

UNISON

Official Newsletter of the College of Dental Hygienists of Nova Scotia

Volume 49 Issue 2

Interim Federal Health Program

How One Program Impacted a National Policy Change

by Heather Doucette, RDH



The Government of Canada has revised the Interim Federal Health Program (IFHP) dental policy for new refugees accepted into the country. The new policy, effective January 1, 2020, now allows for up to \$1000 of dental treatment without prior authorization. Refugees are eligible for this coverage for one year from the date of arrival in Canada.¹ While some restrictions exist with the new policy, it is a significant improvement over the previous IFHP dental policy which only provided coverage for emergency care for dental conditions involving pain, infection or trauma. Pre-authorization could be requested for additional treatment such as restorations and dentures, but coverage for such treatment was not consistently approved. Preventative dental hygiene care was not covered under the previous policy and unfortunately, remains excluded from the current policy.¹

The recent change to the policy was welcome news to the School of Dental Hygiene and the Faculty of

Dentistry at Dalhousie University. The School of Dental Hygiene has been collaborating with the Immigrant Services Association of Nova Scotia (ISANS) since 2012 to provide preventative dental hygiene care for new refugees to Nova Scotia. This is a bustling weekly clinic with 6 dental hygiene faculty, 2 volunteer dental hygienists, 2 dentists and one dental assistant who oversee care provided by 30 dental hygiene students and 6 dental students.

A key factor in ensuring the success of the clinic is the utilization of a “navigator.” It is imperative that this individual be familiar with the clients and the community and have the ability to collaborate with ISANS and Dalhousie. The navigator is responsible for contacting clients, hiring language interpreters, arranging for the completion of medical histories, booking and confirming appointments, and serving as the main contact for the clients. The navigator also facilitates referrals to additional health care providers when necessary.

the UNISON

is the official newsletter of the
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Nova Scotia

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We welcome your ideas, articles and letters. Submit to the Editor at members@cdhns.ca

CDHNS Council Chair's Message

Hilary Boudreau Chair



Dear Friends and Colleagues,

I would like to introduce myself as I enter into my new role as the Council Chair for the CDHNS. I recently became involved in Council a year ago, after encouragement from a fellow dental hygienist and friend and I am so glad I did! Before joining Council, I had experience with a variety of Associations and Councils, but that of a regulatory body is a new direction for me. I work daily in a clinical setting and by getting involved, I have learned so much more about being a dental hygienist in our province. It is exciting to see a strong team working together, with a focus on the oral health of Nova Scotians. I look forward to directing my energy into the growth of our profession.

It is important to take a moment to recognize the outgoing Council members whose terms have come to an end. Many thanks for the excellent work done by both outgoing Chair, Shannon O'Neill (big shoes for me to fill) and Council member, Teanne MacCallum. Their presence will be sincerely missed. I would also like to welcome back Joyce Lind, who has served on the CDHNS Council previously, and brand-new member, Shelby Devan. With these two members, we gain both years of experience as well as a fresh set of eyes. Allison Craig will be returning for her final term, as an Executive member. I have had the pleasure of

working with her this past year and feel fortunate in her decision to return.

This message would not be complete without the mention of the current worldwide pandemic, COVID-19, as it has had a major effect on both my working and personal life. I am confident we are all learning to adjust to a variety of changes. I entered this profession for so many reasons, job security being one of them. I was off work for 100 days. Leaving my job and returning to it, following the office closure, had its challenges. Dental hygienists are highly ethical and adaptable. I think we are recognizing these well-honed skills now more than ever. In regards to the pandemic, after careful consideration, the CDHNS Council voted this year not to increase licensing fees for members. It will mean that some previously planned activities and initiatives may be delayed or cancelled to stay within this budget, but the overall goals and objectives of the CDHNS will not be affected.

I recognize the honour and privilege of representing you and the CDHNS. I do not take this role lightly. I hope to provide clear vision and direction, and motivate others to get involved and ask questions.

Kind regards,

Hilary Boudreau, Chair, CDHNS

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From the desk of the Registrar

Stacy Bryan Registrar



I know that all of you have heard from me, as Registrar, multiple times since March as we made adjustments to the delivery of oral health care in Nova Scotia. In addition to the thank you to all CDHNS registrants and Council that you will find in a different section of the newsletter, I wanted to extend my personal gratitude to Neha Singh and Kelly Hurlburt. During this time, they have adapted to new remote operating procedures and they willingly assisted outside of their regularly scheduled work hours to ensure that we continued to provide the necessary services and communications to registrants and the public. Words cannot express my gratitude.

Expiry Notices: All expiry notices will be sent to members by email. Online renewal is mandatory for all members. It is the member's responsibility to ensure that they hold a valid practising licence at all times, regardless of notice sent or other circumstances.

We will be using the same online process as the past two years, with a few variations due to the financial hardship payment options because of COVID-19. The steps are outlined in more detail in the expiry notice email you will receive at the end of August.

After logging in, your first step will be to complete a questionnaire and select the action you wish to do during this renewal e.g., I am currently in the **Practising** class and I want to renew in the **Practising** class. Once you've indicated your intention, you will be taken to the next step required for the action you chose.

Did You Know? *For those wishing to renew or transfer in the practising class, the questionnaire will also ask you to identify if you have been experiencing financial hardship due to COVID-19 and wish to pay by the **financial hardship deadline of October 26, 2020**. Further details are outlined in the Notice of Expiry and later in this section.*

Licence Renewal Period: The licence renewal period will start on September 1, 2020 and run until October 13, 2020 (11:59 pm). The renewal portal will remain open until October 31, 2020.

