back to before the dark ages. It is frequently used in the manufacture of jewelry and trinkets. It is also used as an ingredient in perfumes for its aromatic qualities when warmed.

As a teething necklace, it is meant to be hung around an infant's neck to alleviate discomfort that may arise during teething. Manufacturers recommend the infant never be left alone while wearing the necklace. Problem is, some parents are reporting on social media that they are leaving the necklaces on all day and throughout the night. This has prompted Health Canada to issue statements of concern over the potential choking hazard.



Dr. Ross Anderson of the IWK in Halifax affirmed in the July 3rd, 2013 CBC article, currently there is no evidence-based science to support the use of the amber teething necklace. Nor is there likely to be any, considering it would be unethical to perform a study while placing children/infants in harms way to determine efficacy.

The CBC article says "Health Canada has issued advisories and recommends that parents not use the necklaces. It instead recommends using teething rings." Health Canada released the following statement to Unison: "Health Canada initially released an advisory for necklaces being marketed and sold with the intention of preventing or reducing teething pain in young children in April of 2001. The information has since been updated because Product Safety Officers across the country have been receiving questions and comments from concerned consumers, retailers and provincial health authorities related to these products.

....the risk for choking and strangulation with these products, and any other product that is meant to be placed around a young child's neck, is present. Other international safety authorities have also released similar information regarding the use of teething necklaces. Young children can be seriously injured by necklaces marketed and sold with the intention of preventing or reducing teething pain. Pieces can detach from the necklaces, leading to potential choking hazards, and there is a risk of strangulation. Parents and caregivers should avoid using these necklaces.

Risks

- The necklaces can potentially release small pieces, posing a choking risk to young children.
- There is a potential risk of strangulation if the necklace catches on pieces of furniture, hooks, or other objects.

Never place a necklace, string, ribbon or chain of any kind on a child under three years of age. Keeping these items away from children will help prevent the risk of strangulation or choking.

Safety Tips

- Do not give young children any item that can be placed or wrapped around their neck.
- Help with teething pain in young children by using:
 - Teething rings
 - Gentle gum massages
- Always supervise young children.

References:

<http://www.cbc.ca/news/canada/nova-scotia/story/2013/07/03/ns-teething-necklace-choking-risk.html>
CBC News July 3, 2013 - text

<http://www.cbc.ca/player/News/Canada/NS/ID/2395671677/?page=2> - video link to CBC news

Dr. Ross Anderson DDS, D.Paed, Msc., Chief of Dentistry IWK

Health Canada; Consumer Product Safety | Sécurité des produits de consommation | atlantic.prodsafe@hc-sc.gc.ca

Wikipedia; Amber: From Wikipedia, the free encyclopedia

The CDHNS Resource Centre

The CDHNS Resource Center has a wide assortment of literature on health issues including:

- Alzheimer's
- AIDS
- Cancer
- Smoking Cessation
- Muscular Dystrophy
- Diabetes
- Eating disorders
- and many more...

Pamphlets, booklets, and information articles, are available to all of our members, free of charge. If there is a health issue on which members would like to receive more information, contact the CDHNS, and we would be happy to lend materials or send copies.

Members are encouraged to provide education and information to people within their community! The CDHNS Resource Centre also supplies CDHNS members with toothbrushes, flossers, activity sheets, and a little surprise for each child to whom the CDHNS member presents. A CDHNS sticker calendar is also provided to remind kids to brush and floss each day. Members who are able to pick up and drop off supplies at the CDHNS office are loaned a "big mouth" and "big toothbrush" model. When presenting to adults, toothbrushes and floss are supplied along with a variety of hand outs that are appropriate to the situation.

To access these resources, member need to contact Jenn at the CDHNS with the date of their presentation, the age group and amount of people that they will be presenting, and if there is any specific topic or content that the member would like to address.

As always a big **thank you** to all the volunteers on our roster who have taken the time to present health and dental hygiene related presentations to community groups all over Nova Scotia!

From time to time, we receive requests for a dental hygienist to do a presentation. These requests are from all over the province and come from teachers, health coordinators, long-term care facilities, and even correctional facilities! If you would be willing to volunteer your time, please join our Volunteer Roster! The CDHNS will email you the details the requested presentation including date, length of time commitment, who is requesting the presentation, and who the audience will be. Members can then decide if they would like to take the opportunity to do the presentation. Once a volunteer has stepped forward, the requester's name and contact information will be forwarded to the member and it will be up to the member to contact the requester. The member's name will be forwarded to the requester, but a member's contact information is never sent without the member's permission.

