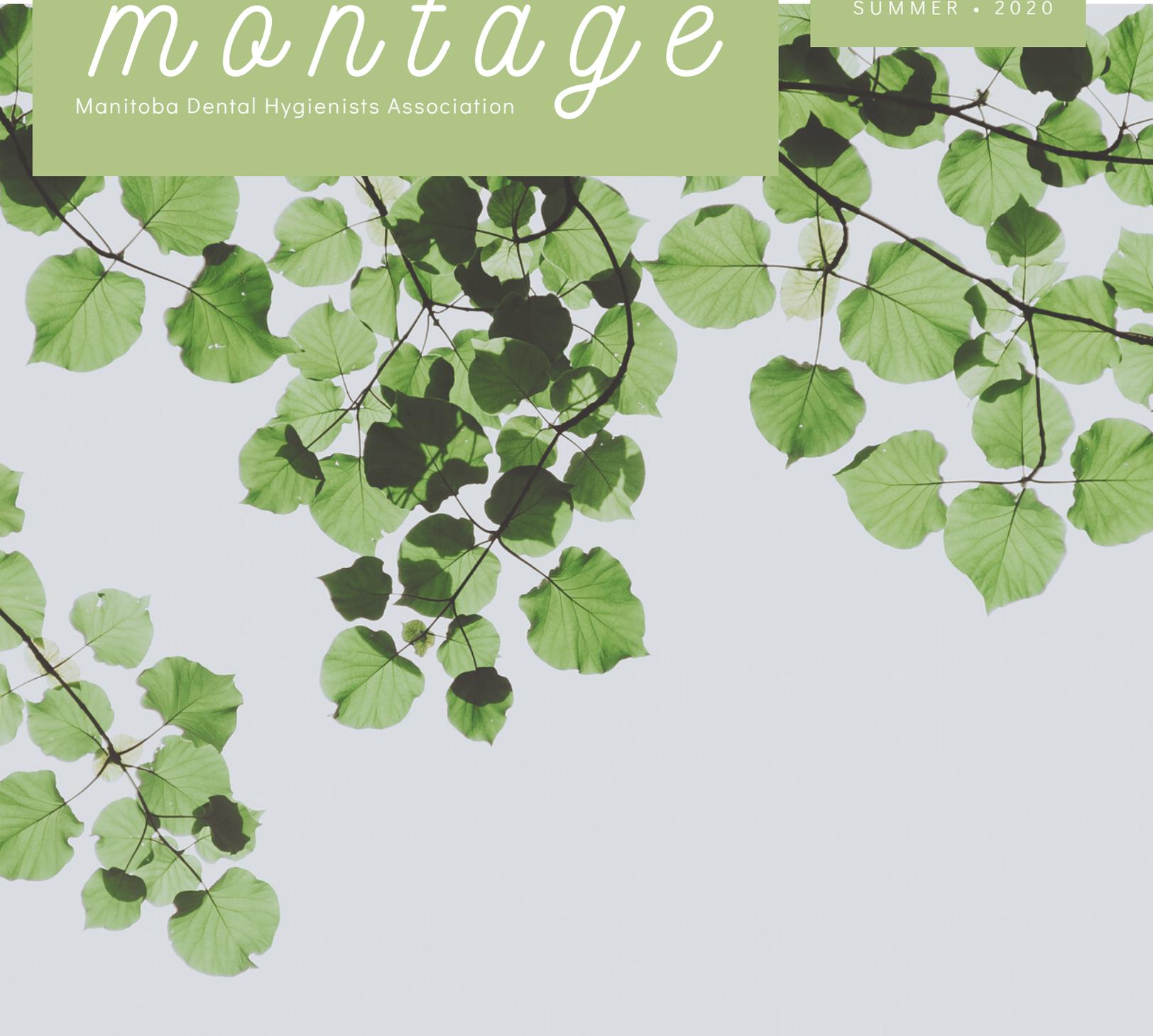


THE

montage

Manitoba Dental Hygienists Association

SUMMER • 2020



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Message from the Executive Director



As we continue to adjust to the “new normal” and cultivate our lives within a global pandemic, I hope this issue of the Montage finds you healthy and well.

