

THE

# *montage*

Manitoba Dental Hygienists Association

SPRING • 2020



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# Message from the Executive Director

Whether you have spent the past few months enjoying our wonderful city and all it has to offer, or jetted off to a winter holiday in warmer climate, I hope that you have had a wonderful start to the year!

We were absolutely blown away by the popularity and success of our 2019-20 'Come learn with us' presentation series – thank you to all of you who attended!

Please note that the CDA/MDA Convention has officially been cancelled due to the current situation regarding COVID-19. As a result, our MDHA/CDHM Mix & Mingle will also need to unfortunately be cancelled.

The MDA has indicated that there is a possibility of rescheduling the conference for later in the year, at which time our organizations will also look for the same opportunity. Thank you for your understanding and be well!

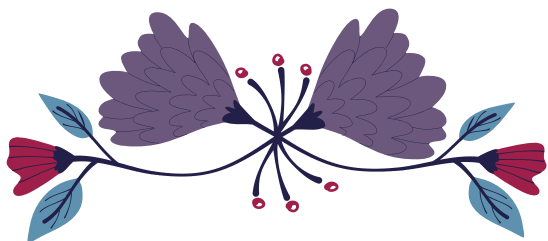
Although it still looks and feels like winter outside, Spring will be here before we know it. Our sights are now set on National Dental Hygienist Week, April 4-10, 2020. We are excited to spread the word throughout the province and utilize the week to educate the public and promote the profession. Stay tuned for more information on how you can get involved and 'Show your Purple'! For now, check out some great ideas from the CDHA!

Please make sure that you mark your calendars for Saturday, June 6th – the MDHA Annual General Meeting, taking place at the Canad Inns Polo Park Hotel from 8:30 a.m. – 12:00 p.m. Breakfast will be served along with an informative and empowering lineup of speakers. Please watch your inboxes for more information and how to register for the event.

Looking forward to warmer weather – until then, enjoy the bits of spring we get once in awhile!

*Lee Hurton*

Lee Hurton, Executive Director  
executivedirector@mdha.ca



## CDHA CORNER

*Hello colleagues & friends,*

*It's just about time to get your purple on! April is right around the corner and that means oral health month and National Dental Hygienists Week™ (NDHW™, April 4–10) are fast approaching. This is our time to shine and remind the public who the dental hygiene professional is. The annual NDHW™ theme, “Oral Health for Total Health,” is an important reminder that good oral health has an impact on our overall health.*



*CDHA is a proud sponsor of the week and has brought back the popular “Put Your Purple On!” campaign. “Put Your Purple On!” is a way to encourage all members to display their professional pride. Download the campaign poster from CDHA's website, put on some purple, and start taking creative photos to show your dental hygiene pride. Use hashtags #dhpurplepride and #ndhw20, tag @thecdha, and post on Twitter, Facebook, YouTube, and Instagram. Be sure your posts are set to public. Remember to submit your photos to CDHA ([marketing@cdha.ca](mailto:marketing@cdha.ca)) for your chance to win \$500 cash! I encourage all CDHA members to get involved, show your professional pride, and wear purple this April.*

*As CDHA's board director from Manitoba, I am happy to answer your questions or listen to your concerns at any time. Please do not hesitate to contact me. I look forward to getting to know CDHA members across Canada and being your voice.*

*Go purple!*

*Kathy Yerex, BSc, RDH  
CDHA board director, Manitoba  
[mb@cdha.ca](mailto:mb@cdha.ca)*

## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

#### NEW webinars recently released:

Exploring the New AAP Periodontal Disease Classification, sponsored by Philips

Up in Smoke! The Vaping Trend, sponsored by Philips

#### Webinars coming soon:

Healthy and Respectful Workplace, April 15

CDHA Professional Liability Insurance, May 20

Controlling Caries, sponsored by Oral Science, June 17

[www.cdha.ca/webinars](http://www.cdha.ca/webinars)

#### Save the date:

CDHA Summit: Leadership and Education, Whitehorse, Yukon, October 2-3

### OTHER NEWS

#### 2020 Superheroes

Our #dentalhygienesuperhero competition, sponsored by Sensodyne, is now open! Cash prizes plus travel grants to CDHA's leadership summit in Yukon to be won. Help us unmask the superhero dental hygienists across Canada who are integral members of the primary health care team. Nominate a colleague at [www.dentalhygienecanada.ca/healthcaresuperhero](http://www.dentalhygienecanada.ca/healthcaresuperhero)