Within the Continuing Competency Guidelines, members are eligible for Category 2 credits when they make a presentation in their community:

6.2.2 b)Presenters will receive two credit hours per one hour presentation time. These include formal courses, lectures or talks at dental hygiene meetings, school or community presentations and study club presentations. Presenters are required to submit a course description / syllabus along with their verification of attendance to receive credit.

For more information on continuing competency credits, please contact the CDHNS.

September is a great time to think about where you might be able to make a presentation this coming school year. Perhaps you know a child in school, a neighbour's child in a scout group, or a grandfather in a long-term care facility.

The resources are available, free of charge, to all our members.



FLU SEASON is November to April GET YOUR SHOT!

All Nova Scotians are encouraged to get vaccinated for flu but it is strongly recommended for people at high risk of influenza-related complications and for those who care for them. This includes dental hygienists. Seasonal flu vaccine are typically available through physician offices and public health clinics.

The most effective way to protect yourself from the flu is to be vaccinated each year in the fall. Regular hand washing is another way to help minimize your risk. By washing your hands often, you will reduce your chance of becoming infected.

The primary reason to get a flu shot is to protect yourself from health effects related to flu. However, by getting a flu shot, you will also help protect other Canadians and reduce the burden on the health care system.

Check www.fightflu.ca for more information

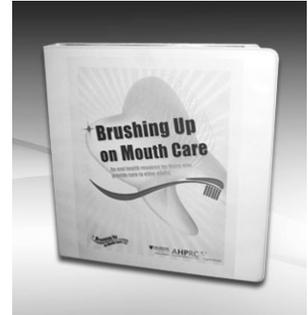
Fact sheets and more information at: Health Canada – Influenza :www.hc-sc.gc.ca/hc-ps/dc-ma/influenza-eng.php

Public Health Agency of Canada – Influenza : www.phac-aspc.gc.ca/influenza/index-eng.php

For additional articles on health and safety issues, go to the It's Your Health Web section at: www.healthcanada.gc.ca/iyh

Brushing Up on Care - Update

As you know, 'Brushing Up on Mouth Care' is a comprehensive daily mouth care program that has been developed over the past several years with the help of personal care providers and nursing staff in various continuing care settings in Nova Scotia. Over the past several months, a copy of the 'Brushing Up on Mouth Care' manual containing all of the educational resources and materials has been provided to all long-term care facilities, home support agencies, and continuing care assistant education programs in Nova Scotia.



A nurse educator worked with the project coordinator and research team to develop a facilitator guide. This new facilitator guide provides an education plan and teaching tools to promote the uptake of optimal mouth care practices in continuing care settings. Six live 'train-the-trainer' sessions and two webinars were held across Nova Scotia in May and June. At these sessions, the nurse educator lead hands-on demonstrations of proper brushing, flossing, and rinsing techniques, as well as approaches to manage challenging behaviours. A copy of the new facilitator guide, the corresponding educational PowerPoints and a recording of our webinar session are now available on our website: <http://www.ahprc.dal.ca/projects/oral-care/facilitator-guide.asp>

In addition, our guiding principles for long-term care have been re-vamped and a set of guiding principles for home support settings have been developed. These resources are also available on our website: <http://www.ahprc.dal.ca/projects/oral-care/guiding-principles.asp>

Karen McNeil MSc, CSEP-CEP
Research Coordinator
Dalhousie University
Atlantic Health Promotion Research Centre

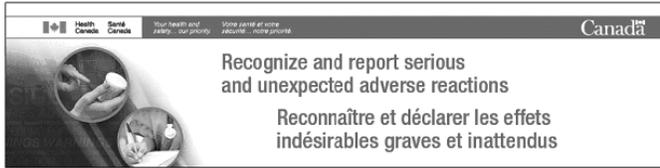


Cancer Care NS

has produced a free 'The Truth About Tanning' toolkit for Nova Scotia Students.

The toolkit contains an instructors booklet with CD's with printable materials, and student booklets with fact sheet info.

Contact Amanda Babineau (amanda.babineau@cdha.nshealth.ca)
(902) 473-7438 for more information.



As a valued partner in our efforts to recognize and report serious and unexpected adverse reactions, you can help improve the safe use of health products for your patients by reporting adverse reactions to Health Canada. Your report may contribute to the identification of previously unrecognized rare or serious adverse reactions and changes in product safety information.