This spring and beginning of summer have definitely been “unique” and have thrown countless challenges at our members and our profession. First of all, I would like to say a HUGE thank you to our national body, the CDHA, for their efforts in keeping us informed, advocating for our needs, and providing leadership in a crucial time. As the Executive Director of the MDHA, I have personally benefited from the bi-weekly zoom calls that have been organized by the CDHA with Ondina Love, CEO of the CDHA and all my counterparts across the country. It has been immensely valuable to hear from others, share ideas, support endeavours and learn from each others mistakes during this unprecedented time.

Although our in person Mix & Mingle was not able to take place, we were also fortunate to partner with the CDHM and offer 3 opportunities for our members to attend a virtual ‘Mix’.

Over 400 Manitoba dental hygienists took part in the offering. The main discussion of the mix surrounded the concept of ‘Advancing the Profession’ and included an opportunity for members to go through a critical thinking exercise and brainstorm for the future. As these events took place in April and early May, when we were very much still in the middle of the uncertainty for our Province’s immediate future, it was incredibly energizing to see the passion and commitment our members have for moving the profession forward.

On that same feeling, it was also incredible to see over 300 of our members attend our virtual AGM, held via zoom on June 11th. We were fortunate to have Ondina Love and Leanne Huuvernairs (CDHA President), in attendance to outline CDHA’s initiatives over the past year, and specifically through the pandemic.

Looking forward, we are still just as committed to providing our members with advocacy, support and continuing education. The forums in which these are offered with undoubtedly need to be adjusted, but I can assure you that we are up to the task!

On behalf of the MDHA, I would like to wish all our members a wonderful summer. It is my personal hope that each and every one of you can find some time to relax over the summer and enjoy some time of rest.

To keep in touch with all the MDHA’s events and news, please like us on Facebook and Instagram!

Be well,

Lee Hurton

Lee Hurton, Executive Director
executivedirector@mdha.ca



CDHA CORNER

Hello colleagues & friends,

Since my last CDHA Corner update in the spring, a lot has changed. We as dental hygienists have been faced with a new COVID-19 reality: dental offices closing, schools closing, daycares closing, physical distancing, public facilities and parks closing, lining up to get groceries, homeschooling, working from home or not even being able to work. It is natural to feel fearful and anxious in these uncertain times as we wait to see what lies ahead.



Through all of this, CDHA has been working tirelessly to support its 20,000 members, advocating on your behalf from the early stages of the pandemic until now. CDHA is also keeping up to date on COVID-19 information and has created a COVID-19 Learning section on its website. I encourage you to visit www.cdha.ca/COVID-19learning and watch the videos, take the courses and webinars, listen to the podcasts, and read the materials provided to stay informed and educated on COVID-19.

With the stress of what is happening right now in our world, please remember that CDHA membership includes free access to the Member & Family Assistance Program, which is available 24 hours a day, seven days a week. CDHA also has resources on the Healthy & Respectful Workplace area of its website to help you maintain emotional and psychological health. Visit www.cdha.ca/healthyworkplace, and remember: you are not alone. CDHA is here to help you.

Take care and be safe,

Kathy Yerex, BSc, RDH
CDHA board director, Manitoba
mb@cdha.ca



Tame That Sweet Tooth

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

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

NEW webinars recently released:

Controlling Caries, 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:

CDHA Professional Liability Insurance, July 22
Oral-Systemic Link, sponsored by Johnson and Johnson, August 19
The Evidence on Interdental Cleaning, sponsored by Waterpik, September 16

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/



CDHM

College of Dental Hygienists of Manitoba

Greetings from CDHM!

As we are emerging on the other side of a very busy few months, it is sometimes hard to remember how things used to be. During the upheaval of the past few months, we have come to appreciate what we once considered our 'normal'. We have since become thankful for things that were a part of our routine and to which we had become complacent.