At the April 25, 2020 CDHNS Council meeting, Council set the renewal deadline for the 2020/21 year to **October 13, 2020 (11:59 pm)**. For the past five years, the renewal deadline has typically been set for

the first Monday of the month. However, because of how close the first Monday was to the beginning of October, this year's renewal deadline was set for the day after Thanksgiving Monday instead. **Those registrants wishing to renew (or transfer) in the practising class, and are experiencing financial hardship due to COVID-19 may submit their licensing fee payment by October 26, 2020. Further details about this financial hardship deadline are found later in this section.**

Although October 31 is the licence expiry date, the CDHNS was advised by legal counsel to allow sufficient time to review and process the increased number of applications and to follow up on any inquiries which resulted from licence renewal applications. This timeframe ensures that members receive their licences prior to November 1 and do not experience any disruption in their ability to practice. Accordingly, all information must be received by the CDHNS by the specified date on the renewal notice.

A complete application, including payment of fees and any other requirements e.g., CPR at the level specified by Council, must be received by the October 13, 2020 deadline*.

Individuals who do not indicate they are experiencing financial hardships due to the COVID-19 pandemic, must meet the Council-set deadline of October 13, 2020* to submit a complete application, including payment of fees and all other requirements. Individuals who do not meet the Council-set deadline of October 13, 2020* but submit a complete renewal application **between October 14 and October 31, 2020*** will be required to pay additional fees. During this time period:

- Registrants wishing to renew their practising licence must pay an additional **\$100 payment**.
- Registrants wishing to renew in the non-practising licence category must pay an additional **\$20 payment**.
- Registrants who do not renew by October 31, 2020 will no longer hold a licence. If they want their licence renewed, they will be required to pay reinstatement fees, in addition to the \$100 payment, and will be required to provide proof they have met all other licensing requirements.

*For individuals who are renewing in the practising class and are experiencing financial hardship, the deadline is October 26, 2020.

The CDHNS staff must review all 800+ applications, complete any necessary follow up, review and approve CPRs, accept and apply the fees, manage receipts, and email new licences for November 1, 2020. This process takes time. Assist the staff in processing all applications in a timely manner by completing all the necessary steps, as outlined in this section and in the detailed email you will receive.

Reminders re: Online Renewal for CDHNS Registrants in the Practising Class

Practising registrants may renew online in the practising class or transfer to the non-practising class.

CPR: As part of the online process for renewing as a practising registrant, the system will confirm that your CPR certification will be current on **November 1, 2020**. If CPR certification was completed 12 or more months **prior to** November 1, 2020, the system will not allow you to proceed with online renewal as a practising registrant until an updated CPR card/certificate, at the level required by Council, has been uploaded and approved by CDHNS staff. To upload your CPR and obtain approval, complete the following steps:

1. Log into the system at www.cdhns.ca > Member Login > enter your user name and password.
2. Scroll down the right-hand side of the page and select Upload your CPR.
3. Once approved by CDHNS staff, you will receive an email notifying you of the approval.
4. The CPR section of your Member Profile will indicate that your CPR has been approved for the renewal year **November 1, 2020 to October 31, 2021**.

*If you have already uploaded your CPR during this past year and had it approved, this section of your profile will already show that it's been approved for this upcoming renewal. It will say **November 1, 2020 to October 31, 2021**.*

If you renew between October 14* and 31, 2020, you are considered to have missed the Council-set deadline of October 13, 2020. If repeated and flagrant violations of these deadlines and the renewal process occur, a complaint may be referred to the Investigation Committee.

**Oct 26, 2020 for those experiencing financial hardship.*

Practice Hours: The next step will be to add your practice hours. All CDHNS members who were practising during all or part of the November 1, 2019 to October 31, 2020 renewal year will be required to list the total number of practice hours worked from Nov 1, 2019 to Oct. 31, 2020. **You must enter your practice hours into the system even if you intend to transfer to the non-practising class for 2020/21.**

1. For those wishing to obtain a practising licence for the 2020/21 year who graduated more than 3 years prior to application **you must have practiced a minimum of 600 hours in dental hygiene within the last 3 years**, i.e., Nov 1, 2017 to October 31, 2020. (These practice hours may have been accumulated here in NS or in another jurisdiction where you were licenced to practice dental hygiene).
 - o *If you have not practiced the requisite number of practice hours within the last 3 years, the Registrar will contact you to discuss further options, once you've entered in your hours on the system.*

Once all required elements have been entered (and approved in the case of the CPR), your renewal button will show at the bottom of the left side of your member portal. You will be able to proceed through renewal – update your profile, answer the good character questions, and generate an invoice to make payment.

What constitutes dental hygiene practice in Nova Scotia?

Section 22 of the Act provides details regarding dental hygiene scope of practice. In conjunction with the Regulations (including Sections 25 and 26: Scope of Practice), the practice of dental hygiene is defined. Only CDHNS members who hold a practising licence may engage in the practice of dental hygiene in Nova Scotia, whether as a volunteer or for remuneration.

The practice of dental hygiene includes members who act as clinicians, educators, researchers, administrators, managers, health promoters, and/or consultants. When asked to report your practice hours, do not just calculate the hours you spent providing clinical care, include hours where you provided dental hygiene care in any of the areas noted above e.g., an educator, researcher, administrator, health promoter, or consultant. This may include positions like dental supply company sales rep, infection prevention and control consultant, and dental hygiene department manager. **All positions count towards accumulation of practice hours and all positions require a CDHNS practising licence.**

Registrants Experiencing Financial Hardship due to the Pandemic (Renewing in the Practising Class)

To assist CDHNS registrants experiencing financial hardship due to the pandemic who wish to renew in the practising class for the 2020/21 renewal year, the CDHNS is offering two ways to assist you; both are based on a deadline of **October 26, 2020**. A complete application, including submission of all documents and payment of fees, must be received by the CDHNS by **October 26, 2020**. You may:

1. Delay payment of the [CDHNS licensing fee](#) (\$490) to **October 26, 2020**, and/or
2. Pay [CDHA fees](#), including professional liability insurance, through CDHA directly using one of their two installment payment plans. The CDHNS will not accept deferred payments for CDHA fees.

These deadlines have been set to assist registrants experiencing financial hardships, and still ensure that all legislated requirements are met, including provision of professional liability insurance for the full renewal year.