#### CJDH Accepted for Inclusion in MEDLINE

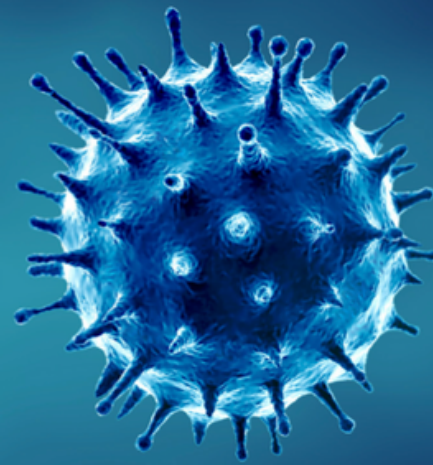
The editorial board of the *Canadian Journal of Dental Hygiene* is thrilled to announce that the journal has now been accepted into MEDLINE, the world's premier online database of biomedical and life sciences literature. [www.cdha.ca/cjdh](http://www.cdha.ca/cjdh)

#### NDHW™ is Coming!

National Dental Hygienists Week™ will now be held annually on the same dates every year: April 4 to 10. We've got lots in store for #NDHW20 so mark your calendars, start planning your #dhpurplepride celebrations, and watch [www.cdha.ca/NDHW](http://www.cdha.ca/NDHW) as details unfold. #ihavepurpleplans! Do you?

#### Vaping Resources

Given the growing body of evidence of the dangers of vaping, dental hygienists are encouraged to learn more about e-cigarettes, their use and adverse effects on oral health, in order to provide expert advice to their clients. CDHA has just released a position statement on vaping along with a consumer friendly fact sheet to print and share. [www.dentalhygienecanada.ca/vaping](http://www.dentalhygienecanada.ca/vaping)



# Recommendations for Dental Hygienists During COVID-19 Outbreak

COVID-19 is impacting the dental profession. As primary oral health care providers, dental hygienists are potentially at risk of contracting the virus. This document will help dental hygienists to mitigate the risk.

## Possible transmission routes for COVID-19 in dental clinics

- Studies have shown that the COVID-19 virus is present in saliva.
- Procedures such as ultrasonic scaling and air polishing create aerosols that may be contaminated with the virus.
- Common transmission routes are direct transmission (inhalation of respiratory droplets produced during coughing or sneezing) and contact transmission (touching surfaces that have been contaminated by droplets or aerosols and then touching one's face).

## Client screening procedure

Screen clients prior to their appointments, both when confirming and in-office:

- Ask whether they have travelled or been in contact with someone who has travelled outside Canada in the last 21 days. Reschedule the appointment as required.
- Remind clients that if they have flu-like symptoms, such as fever, cough or difficulty breathing, they should cancel/reschedule their appointments and see a medical professional.
- Ensure hand sanitizer is available at the front desk and encourage its use by all clients upon arrival.

## Infection control protocols

- **Aerosol reduction:**
  - Have clients rinse with antibacterial mouth rinse prior to treatment
  - Use high-volume suction during aerosol-producing procedures
- **Personal protective equipment:**
  - Safety glasses
  - Gloves
  - Masks: minimum one mask per client  
\*\*\* (see risk assessment guidelines below)
  - Gowns
  - Face shield when performing aerosol-producing tasks
- **Risk assessment guidelines for mask usage**  
(to address mask shortage):
  - **Level 1 mask:** use when minimal fluids, spatter or aerosols are produced, e.g., intraoral exams, taking impressions, taking radiographs, sanitizing the operatory. *Can also be used in conjunction with a full-face shield when scaling with an ultrasonic and air polishing.*
  - **Level 2 mask:** use when moderate fluids, spatter or aerosols will be produced, e.g., scaling and root planing with hand instruments. *Can also be used in conjunction with a full-face shield when scaling with an ultrasonic and air polishing.*
  - **Level 3 mask:** use when moderate to heavy fluids, spatter or aerosols will be produced, e.g., ultrasonic scaling and air polishing

**\*\*\*The layering of lower level masks for added protection is not recommended by public health experts.**

Follow standard infection prevention and control protocols for sanitizing the operatory. In addition, disinfect public areas in the dental office regularly throughout the day. This includes door handles, counters, desks, tables, and chairs.

