

MONTAGE

WINTER
2010

School of Dental Hygiene Alumnus of Distinction Harriet Rosenbaum (Center) with MDHA members



MDHA Congratulates Harriet Rosenbaum!!

On September 24, 2010 the University of Manitoba's Dental Hygiene Alumnus of Distinction Award was presented to Harriet Rosenbaum at the 2010 University of Manitoba, Faculty of Dentistry & School of Dental Hygiene Alumni of Distinction Banquet

Harriet has been a long standing member of the MDHA. She has worn many hats within the association, along with serving as our Executive Director. During that time she was an advocate for dental hygienists and for the profession of dental hygiene. Until

this day Harriet continues to stay active within the MDHA. Harriet has made a lasting impression on the association, profession, and many hygienists. It was a privilege for MDHA members to attend this evening and see Harriet receiving her award. Congratulations Harriet!

The evening was filled with food, fun, dancing and connecting with alumni from the University of Manitoba in the Faculty of Dentistry and the School of Dental Hygiene. It was great to see such a strong representation of dental hygienists and MDHA members at

this banquet and hope that more and more hygienists attend this event in the future!

See page 14 for more pictures of the evening

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MDHA VISION

To be the collective voice of Manitoba Dental Hygienists in promoting the profession; cultivating partnerships with member-owners and other stakeholders and empowering our member-owners for the good of the profession and the public

MISSION STATEMENT

To advocate and promote the profession of Dental Hygiene; represent our member-owners, encourage lifelong learning and evidence based practice; and provide education & health promotion to the public. This includes:

- Acting as the collective voice, resource and advocacy body for Dental Hygienists
- Providing professional development and social networking opportunities
- Encouraging continued growth and development of the profession
- Creating public awareness of the profession of Dental Hygiene
- Providing opportunities for health promotion, education and community outreach

PRESIDENT'S COMMENTS

Let it snow, let it snow, let it snow! It looks like winter is here and it is here to stay! I hope you all are having a safe and happy holiday season and taking a few days off to rest your tired fingers to spend time with family and friends to enjoy your holiday traditions!

The MDHA is not taking a break this holiday season as we are starting our own holiday tradition of giving back. The MDHA is helping the Christmas Cheer Board spread some holiday cheer by making Christmas hampers as well as taking an evening to deliver hampers to families in Winnipeg. We welcome **ALL** MDHA members to join us as in this first ever MDHA holiday tradition. Please read The Montage and check out our website for details for those interested in volunteering and for post-event pictures.

The giving will continue for MDHA into the new year as we start planning for National Dental Hygienists Week (April 9 – 15, 2011). This year for NDHW we are doing oral health screenings for those in long term care facilities who have limited access to oral health professionals. We want to target a group who is underserved and needs our help and expertise. We also plan to make care packages again for Osborne House, a initiative that we started last year which was extremely well received.

If any or all of these projects interests you, please contact the MDHA (info@mdha.ca) as we gladly take any and all of the help we can get!

Make 2011 a year that you remember by starting your own tradition of giving back; as the saying goes, it's always better to give than receive.

"We make a living by what we get, we make a life by what we give." –Winston Churchill

Kathy Griffiths, BSc, RDH
MDHA President

Read & Win!

Once again we have had another successful session of our Read & Win contest.

Answers to the last Read & Win questions are:

- 1) Kathy Griffiths
- 2) 9am
- 3) College of Dental Hygienists of Manitoba.
CDHM - MDHA Support and Study Group
- 4) Early October

First person that correctly answered the questions was:

Jeannette Rainkie

The following two MDHA members were randomly drawn from those who entered:

Leanne Thiessen
Marla Buchanan

Congratulations you all have won a \$10 gift certificate to Tim Horton's.

See page 11 for this issues Read & Win questions!

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Employment

Members, if you are looking for employment do not forget to check our website for job postings which are regularly updated. Just visit us at www.mdha.ca and click on Employment Opportunities. Also contact us if your office needs to place a job posting at: employment@mdha.ca.

MESSAGE FROM YOUR PRESIDENT ELECT

You think you work hard? Well... did you know that ants can lift an object fifty times their bodyweight and carry it over their heads. They don't do this with their feet, but with their mouths! Happy Holidays! Seems like just yesterday I was taking my dog for a walk in shorts and flip-flops and now I need an extra 10 minutes in the morning to bundle up, scrape my windows and let my car warm up! Oh well.... Only 6 more months and summer is back!