Attached you will find a public notice promoting the importance of adverse reaction reporting. Health Canada would like your help to further extend the message about the importance of reporting adverse reactions by forwarding the public notice to your respective networks or posting it in your upcoming e-bulletin.

The public notice also highlights several ways to stay informed on new health product safety information:

- Advisories and Recalls
- MedEffect Canada RSS Feeds
- MedEffect e-Notice
- Canadian Adverse Reaction Newsletter

Additional information is available online: www.health.gc.ca/medeffect

Thank you for your cooperation and dedication to providing complete and quality adverse reaction reports.

Together, we can improve health product safety.

Sincerely,

Supriya Sharma, MD MPH FRCPC
Acting Director General
Marketed Health Products Directorate
Health Canada

No Butts About It

Like other universities, Dalhousie has had a challenge with smoking on campus. Each year, Dal rolls out a poster campaign to help inform the constant influx of new students about the policy, but that hasn't always been enough to keep the clouds of smoke off campus. Students that are interested in beginning the process of quitting can contact Student Services for support.

Student Health Promotion offers an eight-week support group program for students who want to quit smoking. It uses a workbook and discussion style format so that participants can discuss their challenges with quitting smoking and learn from others.

Dalhousie Student Union has also produced its own video "Don't Smoke: It's Time to Butt Out" Watch it on www.youtube.com/watch?v=JTIszk5Qxvg

Alzheimer Society
NOVA SCOTIA

Let's talk about Dementia Alzheimer Society of Nova Scotia's 24th Provincial Conference

Date: October 21 & 22, 2013

Place: Harbourview Holiday Inn, Dartmouth NS

For Registration materials or to register online visit:

[http://www.alzheimer.ca/en/ns/We-can-help/Education/
Provincial-conference.alzheimer.ca/ns.alzheimer.ca/ns](http://www.alzheimer.ca/en/ns/We-can-help/Education/Provincial-conference.alzheimer.ca/ns.alzheimer.ca/ns)

or contact: Alzheimer Society of Nova Scotia

Tel 422-7961 (HRM) or 1-800-611-6345

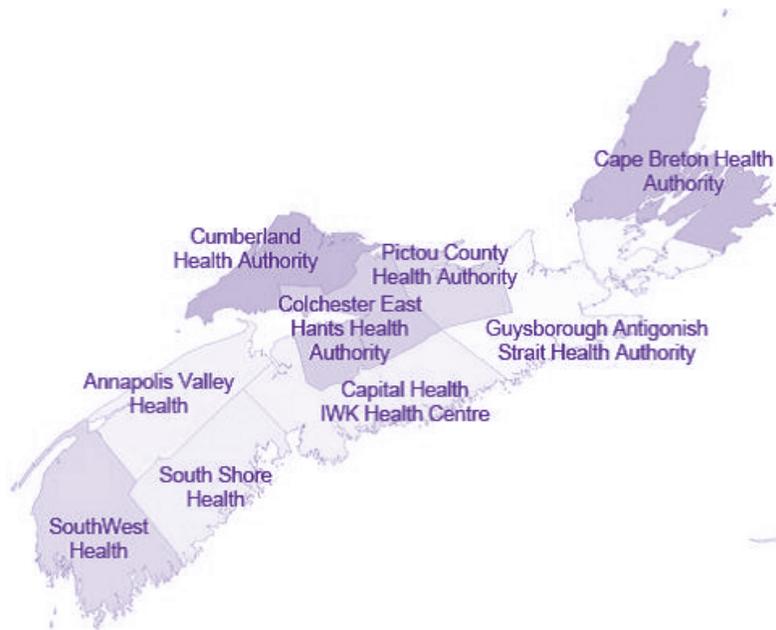
PUBLIC HEALTH IN NOVA SCOTIA

New Public Health Series

This article is the first in a series of articles that will highlight Public Health in Nova Scotia and how it relates to the health professions, including that of dental hygiene.

Nova Scotia's health services are delivered by nine district health authorities (DHA) and the IWK.

These health authorities deliver health care services to residents and are responsible for all hospitals, community health services, mental health services and public health programs in their districts.



Each Health Authority has a number of Community Health Boards.

The 37 Community Health Boards in Nova Scotia with over 400 volunteer members "help to identify health priorities and provide advice to their local health authorities. Provincial legislation recognizes the role of CHBs and requires health authorities to consider their input." <http://www.communityhealthboards.ns.ca/>

Lack of recognition of the dental hygiene profession by the public and other professions is often a concern for members. One way to increase public recognition of the profession is to be visible in the community. Being a volunteer member on a Community Health Board (CHB) is one way to both influence public policy in your community and to promote the profession. Volunteering on a CHB is recognized by the CDHNS under Category 3: Professional Promotion and Responsibilities in the Continuing Competency Guidelines.