***Please share with all members of your dental team!***

# CDHM

*College of Dental Hygienists of Manitoba*

With Spring around the corner promising new growth, it is a great time to ponder new directions. While reviewing a number of articles, somewhat surprisingly, it seems our 'directions' for the profession of dental hygiene today are not much different than they were 15-20 years ago. I came across a one-pager that MDHA circulated sometime in 2001. The call to action at that time was "legislation that would provide Manitobans with safe, competent, quality oral health services" and "more importantly better access to those services". While a huge milestone was accomplished in 2008 when self-regulation was achieved for dental hygienists in Manitoba under the Dental Hygienist's Act, there remains a limiting scope of practice and site restrictions which prevent hygienists from providing care for all Manitobans.

The greatest gaps in care exist in our rural and northern communities. It is now 2020 and we are working towards new legislation under the Regulated Health Professions Act (RHPA) which will further enable dental hygienists to provide Manitobans with safe, competent, quality oral health services.

I also came across an American Dental Hygienists Association (ADHA) article from 2005, titled, 'Focus on Advancing the Profession'. The article described how they had engaged with their members and determined that dental hygienists across their country shared a number of fundamental beliefs that should shape the focus and vision for the future of dental hygiene. It is interesting to note these eight fundamental beliefs, articulated in 2005, are very similar to the future directions that are considered important pursuits in 2020 for dental hygienists in Manitoba.

The eight beliefs listed in the ADHA article are as follows:

- Access to oral health care is a right of all people
- Health needs of the population is growing, dental hygiene practice and education must evolve to meet them
- Dental hygienist should be able to provide the care they have been educated to deliver
- Dental hygiene is part of an overall health care delivery system; dental hygiene must create an integrated model of oral health care delivery with other health care providers
- Barriers that restrict the public's access to oral health care must be identified and removed.
- Dental hygiene must move from a mechanical-based treatment of disease model to a wellness model of care
- Dental hygienists advocate high standards of professional practice
- Dental hygienists should be responsible for determining their future education, licensure and practice, including expanding the profession's research base It is clear the growth of our profession is a journey and there are still fundamental changes that need to occur if we are to provide safe, competent dental hygiene care to all Manitobans.

Thank-you to all of you who completed the recent survey; the results of which will form an integral part of our Reserved Acts submission to government. The College continues to work with MDHA as a collaborative partner in the pursuit of more accessible dental hygiene care for all Manitobans.

Happy Spring!

Sincerely,

*Arlynn Brodie*

Arlynn Brodie MHS, RDH

Registrar, Executive Director

CDHM



# UMSDHAA

*University of Manitoba School of Dental Hygiene  
Alumni Association*



We are grateful for the warmer weather and longer days!

We had anticipated starting 2020 with our Wine and Cheese event on Friday, March 20th. However, due to the growing concerns of COVID-19 we have decided to cancel the event.

Currently, the UMSDHAA Annual General Meeting will still be planned and held on Thursday May 7th, 2020 at the School of Dental Hygiene. The limit for attendees for this event is 50 people. More details to follow.

### *Call for nominations!*

We are accepting nominations for the 2020 Alumni of Distinction Award. This award is given annually to an alumnus of the School of Dental Hygiene who has distinguished themselves with their contributions to their community and profession. Deadline for nominations is April 6th, 2020. Please contact us at [UMSDHAA@outlook.com](mailto:UMSDHAA@outlook.com) for nomination forms and more information.

Thank you to the MDHA for their ongoing support and collaboration.

We're looking forward to what 2020 will bring.

*Simone Jaman*  
Simone Jaman, RDH  
UMSDHAA President



*Bottom picture, from left to right:  
Simone Jaman (UMSDHAA  
President), Janet Huynh  
(UMSDHAA Vice-President), Natali  
Trpkoska (UMSDHAA Treasurer),  
Tracy Bowman (Director, Alumni  
Relations)*