You must identify your intention to pay by this extended financial hardship deadline when you complete the CDHNS renewal questionnaire. You must notify the CDHNS of your intention prior to the Council-set deadline of October 13, 2020 in order to be eligible for this consideration.

Original notification of these financial hardship payment options and the October 26 deadline was circulated to all CDHNS registrants on July 17, 2020 to allow those wishing to participate in the CDHA payment plan options time to sign up to pay CDHA directly when their renewal portal opened on **July 28, 2020**.

If you wish to pay CDHA using their installment plans due to financial hardship, you must pay CDHA directly and indicate this decision when completing the CDHNS renewal questionnaire.

Know the Facts: Trying to decide whether you should renew as practising or non-practising for the 2020/21 renewal year? Carefully read the information included with the expiry notice email. *Contact the CDHNS office if you require further clarification.*

Reminders re: Online Renewal for Non-Practising Registrants

Non-practising registrants may renew online in the non-practising class or transfer to the practising class if the criteria are met.

Your response on the questionnaire, at the beginning of the renewal process, will determine the pathway for renewal.

Non-practising registrants wishing to transfer to the practising class must meet the requirements for licensing as outlined in the Regulations. **Allow a minimum of 2 weeks for the Non-Practising to Practising process to be completed.**

For those who graduated three or more years ago, in addition to CPR, you must also provide evidence of having completed the following requirements 3 years immediately before applying for a practising licence:

- having practiced 600 hours within the last 3 years*, and
- having obtained 45 hours (credits) of continuing education, as set by Council. (For information on the 45 hours criteria, refer to the [Continuing Competency Program Requirements document](#).)

* If you have not practiced 600 hours within the last 3 years, please [contact the Registrar directly](#) to discuss your options.

Want to pay CDHA fees using their installment plan option?

In order to sign up for an installment payment plan through CDHA's portal, you must log into your CDHA online profile and sign up as a "new member" since this is the first time you will be paying CDHA directly. At this time, payment directly through CDHA is a one-time option that will be re-evaluated by all parties following this renewal. You will not be eligible to set up auto-renewal options with CDHA for the next year.

Please ensure that you read their information carefully and sign up by CDHA's required deadline to participate in their installment payment plan.

From the desk of the Registrar *continued...*

Standard practice for notice and reminders will be given for the 2020/21 renewal period. These standard practices are as follows:

- August 28, 2020 - initial notice of licence renewal/expiry is sent by email. This notice will also be available on the website, in the library folder entitled Renewal Information for CDHNS Members.
- A two-week email notice is sent prior to the deadline.
- A one-week notice by email prior to the deadline for those who have not renewed.
- **November 1** - the licence will expire.

It is your responsibility to ensure that the CDHNS has your up-to-date contact information, including your email address



May 9, 2020 CDHNS AGM



College of
**Dental Hygienists
of Nova Scotia**

The CDHNS Annual General Meeting was held virtually this year, on May 9, 2020. Overall, it was very successful, with over 430 CDHNS registrants registered to be part of this new platform. The general business was shared with all those in attendance, focusing on highlights in the Annual Report for the fiscal year, November 1, 2018 to October 31, 2019, including the audited financial statements. Greetings were sent from Honourable Randy Delorey, NS Minister of Health. Shannon ONeill, then CDHNS Chair, presented her message. Wendy Stewart, CDHA Board Director NS, updated everyone on CDHA's activities. Stacy Bryan, Registrar, presented both her message as well as the report prepared by Sonya Bishop, Chair of the Quality Assurance (QA) Committee. Sharon Davis-Murdoch offered a short educational session for registrants on behalf of the Health Association of African Canadians.

124 participants completed the post-event survey.

- 100% rated the event good to excellent.
- 97.58% responded that they would be interested in having CDHNS Council host an AGM, or other events, via interactive live streaming again in the future.

The CDHNS has decided to cancel the continuing competency event that was scheduled for October 17, 2020.

While alternate CE virtual delivery options were explored, it was determined that it was best to cancel the event entirely. *The May 2021 AGM will also include an additional, virtual, CE session.* You are encouraged to participate in the virtual courses available such as Dalhousie University's CDE Dept (see pages 9 and 10) and CDHA.

CDHNS Return-to-Work Announcement

Since March 2020, all CDHNS staff members have been working remotely. **We have developed a return to work plan with limited in-office hours** that will allow us to safely reopen our doors to the public. ***This is in effect as of August 6, 2020.*** An appointment must be scheduled to visit the CDHNS physical location by contacting info@cdhns.ca. We anticipate that by the end of August, we will return to full in-office hours of operation — Monday to Friday from 8:30 am to 4:30 pm.

CPR Requirements for 2020/21 Renewal

CDHNS Council reviewed some of the delivery options being proposed during this pandemic and made the following decision on May 27, 2020: ***Alternative deliveries during this pandemic, such as virtual evaluations completed by instructors using manikins, or other components, (e.g., AEDs) that allow for appropriate evaluation of competencies in the components approved by Council, are considered appropriate methods that meet the requirements for a practicum experience and classroom instruction. An online or in-person theory test must also be included.***

All other requirements outlined in the [CDHNS CCP Requirements](#) document must also be met (see page 8 of that document).

CPR Approval Submission

Consider uploading your CPR now, rather than waiting to do so at the time of licence renewal. This will help to speed up your renewal process. Thank you for your cooperation.

Appropriate virtual evaluation of competencies would include options such as an instructor providing the manikins, barrier devices, and AED Trainer to course participants prior to the virtual session. During the virtual evaluation session, the instructor then has the participants demonstrate their ability to successfully complete each of the HCP(BLS)/AED CPR skills by using these manikins, etc. This allows for hands-on practical evaluation, which is a requirement for issuance of certification for HCP or BLS CPR level.

Courses that do not involve physical demonstration and evaluation of the required skills of the student (i.e., hands-on practicum experience) remain unacceptable.