This has been an action-packed Fall for the MDHA with many more exciting events just around the corner. The mentorship program is in full swing and has already had 3 events this term. The MDHA's professional development committee has already had 3 very successful educational seminars. We are busy planning for the MDA's Annual Convention at the end of January as well as making preparations for National Dental Hygienists week in April. There is always lots going on and ways for you to get involved too! We are volunteering at the Christmas Cheer Board headquarters on December 20th. We will be filling and delivering hampers from 6:30pm until 9:00pm. If you'd like to help those less fortunate over the holiday season - come join us, we'd love to have you!

Dental Hygienists from all areas of the province continue to work hard to initiate community outreach programs in their area. These very beneficial programs include oral health education in schools, seminars at Seniors Centres and Long-term care facilities, presentations at The Welcome Centre and Siloam Mission, manning booths at health fairs, and many more. The commitment by our members to our profession and our community continues to amaze me. Keep up the good work! I commend these volunteers and encourage other dental hygienists to get involved in any way they can. If you want to get involved but just don't know how you can help, give us a call! We have more volunteer opportunities than we can possibly fill and would appreciate your efforts.


I hope to see you at the MDHA's breakfast meeting at the MDA Midwinter Convention on Friday January 29, 2011 where you will have an opportunity to hear more about what the MDHA has been up to so far this term and how you can get involved if you so desire. In the meantime, if you have any questions or comments please feel free to contact me anytime at kwarden@mdha.ca

"It's your day - make it a good one!"

Wishing you all the best throughout the holiday season and in 2011.

Respectfully Submitted by,

Kaleigh Warden, RDH
MDHA President Elect



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MESSAGE FROM YOUR EXECUTIVE DIRECTOR

Holiday greetings to you all!! It's hard to believe that another year has nearly come and gone already...some things have changed, while others have stayed the same. It's the time of year when people reflect on what has been and what they may like to change in the future; it may be a resolution or just a realization that the timing is right.

If the change sought is to quit smoking, you, as a Dental Hygienist, might be the first person a client has contact with in that regard. This past year, MDHA has been networking with other organizations and pulling together resources to help you help clients that may want to begin their smoking cessation journey. In case you are not aware of these resources, I'd like to highlight them for you:

- **CAN-ADAPTT:** *Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment*. The purpose of CAN-ADAPTT is to develop Canada's first national practice-informed guideline for smoking cessation. There are three main features of this organization including:
 - a clinical practice guideline that is intended to be dynamic, current, and reflective of local circumstances
 - a practice-based research network that encourages multidisciplinary collaboration to advance smoking cessation treatment
 - a discussion board to share knowledge and information, provide feedback on guidelines, propose research questions, and to network and initiate collaborations

I encourage everyone to check out the website at www.can-adaptt.net and become a member (it's free!).

- **MANTRA:** *Manitoba Tobacco Reduction Alliance Inc.* MANTRA's mission is to function as a catalyst and coordinator for tobacco reduction activities in Manitoba. They have a variety of resources to aid in smoking cessation that focus on a "stages of change" approach. They have initiatives for tobacco cessation in the workplace as well as a variety of information and resources on tobacco awareness and cessation. These resources are free through MANTRA and MDHA is compiling some of these resources for your use. For more information on MANTRA, check out their website at www.mantrainc.ca.

And don't forget that on March 12, 2011 from 9 am to 1 pm there is the 'Fluoride Update and Smoking Cessation for your Client' professional development opportunity.

There are also many other continuing education opportunities on our website along with networking, volunteering, and social activities. I encourage everyone to take part where they can. If you have ideas, or are looking for ideas, don't hesitate to contact us! National Dental Hygienists Week is coming up in April and we'd love to have as many as possible be part of our initiatives. Stay tuned for more information!

I'd like to close by thanking you all for the opportunity to serve as your Executive Director for the past year. It's been an exciting year with MDHA and a pleasure working with the Executive and meeting more of our members. I look forward to seeing many of you at MDHA's Annual Mid-Winter Meeting on January 28th! Until then, I wish you all a happy holiday season and all the best for the coming year. Stay safe and keep warm!!

Cheers, Cynthia Wiebe

CAN-ADAPTT's version 2.0 Smoking Cessation Guideline Released

CAN-ADAPTT launched its revised (version 2.0) clinical practice guideline for smoking cessation this fall.