The nine DHA's currently employ 17 dental hygienists in various capacities. Besides school based prevention programs, dental hygienists serve in managerial and program coordination roles. Public Health has recently undertaken a renewal process that hopes to see all public health personnel work more collaboratively with all health professions. This collaborative work will be discussed in future articles in this series.

Our first article in the series is provided by Shannon O'Neill. Shannon is a dental hygienist working in the Capital Health District (No. 9). Shannon has written on the confusion about topical fluoride and the school based fluoride mouth rinse program. It is a topic many of us both in private practice and in public health can identify with and demonstrates how our collaboration can enhance population health in Nova Scotia.

The Fluoride Mouth Rinse Program

Together we can continue to clear up the confusion about topical fluoride and school based fluoride mouth rinse program

For me, the start of the school year is associated with the Nova Scotia Fluoride Mouth rinse program. I thought about something that comes up a lot: topical fluoride in schools and in dental offices. The short story about what I often hear is, "If I am getting fluoride in both places, is it a duplication?" I respond that it is not duplication. Both sources of topical fluoride can work together to fight tooth decay.

The long story is, as one of the Public Health dental hygienists, in Capital Health, I support the training and delivery of the provincial Fluoride Mouth Rinse (FMR) program. During that training I field a lot of questions about receiving a fluoride treatment from a dental office, as well as fluoride rinse in school. I remind community partners and parents that the right amount of topical fluoride delivered through multiple sources is the best way to prevent and slow down tooth decay-(Centers for Disease Control). Sources include toothpaste, fluoridated water, fluoride mouth rinse, fluoride at the dental office, school programs, among others.

The Nova Scotia FMR Program is delivered in communities that need extra help to fight tooth decay. Volunteers from the community, trained by Public Health dental hygienists, administer the rinse in these elementary schools. FMR is a weekly program that uses a 0.2% sodium fluoride mouth rinse, the same concentration of fluoride found in toothpaste.

A 2012 report by Ontario's chief medical officer of health supports school based fluoride mouth rinse programs. The pooled results of 34 studies suggest that the use of this Intervention is associated, on average, with a 26 percent reduction in decayed, missing and filled teeth.- Ontario's Chief medical officer.

I also get asked about fluorosis. Fortunately fluorosis, moderate or severe is not often seen in Canada. The Canadian Health Measures Survey Oral Health component 2007-2009 says that so few children have moderate or severe fluorosis that even combined the prevalence is too low to permit reporting. The findings provides validation that dental fluorosis remains an issue of low concern in this country.

Together we can continue to clear up the confusion about topical fluoride in the dental office and in schools. Both sources of fluoride can prevent and fight tooth decay together and together, we can support better oral health outcomes for communities.

Shannon O'Neill Public Health Dental Hygienist
shannonk.oneill@cdha.nshealth.ca
902-220-4651

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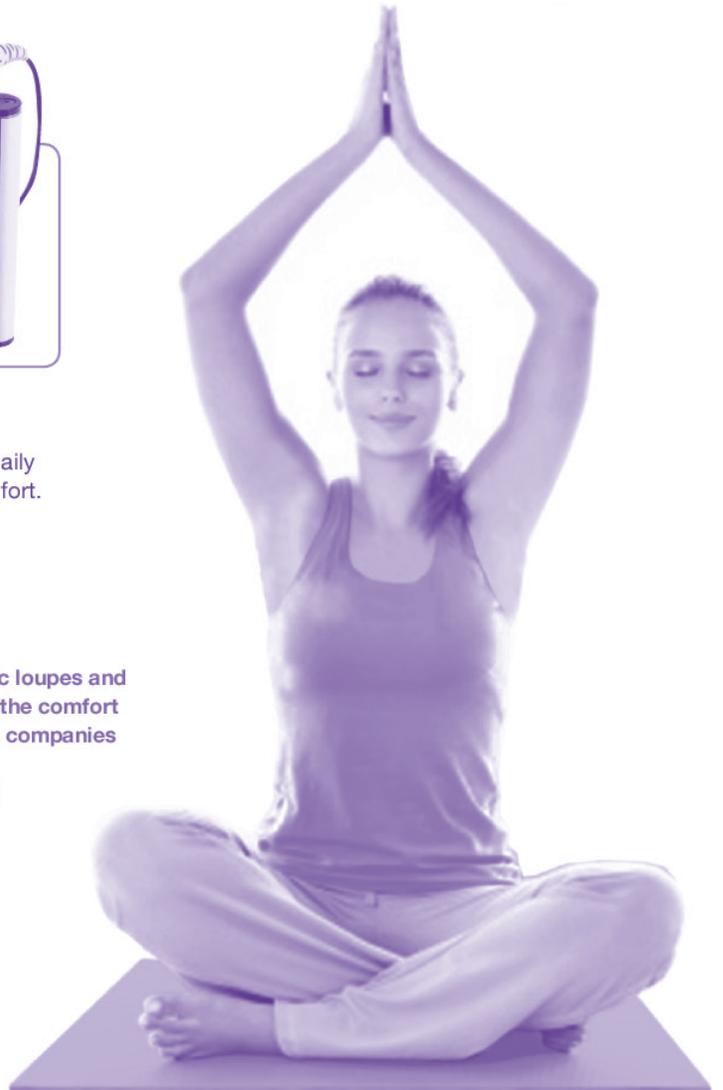
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FROM OUR MEMBERS