Note: It will be up to each main CPR organization to determine what they consider appropriate hands-on evaluation.

Cardiopulmonary Resuscitation (CPR)
performed within 2 minutes can
DOUBLE or **TRIPLE**
a victim's chance of survival.¹



To assist you in understanding which CPR meets the list of requirements set by Council, a summary is provided below based on the organization's current offerings and levels.

St. John Ambulance

Based on the current course offerings and levels, the accepted course from St. John Ambulance would be Health Care Provider (HCP) CPR.

Heart and Stroke Foundation

Based on the current course offerings and levels, the accepted course from the Heart and Stroke Foundation is Basic Life Support (BLS).

Red Cross CPR

Based on the current course offerings and levels, the accepted course from the Red Cross would be BLS for Healthcare (HCP).

CPR Offerings: There are a variety of organizations and providers across the province who provide CPR courses that meet the requirements for CDHNS renewal and initial licences in the practising class. As a courtesy to CDHNS members, a [CPR section](#) of the website indicates providers who have notified the CDHNS that they will offer courses for members based on the licensing requirements.



CDHA CORNER

**Dear friends and
colleagues,**

What a wild ride 2020 has been so far! Although we are all living through the same pandemic, we have experienced it in different ways. I hope you are all doing well, and are back into a safe, new normal.



CDHA was busy during the lockdown! The board of directors had weekly Zoom calls to keep ourselves updated on CDHA activities, and we held an extra board meeting to review our goals as an association and how they will be influenced by the pandemic.

CDHA staff continued to meet with stakeholders to advocate for you. Initially, the focus was on wage subsidies when close to 30,000 dental hygienists found themselves out of work effective March 16. As the weeks passed, focus shifted to education initiatives, including webinars on subjects ranging from infection control and vaping to having difficult conversations with clients, mental health, and resilience. Thousands of members registered for webinars during the months that dental offices were shut down. Once the country began discussing how to restart the economy, CDHA advocated for safe return to work strategies, as well as adequate and appropriate PPE.

Now that most of us are back to work, the focus turns again to the future. The board had its annual summer teleconference on July 22. Our annual general meeting will take place virtually in October. At that time, I will assume a new role on the board: president elect. I am truly honoured to take on this responsibility and am looking forward to the challenge.

Wendy Stewart, RDH
CDHA board director, Nova Scotia
ns@cdha.ca

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

NEW webinars recently released:

Oral-Systemic Link, *sponsored by Johnson & Johnson*

CDHA Professional Liability Insurance

Take Control: Caries Prevention & Management, *sponsored by Oral Science*

Redefining IPAC: It's All About the New Routine, *sponsored by Colgate*

Leaving Your IPC Policy Up in the Air?, *sponsored by Hu-Friedy*

Re-releases:

CDHA re-released six webinars "From the Vault," which will be available FREE until November 1.

Webinars coming soon:

The Evidence on Interdental Cleaning, *sponsored by Waterpik*, September 16
Social Media Engagement, November 18

www.cdha.ca/webinars

Postponements:

CDHA's Summit in Whitehorse, Yukon, scheduled for October 2-3 has been rescheduled to October 2022. The AAP workshop in Ottawa has been rescheduled to November 14, 2020.

OTHER NEWS

COVID-19 Support for Members

CDHA has developed interim guidance for dental hygienists returning to work during the pandemic. This includes a complete handbook, videos, tip sheets, and more. www.cdha.ca/covidreturntowork

To support you in maintaining and improving competence in coronavirus-related issues and evidence-based practice, CDHA has compiled free, credible continuing quality improvement activities on our website.

www.cdha.ca/covid-19learning

In partnership with Crest + Oral-B, CDHA oversaw distribution of a donation that provided \$2,000 in monetary support to 25 CDHA members who experienced extraordinary financial hardship as a direct result of the pandemic.

A large volume of CDHA-developed COVID-19 related resources can be found at www.cdha.ca/safetyalerts

SYNCA Loupes Membership Benefit

Take advantage of a \$75 to \$200 discount on all ExamVision magnification loupes and/or lighting systems from SYNCA. Visit www.cdha.ca/membershipbenefits under the More Discounts & Savings tab.

CDHA Facebook Group

We have still not resolved the technical issue with the CDHA Facebook page so have set up a temporary group at www.facebook.com/groups/CDHAdentalhygienists/



Tame That Sweet Tooth

Use CDHA's new fact sheets for adults and kids to educate clients about sugar reduction.

www.dentalhygienecanada.ca/sugar



Dalhousie DH Refresher Course for Dental Hygiene Graduates

April 19 to 23, 2021 | 5-day course

April 19 to 30, 2021 | 10-day course

This course is designed as a refresher course for dental hygiene graduates who have been licensed to practice in Canada and are considering returning to practice, or for those who hold a practising licence but would like to calibrate their skills. This course will consist of an on-line pre-study component and a clinical component. The pre-study component will support participants as they prepare for the clinical portion of the course.

Participants will review and be involved in a number of learning activities related to professionalism, ethics, jurisprudence and the dental hygiene process of care. The clinical portion of the refresher course will consist of instruction, continuous assessment and evaluation of students' knowledge, and performance of pre-clinical and clinical procedures.

Participants will spend the first portion of the clinical component completing pre-clinical instrumentation review and will move to clinical delivery of dental hygiene care for the second portion of the clinical component caring

for clients with progressively challenging care needs. Both a five-day and a ten-day clinical course will be offered depending on the learning needs of the participant.

Important Dates:

December 15, 2020 - last day to register

March 18, 2021 – all documents due

March 31, 2021 – last day to complete the University of Alberta online component (Note: this online course will take about 3 months to complete)

Course Fees:

5-day course – \$3,220

10-day course – \$5,470

(Note: includes the \$600 fee to University of Alberta for online component)

For more information or to register contact:

Catherine Lyle

Manager

Continuing Professional Education

Faculty of Dentistry

Dalhousie University

Catherine.Lyle@dal.ca

Interested in taking the Local Anaesthetic Course for Dental Hygienists-Certification Course offered through Dalhousie's Continuing Dental Education?