Revisions took into account the feedback from healthcare providers over the course of the year, since CAN-ADAPTT's 2009 Annual General Meeting. The revised sections are: Counseling; Pregnant & Breastfeeding Women; Youth; Aboriginal Peoples; Mental Health; and Hospital-based Populations.

Relevant to your practice as a dental hygienist, are the Counseling section summary statements, below. Visit CAN-ADAPTT's website at www.CAN-ADAPTT.net to view other sections of the guideline as they are released, to offer feedback, and to access other resources on smoking cessation treatment.

Summary Statements	GR/LOE*
Counseling	
1. ASK: Tobacco use status should be updated, for all patients/clients, by all health care providers on a regular basis	1, A
2. ADVISE: Health care providers should clearly advise patients/clients to quit.	1, C
3. ASSESS: Health care providers should assess the willingness of patients/clients to begin treatment to achieve abstinence (quitting).	1, C
4. ASSIST: Every tobacco user who expresses the willingness to begin treatment (to quit) should be offered assistance.	1, A
a) Minimal interventions, of 1-3 minutes, are effective and should be offered to every tobacco user. However, there is a strong dose-response relationship between the session length and successful treatment, and so intensive interventions should be used whenever possible.	1, A
b) Counseling in a variety or combination of formats is effective and should be used to assist patients/clients that express a willingness to quit.	1, A
c) Multiple counselling sessions increase the chances of a successful quit and health care providers should recommend four or more sessions where possible.	1, A
d) Combining counselling and smoking cessation medication is more effective than either alone, therefore both should be provided to patients/clients trying to stop smoking where feasible.	1, A
e) Motivational interviewing is encouraged to support a patient's/client's willingness to engage in treatment now and in the future.	1, B
f) Types of counselling and behavioural therapies: Statement under review.	
5. ARRANGE: Health care providers:	
a) should conduct regular follow-up to assess response, provide support and modify treatment as necessary.	1, C
b) are encouraged to refer patients/clients to relevant cessation resources as part of the provision of treatment, where appropriate.	1, A

*GR – Grade of Recommendation, LOE – Level of Evidence

CAN-ADAPTT is a Health-Canada funded guideline development and dissemination project on smoking cessation. We invite your participation by joining this free, practice-based research network by visiting our website (www.CAN-ADAPTT.net).

For more information, please contact:

Janet Ngo, Western Canada Coordinator, CAN-ADAPTT

Centre for Addiction and Mental Health (CAMH)

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MDHA/SCHOOL OF DH MENTORSHIP PROGRAM



DH1 student Charissa Jacinto, with Mentor Kaleigh Warden at Opening Assembly

The MDHA/School of Dental Hygiene(SDH) Mentorship Program is again in full swing for the 2010/2011 school term. This program, now in its second year as a joint collaboration and third year since inception plays a vital role in a dental hygiene student's transition from student to professional.

This program, although still in its infancy, has accomplished many strides. The program now has a mission statement, goals, and objectives. These were attained through the hard work of the mentors and mentees within the program last year. Continual formal evaluation of the program will allow us to continually improve this program to meet the needs of the students and the mentors.

For the third year the dental hygiene mentors were part of the rich tradition of the Faculty of Dentistry's Opening Assembly of donning the white coats of the students. This evening is a significant milestone for the students and it seems only fitting to have their mentors there with them.

This year the MDHA has sponsored two evenings in the first term of the students studies called "Mentor, Mingle, and Munch" one for each of the DH1 and DH2 mentor/mentee groups. More evenings are planned for the groups in the next term. These evenings are part of the formal program and allow everyone to mingle and network with other mentor/mentee groups.

"Mentor, Mingle, and Munch" MDHA sponsored evening for Mentor and Mentee groups



Mentor Sandy Vickner donning her mentee Breanna Buisson's white coat at Opening Assembly

Personally, as mentors ourselves we see the benefits first hand to both the mentee and the mentor. The mentor offers professional guidance and experience, while the mentee brings the current research and knowledge gained from their studies. Our mentees also help us stay connected to the School of Dental Hygiene. Truly it is a WIN, WIN situation!

In November, our first year mentees came to observe us at practice. They observed our interaction with patients as well as with the other oral health team members. It was a great afternoon for all, along with being fun and rewarding.