The CDHNS always encourages member participation in our Unison. If you have something you would like to submit, please contact the editor, Rosemary Bourque at editor@cdhns.ca or the CDHNS at info@cdhns.ca.

As a health care professional and practicing clinical dental hygienist I believe that educating, promoting and engaging our friends, clients, interest groups and the public at large in a discussion about oral health is the hallmark of our profession.

An opportunity came my way to do just that, when a local hygienist Jillian Burkhardt contacted me with a query about how at risk youth can access oral health care. Through Jillian I got in contact with a community support staff member at Laing House and my oral health education journey began!

Laing House is a peer support organization for youth aged 16-30 living with mental illness and has been in existence for 12 years. The house has comfy nooks to read in, a full kitchen that members cook meals in 2 nights a week, a fully stocked craft room, computer access, bathing facilities etc. There are many activities that members can participate in from dog-walking at the SPCA to Wednesday night nachomentaries (a documentary film with nachos to snack on).

At Laing House there are no dedicated on-site clinical support staff however there are 4 full time program staff that oversee the members and ensure they are being supported appropriately. The main concept of the program is to ensure members feel they are in a safe, non-clinical environment with peers that are dealing with the same sorts of challenges that they are.

The members of Laing House struggle with staying mentally healthy with activities of daily life becoming obstacles to overcome. Oral health often ranks low in daily priorities resulting in both teeth and gum disease. These problems may go unnoticed by individuals for some time and once they become symptomatic the cost associated with treating the disease is out of reach.

So the question is, how we help these individuals attain better oral health. I was invited to come and speak to members after one of their Tuesday evening meals. It was an informal affair with a group of 12-15 individuals seated on couches and chairs in a living room-like setting. I chose to have a more casual presentation with lots of back and forth, as I wanted the participants to feel engaged and to talk about their own life experiences. Many hadn't seen an oral health professional in years.

Many of the members were embarrassed, some were indifferent and some felt as though they had no options for seeking care that was affordable and accessible.

We spoke about what oral health means to them, what it means to have good oral health, and what the options are to access care. We had a great time going over all the products that can be used from soft picks to floss sticks, power toothbrushes to mouth rinses. Some of the discussions we had centered on what symptoms they have experienced, i.e. bleeding gums, sore teeth and what the causes and outcomes could be.

There were eye-opening moments when a member would speak on a personal aspect of their life whether it is the difficulty in dealing with depression and taking care of personal hygiene to personal stories of trauma they experienced in life. Many members have issues with close physical and personal contact even with people they know well. For some the idea of seeing a clinical oral health professional is difficult as they feel vulnerable and feel they have no control over their surroundings. I spoke on the concept that if they are uncomfortable they have the right to say no, to explain what they are experiencing and that as oral health professionals we will accommodate their needs.

The discussion ended with the members having new information regarding all aspects of oral health to think about and a bag of goodies. Andrea Pond-Wyers with Sunstar was kind enough to supply some of the sundries and I supplied the rest.

On a final note, it is my belief that there is a subset of the population that cannot or will not access care; for some it is a financial burden, for others an emotional one. Whatever the case, going out into the community, above and beyond our daily employment schedules is an extremely rewarding experience for all who participate! I encourage all oral health professionals to engage, educate and empower others towards understanding the benefits of oral health!