Date: Thursday, November 19 to Sunday, November 22, 2020

Dalhousie University, Faculty of Dentistry

Continuing Professional Education Office

Course Schedule

Thursday, November 19, 2020 | 4:30pm to 8:00pm |
Online – virtual lectures

Friday, November 20, 2020 | 8:00am to 4:30pm |
Online – virtual lectures

Saturday, November 21, 2020 | 8:00am to 4:00pm |
Clinic Sessions – in-person, Halifax

Sunday, November 22, 2020 | 9:00am to 3:00pm | Clinic Sessions – in-person,
Halifax

Please note: The people registered in the spring 2020 session will be offered a spot first, before accepting any new registrations.

If interested, please contact CDE at cde.dentistry@dal.ca to have your name placed on the list of interested individuals



Continuing Professional Education

2020–2021 Continuing Dental Education Program

We are keeping the doors of learning open with online continuing dental education courses

A variety of continuing dental education courses will be offered virtually this year, with some in-person certification courses:

- A range of course times, including evenings and Saturday mornings
- One-hour to three-hour sessions
- A wide range of general and specialist topics
- In-person certification courses (as allowed)
- Expert speakers from the Faculty of Dentistry and other institutions

Watch for course listings and program updates on our social media channels and the CE website.

For more information or to be added to our mailing list, contact CPE at cde.dentistry@dal.ca



dal.ca/dentistry/cde

📧 @dal_dent_ce

📘 Dalhousie Dentistry Continuing Education

Recent Surveys:

Are Dental Hygienists at Risk for Noise Induced Hearing Loss?

By: Kelsey Henneberry, BDH, Shannon Hilland, BDH, and Kimberly Haslam, Dip DH, BA, MEd

Thank you for participating in the survey regarding hearing loss and dental hygienists in January 2020. Congratulations to Jennifer Hart-Cox; she was the winner of the Tim Horton's gift card.

Results of the survey:

- 172 hygienists participated (22.4%)
- 50% of the participants were 20-49 and the remainder were over 50 years of age
- 28.5% worked for 16-30 years
- 77.9% worked 3-4 days a week
- 92.4% used sonic or ultrasonic instruments
 - 78.5% used Magnetostrictive technology
 - 12.2% used Piezoelectric technology
 - 9.3% used sonic technology
- 28.5% used power instruments less than an hour a day
- 28.5% used power instruments between 1 & 2 hours per day
- 83.1% used low volume suction

Self-reported results from hearing loss:

- 11.6% had previous hearing loss
- 41.3% had tinnitus
- 32% had trouble hearing while on the phone
- 29.7% had difficulty understanding or following conversations
- 40.7% suffered from fatigue
- 24.4% had difficulty concentrating
- 30.2% suffered from anxiety
- 43% felt their hearing loss was due to the work environment
- 3.5% wore hearing protection
- 68% believed noise level in the oral professional office could reach damaging levels

The 40-49-year-old respondents were more than 15 times more likely to suffer from hearing loss and the 60+ group was 23 times more likely to suffer from hearing loss than the 20-29-year-old group. This finding is compounded by the fact that presbycusis (hearing loss caused by age) may play a significant role in hearing loss in these age groups.

The evidence to support hearing loss as a result of the instruments used in oral health offices is inconclusive. Noise Induced Hearing Loss is associated with sounds being over 85dB for 8 hours a day. More research is needed on this topic.

Burnout in Dental Hygienists: Consequences and Coping Mechanisms

There was an overwhelming response, with a total of 257 CDHNS members that completed this survey. The team is beginning the steps to publish this data.

Congratulations to Annie Anderson. Annie is the recipient of the \$50 Amazon gift card.

Thank you for your participation.

Special thanks to our wonderful research student, Jennifer Johnson. Jennifer is entering her second year at the Dalhousie University, School of Dental Hygiene.

From: Kim Haslam Dip DH, BA, MEd, Lindsay MacDonald Dip DH, BA, Dr. Leigha Rock, Dip DH, BDSc, PhD, and Alma Wade Dip DH, BSc

AWARDS

Congratulations to Second Year Dalhousie 2020 Dental Hygiene Students

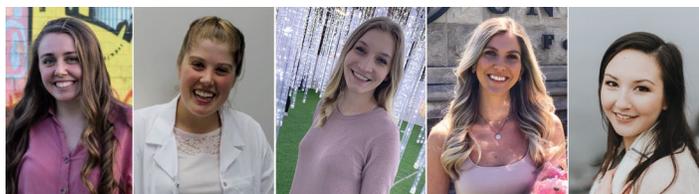
CDHNS supports 2nd year DH student presentations at Dalhousie University School of Dental Hygiene.

As a result of the Dalhousie University, Faculty of Dentistry's Table Clinic Evening being cancelled this year because of the Covid-19 pandemic restrictions, the dental hygiene students could not present to the public. The Faculty of Dentistry Continuing Professional Education and the Table Clinic Committee decided to provide a free online continuing education course, which could be accessed via YouTube. These were still evaluated by judges and winners were selected.

First Prize Winners

Cosmetics or Cancer: What are we really feeling?

Advisor: Kim Haslam Dip DH, BA, MEd



From left to right: Emilie Barakett, Taylor Benoit, Meaghan Cooke, Taryn Krochko, Elise Mah



CDHNS Highest Academic Award for Dalhousie Dental Hygiene Graduating Diploma Student 2020

Congratulations to Jade Wile who is this year's recipient of this CDHNS Award. This award is presented to the Dalhousie University, School of Dental Hygiene graduating student from the diploma program, with the highest academic standing in all subjects. Jade also demonstrated the Greatest Proficiency in Clinical Dental Hygiene. The CDHNS congratulates Jade on her accomplishments.