As a mentor, you will have a lasting impact on your mentees educational experience and the future of dental hygiene. Please consider being a part of our MDHA/SDH Mentorship Program for the 2011/2012 term. We invite all dental hygienists from all facets of the profession – newer grads to the "seasoned" professional to participate. All we ask is that mentors have at least one year of experience within the profession. The commitment is small, but the rewards are big!

Happy Holidays and All the Best in 2011!

Kaleigh Warden, RDH
Deanna Mackay, RDH
MDHA Mentorship Committee



Mentor Kathy Kost with her mentee Christine Beacom



Mentor Harriet Rosenbaum with her mentees Nina Stojokavic and Ashley Pereira



MDHA Professional Development Calendar 2011

January

28th
MDA 126th
Annual
Mid-Winter
Convention
Back by popular
demand!
The Additive Effects
of Additives
Ms. Betsy Reynolds,
RDH, MS
9:30am - 4:30pm

February

28th
Manitoba Dental
Hygienist Lecture
Series
Tools of the Trade!
Hu-Friedy Regional
Account Manager
Linda MacEachern
Faculty of Dentistry,
Room: Schwartz
Theatre
7:00pm—9:00pm

March

3rd - NEW
Contemporary
Ultrasonic
Instrumentation
Workshop
Ms. Lisa Shoemaker,
RDH
Faculty of Dentistry
Room: Theatre E
6:00pm - 9:00 pm
Supper Included
Sponsored by:
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March

5th - NEW
Contemporary
Ultrasonic
Instrumentation
Workshop
Ms. Lisa
Shoemaker, RDH
Faculty of Dentistry
Room: S112
9:00 am - 12 noon
Breakfast Included
Sponsored by:
Dentsply Canada

March

12th
Fluoride Update &
Tobacco Cessation
for your Client
Dr. Doug Brothwell,
DMD, BEd, DDPH,
MSc
Faculty of Dentistry,
Room:Schwartz
Theatre
9am - 1pm
(Half day)

April

4th
Manitoba Dental
Hygienist Lecture
Series
Topic and Speaker
TBA(Chosen by you)
Faculty of Dentistry,
Room: Schwartz
Theatre
7:00pm—9:00pm

MDHA Lecture Series: MDHA Members ONLY. Cost for complete series \$120

MDHA Half Day Sessions: MDHA Members \$60, Non-members \$100

Contemporary Ultrasonic Instrumentation Workshop: MDHA Members \$55, Non-members \$85

****Registration deadline for Ultrasonic Workshop is: February 1st, 2011****

Interested/Questions call us at: 981- 7327 or send an email to info@mdha.ca

PROFESSIONAL DEVELOPMENT CALENDAR CONTINUED....

LOCAL ANESTHESIA COURSE

March 25-27, 2011 or April 29-May 1, 2011

Course Description: This course will prepare the dental hygienist to become competent in the administration of both block and infiltration local anesthesia. Emphasis is placed on the mechanisms of pain and a thorough understanding of the pharmacology of dental drugs and their interactions with the client's current conditions and medications. The course consists of a minimum of 6 weeks of self-study prior to the 3-day workshop. Examination of didactic material will occur on the first day of the workshop following a review of didactic materials. The 2nd and 3rd days of the workshop will consist of the clinical administration of anesthesia on each other. This course is recognized by the following provincial licensing authorities: BC, AB, SK, MB.

Duration: Minimum 6 weeks self-study. 24 hour course attendance. (Friday, Saturday, Sunday)

Cost: \$950 Payment in full with registration form (payable to the University of Manitoba)

Registration: Full amount due February 1, 2011 (March 25-27) or March 7, 2011 (April 29-May 1)

**If interested or need more information contact
Lisa Chrusch at the School of Dental Hygiene at
272-3062**

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MDHA MEMBERS REACHING OUT TO THE COMMUNITY

Well, it arrived in September. The request many of us were perhaps dreading. The plea came over the internet. I imagine we all got it. It was hard not to look. It was.....a general plea for a volunteer! Oh great. Don't pick me! So, what did I do? Well, with all my fear and lack of experience with public education I did what anyone would do...I responded to the request. I spoke to our MDHA president, Kathy Griffiths (whom I totally respect), and by then it was too late to turn back. Honestly, I was a little flattered that she trusted me with the assignment. Surely, she wasn't desperate??