Smiles to all,
Dianna Major
RDH, IDH, BSc Hons

ANNOUNCEMENTS

Dear Colleagues,

It has been a great year for oral health in Nova Scotia!

Earlier this year, the province raised the maximum age for basic dental treatment from nine to thirteen. This means that the provincial medical insurance program now covers annual checkups, cleanings and fillings for an additional 40,000 children.

Last month, the province announced the appointment of a chief dental officer and \$400,000 in new funding for pediatric surgeries at the IWK Health Centre, which nearly doubles the possible number of procedures.

On August 15, 2013 I received a phone call from the Nova Scotia Minister of Health and Wellness, David Wilson, concerning an important announcement being made today: the province is going to further increase the maximum age for basic dental treatment from thirteen to seventeen over the next four years!!! I was also pleased that the Minister included us in his list of partners to contact about this wonderful announcement. It shows that the government recognizes us as integral members of the oral health team, which has been one of the goals of the CDHNS. The Minister welcomed me to contact him at any time to meet to discuss ideas on how to improve the oral health of Nova Scotians.

Sincerely,
Wendy Stewart
Chair, College of Dental Hygienists of Nova Scotia

Dalhousie University's 2013 Outstanding Alumni Awards

Congratulations to Joanne Noye!

Joanne will be receiving her award at the White Coat Ceremony on September 26, 2013.



Congratulations to the
CDHNS's Administrative Assistant,
Jenn MacKay-Myra
on her recent marriage.

Are you interested in photography?

We are looking for enthusiastic volunteers to capture CDHNS events.

Events take place all over the province including

- study clubs
- community presentations
- meetings
- special events



Pictures will be used in our annual reports and in the Unison!

You will receive credit for all pictures that you take.

If you are interested, contact the CDHNS at info@cdhns.ca.



Infection Control in the Dental Setting

Sunday, May 25, 2014 12 noon – 5:00 pm
World Trade and Convention Centre, Halifax

Co-hosted by the Community and Hospital Infection Control Association
and CHICA Nova Scotia (a Chapter of CHICA-Canada)

For More Information

CHICA-Canada

Telephone: 1-866-999-7111

Email: chicacanada@mymts.net

Website: www.chica.org

Cathy MacLean RN MA

Faculty of Dentistry,
Dalhousie University

Telephone: 1-902-494-1673

E-mail: cathy.maclean@dal.ca

Who Should Attend?

Dentists and Allied Dental Health Personnel

Education Program

12 noon – 1:00 pm

Lunch included with registration

Special Guest Speaker to be announced

1:00 pm – 5:00 pm – Education Sessions

Infection Prevention Requires Attention! (3.5 hrs)

Marie Fluent DDS, University of Michigan, Ann Arbor, Michigan

- A review of the routine application of infection control practices and protocols
- A review of acceptable product choices for infection control goals

CHICA-Canada Dental Audit Toolkit (.5 hrs)

Mary LeBlanc RN BN CIC, CHICA-Canada Audit Tool Working Group

- A review of the Dental Office Infection Prevention and Control Audit Tool, its use and benefits

Registration Fee

\$125.00 per person

Continuing Education Credits

Continuing Education Credit: 4 Hours



CHICANG

Important Dates to Remember

September 20, 21,22, 2013
CDHNS Council Meeting

September 28, 2013
CPR Course available through
South Shore Study Club

October 3 - 5, 2013
CDHA 2013 National Conference
Toronto, Ontario

October 5, 2013
CDHA AGM
Toronto, Ontario

October 15, 2013
Licence renewal deadline!

November 1, 2013
Start date of new licences

South Shore Study Club

November 2, 2013

10am - 12pm

in Liverpool

Location TBA

Halifax Dental Hygiene Society

Sunday, September 29, 2013

12:30pm - 2:30pm

45 Connolly Road, Lower Sackville

Youth Speak - Living with Mental Illness

CPR Courses in Nova Scotia

Saint John Ambulance
www.sja.ca/NSPEI

Red Cross
<https://apaccess.redcross.ca/coursemanager/coursesearch.aspx>

In HRM

Jim Willams
willgibconsult@eastlink.ca

In HRM and South Shore

Rick Courtney
www.cfatraining.ca

In Pictou County and Northern NS

Rosemary Bourque
r.b@ns.sympatico.ca

Please send your favourite CPR contact to the CDHNS so we may add them to our database.