Second Prize Winners

Think Before You Drink: The effects of popular beverages on oral health

Advisor: Heather Doucette Dip DH, BSc, MEd



From left to right: Sierra Bergman, Rianna Stoodley, Julie Morash, Jiayi Lu

Third Prize Winners

Making a Transition in Oral Health: Considerations for the transgender community

Advisor: Alma Wade Dip DH, BSc



From left to right: Megan Hynes, Brianna Kennedy, Rebecca MacAulay, Rachael Mansfield



Pictured here is Kristina Augustine, now RDH, in her second year of the DH program, with a client from Bhutan

In addition to language, refugees to Canada face many barriers to oral care including fear, unfamiliarity with the Canadian health care system, transportation and cultural differences. To better understand the needs of the refugees, students and faculty attend an orientation session that includes an overview of past experiences and the cultures of many of the refugees, common oral hygiene practices and specifics on working with a language interpreter.

The collaboration between the Dalhousie Faculty of Dentistry and ISANS has allowed for the collection of a wealth of oral health data. Data collected between 2017 and 2019 showed that over 35% of the refugees treated at the Dalhousie clinic reported having a toothache, compared to 12.2% of the Canadian population.² This is concerning as it is well documented that oral pain has an impact on overall quality of life.³ Moderate to severe gingivitis and periodontal disease rates were more than 3 times higher than the average Canadian.² DMFT (decayed, missing, filled teeth) scores of the refugees were similar to the Canadian population.² This finding can be explained by the fact that the number of decayed and missing teeth of the refugees accounted for the majority of the DMFT score for that population, while the number of filled teeth contributed most to the DMFT score in the Canadian population.² This is not surprising, given that the majority of the refugees did not receive dental care in their country of origin and may not have had access to even basic oral care supplies. A manuscript with the full study results is currently under review for publication.

Recently, there has been a change from predominantly Syrian refugees, to an increase in the number of refugees who have origins in a number of other countries such as Congo, Somalia, Ethiopia, Sudan and Gambia. As such,

we are seeing a shift in the oral health conditions. Although the Syrian refugees may not have had access to oral care for a number of years prior to coming to Canada, many had received restorative dental care at some point in Syria. So, while there is often recurrent decay and new carious lesions, the periodontal health is often notably compromised. Conversely, most of the refugees from other countries have never had access to oral care of any kind resulting in rampant, extensive decay. The increase in the number of countries of origin also requires a larger number of language interpreters as it is crucial in addressing the language barrier.

In an attempt to address the financial barrier to oral care, resettlement agencies and workers throughout Canada have been advocating for a change to the IFHP dental coverage policy for many years. ***A representative from ISANS informed the Dalhousie School of Dental Hygiene that data collected from the refugee oral health clinic had a significant impact on the recent policy change.*** This is an example of how it is possible to elicit change on a large scale. As oral health professionals, we all have a responsibility to provide care to marginalized populations by recognizing and working to remove barriers of access to care.

1. Government of Canada Immigration and Citizenship. Interim Federal Health Program Summary of Coverage. Available at: <https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html>. Accessed 6 February 2020.
2. Canada Go. Report on the Findings of the Oral Health component of the Canadian Health Measures Survey 2007–2009 Ottawa Ontario Canada 2010 [Available from: http://publications.gc.ca/collections/collection_2010/sc-hc/H34-221-2010-eng.pdf].
3. Peres M. ML, Weyant R., Daly B., Venturelli R., Mathur R., Listl S., Celeste R., Guarnizo-Herreno C., Kearns C., Allison P., Watt R. Oral disease: a global public challenge. *The Lancet*. 2019;394(10194):249-60.

About the author: **Heather Doucette**, Dip DH, BSc, MEd, is an Associate Professor in the School of Dental Hygiene, Faculty of Dentistry, Dalhousie University. She obtained her diploma in dental hygiene from Dalhousie University in 1994 and joined the Dalhousie University School of Dental Hygiene as a faculty member in 2006. She has served as a content knowledge expert for national clinical competencies, has published research findings in peer reviewed journals, and has presented at local, national and international conferences. She is passionate about improving access to oral care for underserved populations. In 2012, she began an initiative to help meet the oral health needs of new immigrants and refugees to Nova Scotia and in 2018 she forged a collaboration with the Phoenix organization to provide preventative oral care to at risk youth. In September 2020, Heather will commence studies in the Interdisciplinary PhD program at Dalhousie University during which she will continue her research into barriers to oral care faced by new refugees to Nova Scotia.

Assigning Credit Hours for Online Courses

Completing online professional education is a convenient way for CDHNS registrants to identify their learning needs and seek out appropriate courses that meet those needs. You can learn at your own pace, anywhere.

To support CDHNS registrants, the CDHNS Quality Assurance (QA) Committee evaluated a number of courses offered by online continuing oral health education providers. Following these reviews, the QA Committee determined that the number of credit hours allocated by some course providers is not always consistent with the content of the courses. The Committee does revisit these course allocations on a regular basis to determine if changes are necessary. The Committee has reviewed the course providers identified and determined the following:

Courses from the providers below are eligible for 50% of the credit hours indicated by the provider*

Crest and Oral B (Proctor and Gamble)	www.dentalcare.com www.dentalcare.ca
RDHU: Does not meet CDHNS criteria unless it is one that includes a comprehensive post-test.	The RDHU is currently working on revising their online course delivery. When new courses are available, the Quality Assurance (QA) Committee will review them and update this table. <i>Please contact the CDHNS office directly for further information about the course(s) you intend to take.</i>

Courses from the providers below are eligible for the credit hours indicated by the provider*

Canadian Dental Connection	https://www.dentalconnection.ca/en/auth/login/?next=/en/dashboard/
Colgate Oral Health Network	https://www.colgateoralhealthnetwork.com/
DVD Quarterly	https://members.dentalhygienequarterly.ca/
Hu-Friedy	https://www.hu-friedy.com/education/continuing-education-classes
Hygienetown	https://www.hygienetown.com/onlinece
Pulpdent Learning	http://www.pulpdentlearning.com/
Viva Learning	https://www.vivalearning.com/
Waterpik Oral Health for Professionals	https://www.waterpik.com/oral-health/pro/education/

Please note: There are many other online providers who offer continuing professional education. These are the ones that were submitted by registrants and/or most commonly submitted to the CDHNS.