The Workers Compensation Board (WCB) was holding a "Wellness Expo" for its employees and was looking to the MDHA for participation. There I was regretting the moment I responded to Kathy. I kept thinking some overly eager attendee would quiz me on the detailed composition of saliva or ask me to draw and explain, in perfect detail, the bell curve of fluoride uptake. Am I speaking for myself when I say I purged a few of those details quite some time ago? Well, it didn't matter. As a matter of fact, the entire four hour experience ran smoothly.

The supplies I needed were all brought to my home by Kathy. No searching the city gathering supplies was required. Supplies included the display board, with attention grabbing photos, pamphlets, and toothbrushes to give away. The photos were pretty engaging and generated some pretty good questions. The 70-75 people who came by all received a toothbrush. The MDHA made it quite easy and goof proof. All I needed to provide were comfortable shoes and a smile.

All in all, I had a good time. It was rewarding to meet other participants at the WCB "Wellness Expo" who represented everything from foot care and good shoes to heart health and everything in between. It was a positive learning experience and a meaningful way to give back.

For anyone who is thinking about some type of public outreach, just do it! The first one may be a little nerve racking but truly nothing to lose sleep over. And, it makes the next one all that much easier. The WCB really appreciated the MDHA's participation and have already asked for a repeat next year. Just another feather in the MDHA's cap!

Sandra L. Lemoine, RDH



Sandra L. Lemoine at WCB Wellness Expo

Read & Win!

First MDHA member to correctly answer the questions and emails their response wins a \$10 gift certificate.

Two additional entries will be randomly chosen to win a \$10 gift certificate!

- 1) Who is CDHA's current President?
- 2) Who represented MDHA at a recent Wellness Expo?
- 3) Who is sponsoring the newest addition to our professional development calendar?
- 4) What do mentors and mentees gain in the process of mentorship?



GOOD LUCK!!



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*Based on consumer preference studies.

CDHA'S PRESIDENTS MEETING IN MONTREAL



On Friday, October 15, 2010 I boarded a plane headed for Montreal. I was off to take part in: *A Morning in Montreal* – CDHA's Annual General Meeting and President's Meeting. I was greeted in Montreal by Mary Bertone, our MDHA representative on the CDHA Board and it was go, go, go from that moment on!

I had a great time connecting with dental hygienists from across the country and it was inspiring to hear how each provincial association is advocating for the dental hygiene profession and dental hygienists in their respective provinces. It was especially exciting to meet the CDHA Board Members and our new CDHA President Palmer Nelson.

At our President's Meeting, the President from each Provincial Association presented a report on their province and the current issues they are facing and the provincial activities including health promotion activities they are taking part in. From coast to coast, each individual association is breaking dental hygiene ground! We are self-initiating, looking for more health promotion/outreach opportunities and in general trying to spread the word about the dental hygiene profession. It gave me goose bumps sitting and listening to how strong the collective voice of CDHA members is and what we can do when we put our mind to it.

The CDHA is also working hard around the clock for all of its members. They want to know what hygienists want and what they can do for YOU. They want to make sure they are fulfilling the requests of their members as best as they can. Contact the MDHA or the CDHA and tell us what YOU want so each one of us can be dental hygiene champions!

Overall the weekend was packed with meetings, mingling, fun, food, laughs, sight-seeing and a hockey game (a few of us were determined to take in a Canadians game which we managed to do and at a very fair price). The weekend was one of those once-in-a-lifetime experiences that will be at the top of my list when I look back at my year as MDHA President.

I would like to thank the CDHA for hosting the President's meeting, the MDHA for allowing me to attend and participate at the meeting and Mary Bertone for taking me under her wing that weekend and introducing me to the fantastic people on the CDHA Board. It was a weekend I will not forget!

THANK YOU MDHA MEMBERS FOR THE OPPORTUNITY!

As second year dental hygiene students, we were privileged to be invited by the MDHA for the Faculty of Dentistry Alumni Banquet on September 24, 2010. We found this event to be an amazing opportunity to network with faculty members and future colleagues in the field of dental hygiene and dentistry. Through our education, we learned the value of these networking opportunities, as well as the importance of being part of the MDHA.

We would like to take this opportunity to extend our appreciation to the MDHA for including us in this social event; we now have great memories as the evening was filled with laughter, excitement and dancing.

Thank you again!