Photo courtesy: University of  
Manitoba Alumni Winter  
Reception, 2019



# MANITOBA DENTAL HYGIENISTS ASSOCIATION SCHOOL OF DENTAL HYGIENE MENTORSHIP COMMITTEE

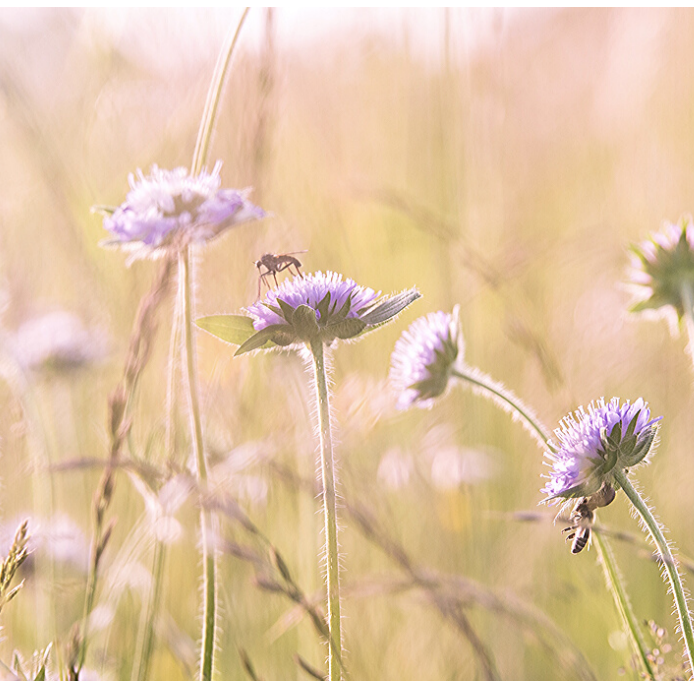


The annual 'Welcome to the Profession Event' is happening May 6th, 2020. This is an opportunity to welcome all new dental hygiene graduates to the dental hygiene profession. We would love to have all DH3 mentors and graduating students there to celebrate the occasion and to thank the mentors for their dedication to the program. More information about time and location to come!

For our DH2 mentors, there will be no formal event this spring, but each student and mentor pair will meet individually over a cup of coffee or tea to get to know each other outside of the dental hygiene practice setting. MDHA is generously supporting the event by providing each student/mentor pair with a gift certificate for coffee. More information about the event to come. Please keep checking your emails and stay in contact with your DH2 student for updates.

We will be putting a call out for mentors for the incoming University of Manitoba, School of Dental Hygiene Class of 2022 in the late spring. If you are interested or know of someone who might be interested, please contact us. We welcome new mentors and of course love to see returning mentors as well.

The MDHA SDH Mentorship Committee works hard to keep the program running as smooth as we can and are always re-evaluating how we can make the program better for the students and mentors - we appreciate feedback and how we can make changes to improve the program. Please keep your eyes open for an e-survey which will be sending out electronically (via email) to mentors at the end of the school year to get feedback on how we can make changes to make the program the best it can possibly be (within financial reason of course).



**Thank you again to all of our mentors – without you, this program would not be the success that it is.**

Questions, concerns or comments? Please contact Kathy Yerex @ [Katherine.yerex@umanitoba.ca](mailto:Katherine.yerex@umanitoba.ca)

-The MDHA SDH Mentorship Committee





Active Aging in Manitoba is recruiting a retired dental hygienist to deliver the presentation 'Healthy Mouth: Key to a Healthy Body' to seniors in and around Winnipeg. Time commitment is 6-8 hours per year.

Orientation and resources are provided. Information about the presentation: Active Aging in Manitoba in collaboration with the Manitoba Dental Hygienists Association has developed a 1-hour presentation and discussion on the importance of maintaining a healthy mouth for healthy aging. This presentation will inform about:

- The mouth-body-health connection & why oral health is important

- Warning signs & how to maintain a healthy mouth
- Challenges in maintaining oral health & ways to overcome those challenges
- How to talk to your dental care team

If you are interested in discussing this opportunity, please contact Sue Mackenzie [suemack@mymts.net](mailto:suemack@mymts.net) or 204-444-5120. To find out about AAIM visit the website [activeagingmb.ca](http://activeagingmb.ca)



## **THE MDHA VISION STATEMENT**

The vision of the MDHA is for Registered Dental Hygienists to be recognized as primary health care professionals providing client-centred oral health care for all Manitobans.

## **THE MDHA MISSION STATEMENT**

To advocate for and promote the profession of Dental Hygiene; to support our member-owners by providing opportunities for professional development; to encourage evidence based practice and lifelong learning; and to provide education and health promotion to the public.

# MANITOBA DENTAL HYGIENISTS ASSOCIATION

*Contact us*

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