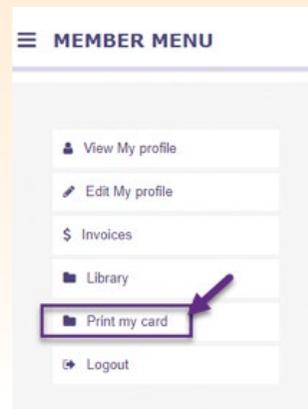
*Providers may assess a user fee and/or require registration with a user name and password.

CDHNS Representative for Smoke Free Nova Scotia (SFNS) Announcement

The CDHNS is pleased to announce that Joni Nauss, RDH, has agreed to act as a board member representing the CDHNS for the Smoke Free Nova Scotia (SFNS) Committee. This coalition is comprised of many partners whose focus is on tobacco control issues and whose goal is to achieve a healthier Nova Scotia.

Did You Know?

This year, practising licence cards and non-practising cards will be sent to you by email rather than mail. You will also be able to download and print a copy of your card once your renewal has been completed. You will find this in your Member Home Page on the left bar once renewal opens.



Did You Know? *There have been improvements made to the Children and Family Services Act, which is in place to protect children from abuse and neglect.*

Please go to <https://novascotia.ca/coms/families/changestoCFSA/Duty-to-Report.pdf> to learn more information.

Quality Assurance



Sonya Bishop,
CDHNS QAC Chair
2019/2020

On behalf of the Quality Assurance (QA) Committee, I would like to share some current items of interest.

The revisions to the current CDHNS Continuing Competency Program (CCP) continue. A survey was planned for Spring 2020 regarding Phase 2 of the revisions, however due to the COVID-19 pandemic our original survey launch date

has been delayed. We hope to have the survey launched for August or in the Fall of 2020. Watch for the survey link in your inbox.

The QA Committee would like to remind all registrants that your feedback is important, and thanks you for your contributions thus far.

The QA Committee has completed additional reviews of online CE course/provider following submitted requests

by registrants. Please see page 13 of the newsletter for the full listing of reviewed courses. As reviewing online CE is an ongoing process between newsletters, registrants can find the most [up-to-date version](#) of this document on the CDHNS website under the Continuing Competency page (no log in required).

Refer to the CDHNS Continuing Competency Cycles Frequently Asked Questions document, found in the Member Portal of the website. Click on the Library section and go to the Practice Protocols & Policies folder.

Hoping you are well,

Sonya Bishop, *Quality Assurance Chair (2019/20)*

How Long Do I Have to Retain My CC Records? *All Members are required to retain relevant records/documents for your current cycle and your previous cycle (as noted in Section 4.5 of the CCP requirements document). Even if you are not selected for audit, you must ensure that you keep all relevant documents for these time periods.*

You've Been Asking

Should I treat clients who present with a 'cold sore' (i.e., active primary or recurrent herpetic lesions)?

No, do not provide clinical oral health care services if the client has potentially contagious lesions in or near the mouth, whether from primary herpetic gingivostomatitis or from recurrent oral herpes simplex. Do not provide oral health care until the vesicles/ulcers have completely healed. There is a risk of transmission of the virus to other head and neck areas of the client or to the dental hygienist.

Mode of transmission: HSV-1 is primarily transmitted via contact with the saliva of carriers, resulting in oral herpes. Transmission may also occur through contact of active cold sores on the lips of carriers or via contact with other active herpetic lesions. Transmission of HSV-2 is usually via sexual contact and causes genital herpes. However, oral-genital, oral-anal or anal-genital contact means that HSV-1 and HSV-2 may be transmitted to various sites, and the historical distinction between the two types of HSV in terms of site of infection is now blurred. After the initial infection, the virus becomes dormant in the sensory ganglia of the face (or genital area); reactivation of the virus causes cold sores of the mouth (or genital sores, if the primary infection was in the genital area).

Considerations:

- 1. Dental hygienists must not treat clients while the lesions are present.**
- Dental hygienists have an ethical responsibility to educate their clients about the significance of their diseases, the potential for recurrence, and the risk of infection of others.
- Not only are resulting lesions to the dental hygienists fingers and thumbs a possibility (e.g., herpetic whitlow), but the virus is also shed in the saliva which means that splatter during treatment can be risky.
- Clients may become upset if rescheduling is required. This is another reason that education is key.
- Developing a clear office policy regarding rescheduling clients until lesions are healed will ensure consistent messaging and approaches in your office.

- Bowen, D., & Pieren, J. (2020). *Darby and Walsh Dental Hygiene*, 5th Edition. Elsevier.
- Centers for Disease Control and Prevention (USA). (2017, Aug 28). CDC Herpes Facts and Brochures. Retrieved Aug 12, 2020, from Herpes - CDC Fact Sheet: <https://www.cdc.gov/std/herpes/stdfact-herpes.htm#:~:text=It%20is%20also%20possible%20to,silverware%2C%20soap%2C%20or%20towels>.
- CDHO. Advisories. (May 2014). *CDHO Factsheet Herpes Simplex*. Retrieved Aug 4, 2020 at: https://www.cdho.org/Advisories/CDHO_Factsheet_Herpes_Simplex.pdf

Meet Your Colleague - Peter Campbell

Peter graduated from Dalhousie school of Dental Hygiene in 1999 and has worked at Alexandra Street Dental, in Sydney, since 2001.