Nicole Smith & Amy Cartman
Dental Hygiene Class 2011



DH2 Students (L-R) Nicole Smith, Valerie Olivier, Shauna McGregor, Amy Cartman



Random pictures of some of those who represented MDHA at the Faculty of Dentistry Alumni of Distinction Banquet. Also some fun and exciting action shots of how the Dean of Dentistry and the Acting Director of the School of Dental Hygiene let loose and have a great time !





MDHA wants to hear from you!

We are currently in the process of planning for next years professional development calendar and we need your help. MDHA would like to know which topics, speakers, courses you would be interesting in attending. Our goal it to provide YOU the member with a professional development calendar that will help you achieve your continued growth and development as a dental hygienist.



From all of us at The College of Dental Hygienists of Manitoba; We wish you and your family a wonderful holiday season and a healthy and happy new year!

Please note the CDHM office holiday hours are as follows:

December 20th 9:00-12:00
December 21st-23rd 9:00-4:00
December 24th-28th closed
December 29th-30th 9:00-4:00
December 31st-January 3rd closed.



Manitoba Dental Hygienists Association

Contact Information:

Mailing Address:

Box 25112
Winnipeg, Manitoba
R2V 4C7

Phone number:

204-981-7327

Website:

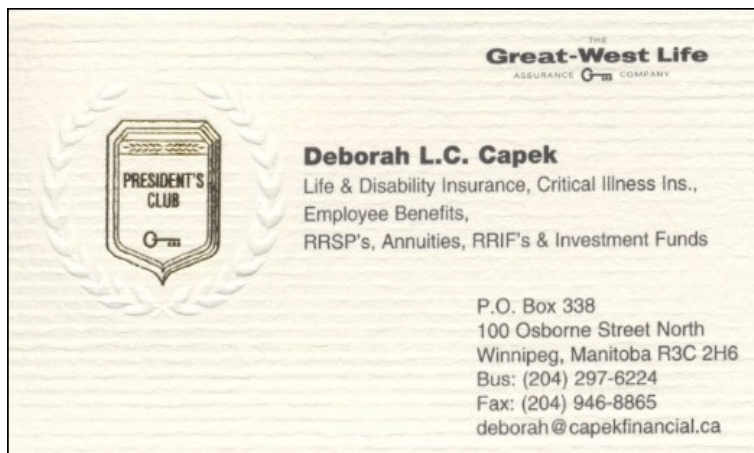
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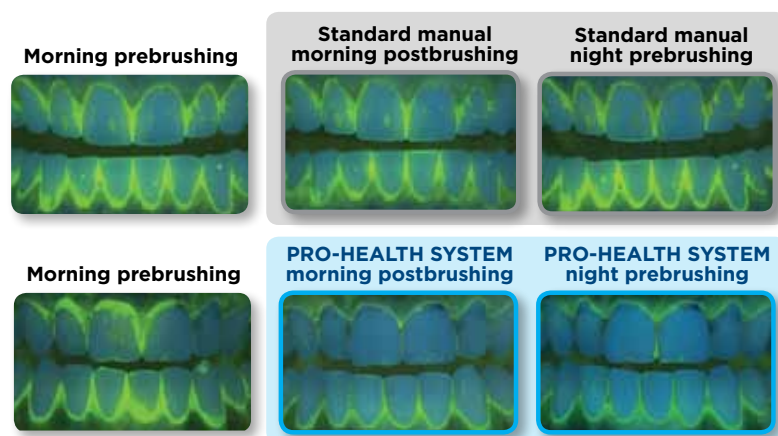
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...and helps to prevent regrowth.



Give your patients a virtually plaque-free smile.

The mechanical action of the Oral-B® power toothbrush effectively removes plaque and the chemical action of the Crest® PRO-HEALTH™ toothpaste and rinse helps keep it from coming back.



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To learn more about the PRO-HEALTH™ SYSTEM, please contact Crest Oral-B at 1-888-767-6792.

Crest® PRO-HEALTH™ toothpaste treats sensitivity, fights gingivitis, plaque and tartar, and prevents cavities. For adults & children 12 years and older. Do not swallow.

Crest® PRO-HEALTH™ rinse helps prevent plaque buildup and gingivitis. Keep out of reach of children under 6 years old.

¹Gerlach RW, Walanski AA, Booker DL, Barker ML, Biesbrock AR. Daytime Plaque Effects of Power Brush, Therapeutic Paste, and Rinse. J Dent Res 2010;89A. Abstract 1272.



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