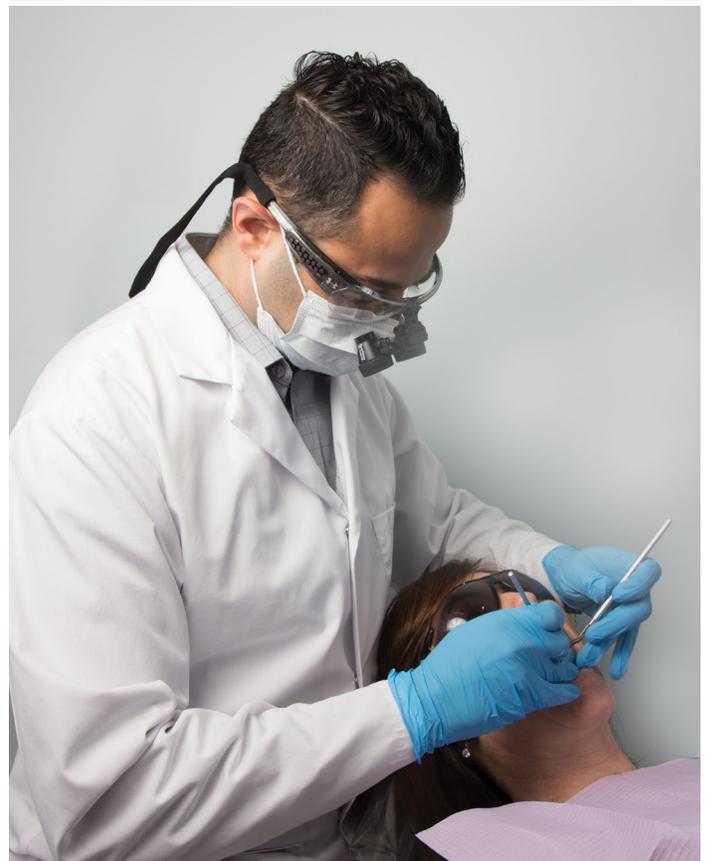


- 1. What was your favorite TV show when growing up?**
The original Star Trek with William Shatner.
- 2. How old is the oldest pair of shoes in your closet?**
I have a pair of hunting boots that are 25 plus years old.
- 3. What is the nerdiest thing you do in your spare time?** I do some amateur watch repair.
- 4. How would you spend one million dollars?**
I would use it to retire a little early and help out family and friends.
- 5. What is your favorite sport to watch?**
I enjoy mixed martial arts and have attended two UFC events in person.
- 6. If you could go anywhere in the world on vacation, where would you go?**
My wife and I would love to visit Hawaii.
- 7. What is the most important personal attribute that you bring to your job?**
I can put nervous or fearful patients at ease in most cases.
- 8. What do you enjoy doing to relieve stress?**
I ride motorcycles and target shoot.
- 9. If you didn't need a job, were healthy, and had plenty of time, what would you do?**
I would take a machinist course and set up a little business to occupy my time.
- 10. What are you going to do when you retire?**
If I am still able to ride my motorcycle, I would like to ride across Canada, down the west coast of the USA, across to Key West and then back up the east coast to home, with a side trip to Graceland!



Thank-you

The CDHNS would like to give sincere thanks to all dental hygienists who provided feedback to us during these unprecedented times, especially the CDHNS Council and the RDHs who are part of the CDHNS Resumption to Practice Committee and helped to develop the CDHNS Protocols for Stages 2 and 3. We thank you for your cooperation and understanding as we continue to navigate through these uncertain times.



Special Recognition

On behalf of the CDHNS Council for the College of Dental Hygienists of Nova Scotia (CDHNS), we would like to take this opportunity to thank the Registrar and Chief Administrative Officer, Stacy Bryan, for her highly effective leadership as the Registrar for the CDHNS. Specifically, we would like to offer gratitude for her tireless work during the COVID-19 pandemic to inform and assist our government in making decisions regarding public protection and occupational health. This was demonstrated in her collaboration with provincial and national oral health professionals and providing strong evidence-based and best practice information to partners and policymakers.

Stacy acted in such a way as to instill confidence in government decision-makers on behalf of the public, registrants, and oral health stakeholders regarding the best policy for public protection at the time of the pandemic. She initiated teamwork with other oral health professional bodies at a level that was precedent setting in Nova Scotia. She established stakeholder relationships that will outlive the pandemic and benefit the oral health of Nova Scotia, especially priority populations.

Through collaboration with partners, Stacy informed the government about the science and policy around oral health, including being part of the group to present to the provincial Standing Committee on Health, while simultaneously keeping members informed of the current state and next steps in an appropriate and timely way. At the same time, she led the planning of our first virtual CDHNS AGM. This was the first of its kind in size and innovation in Nova Scotia amongst all health regulators and was heralded within the health professions community for its innovation in maintaining connectedness with our membership at such a difficult time. She also worked with other provincial oral health regulatory bodies in the creation of a webinar to provide information on returning to work, and addressed individual registrant questions

We have recently had the honour of securing a new employment agreement with Stacy. Her current contract with the CDHNS expires Sept 24th, 2020, and she will be reappointed to her role beginning Sept 25th, 2020. Stacy has a highly effective leadership style that has led to new CDHNS bylaws, increased oral health promotion, and strengthened our relationship with oral health professionals and schools of dental hygiene both provincially and across Canada. Her education includes a Diploma in Dental Hygiene (with Distinction) from the University of Alberta and a Masters of Arts in Leadership from Trinity Western University. We are delighted in her choice to continue with the regulation and success of our College.

Please join me in thanking the Registrar of the CDHNS for a show of exceptional leadership during this unprecedented time, and since September 2017. We are grateful for her work that has strongly influenced the organized and informed return to practice for dental hygienists, and the ongoing commitment to public protection and the oral health of Nova Scotians. We look forward to shaping the future of dental hygiene, along with her.

Hilary Boudreau – CDHNS Council Chair

Shannon O'Neill – past CDHNS Council Chair

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Important dates to remember

September 1, 2020: Licence Renewal begins

October 13, 2020: Licence Renewal deadline (without penalty)

October 26, 2020: Licence Renewal deadline for those experiencing financial hardship due to COVID-19 (without penalty)

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