When searching for positive outcomes from the COVID pandemic, these outcomes are often referred to as a 'silver lining'. This idiom is said to be first created by poet John Milton in 1634, when he suggested that 'every cloud has a silver lining'.

What is the 'silver lining' for dental hygienists as we return to practice? I would suggest that we have been obliged to review our current practice of infection prevention. As dental hygienists, we use the ADPIE process model to guide our dental hygiene practice. Part of the cyclical process of this model, is ongoing evaluation.

The impact of COVID has necessitated the evaluation of our Infection protection control (IPC) practices. The CDHM competency #67 states; the dental hygienist advocates for practice policies that enhance safety and optimal provision of dental hygiene services (e.g. Improved infection control protocols, zero tolerance, etc.). While the extent to which we have had to enhance IPC protocols, will likely not be necessary post COVID, the requirement to evaluate current practice and identify potential deficiencies in previous IPC procedure and practice, has been valuable.

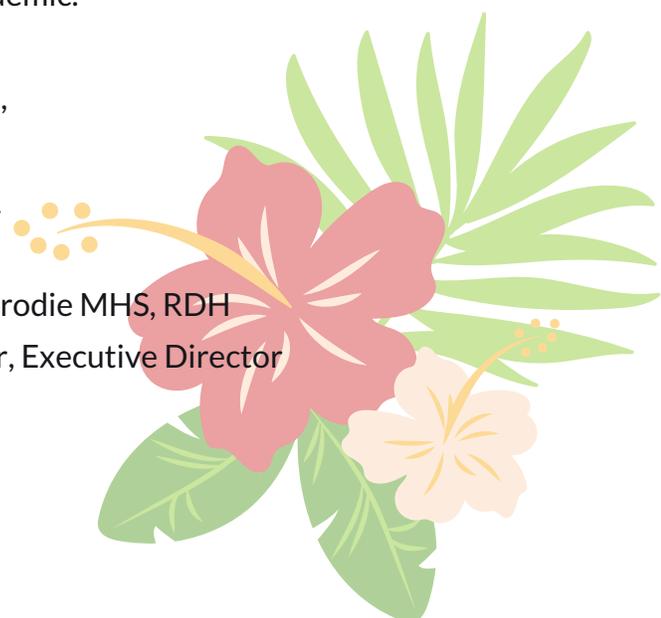
The COVID phase has caused us to pause and evaluate, both our personal and our professional lives; prior to COVID, we may not have recognized the need, or were able to find the space to complete such tasks.

Enjoy the freedom of summer, taking comfort in knowing there will be an end to this pandemic.

In health,

Arlynn

Arlynn Brodie MHS, RDH
Registrar, Executive Director
CDHM



MANITOBA DENTAL
HYGIENISTS
ASSOCIATION SCHOOL
OF DENTAL HYGIENE

MENTORSHIP
COMMITTEE

It is hard to believe that so much has changed since our last Montage update -- no one could have predicted what was in store for us, but here we are, facing adversity courageously, determined to stay positive.

It is unfortunate that we have had to put all mentorship events on hold since mid-March and we apologize if the communication from our committee about this pause in events was not as prompt as it could have been. We were trying to figure things out (and still are!), but for the time being we have had to put all student observations of their mentor on hold, we had to cancel the Welcome to Profession Event for the graduating class of 2020, and we are pausing the planned DH2/mentor in-person coffee/catch-up meetings that was to happen this summer. We will not be able to hold our annual fall event for all dental hygiene students and mentors, but we are looking for innovative ways we can continue to connect as a group. Upcoming events may be virtual, or we may have smaller group meetings -- we aren't sure what the 2020-21 Mentorship Program will look like, but please be patient as we navigate these uncharted waters.

Without the Welcome to Profession Event, we were not able to welcome the University of Manitoba, School of Dental Hygiene Class of 2020 to the dental hygiene profession. The Mentorship committee would like to congratulate and send best wishes to all of the University of Manitoba, School of Dental Hygiene Class of 2020 graduates:

Class of
2020

Raquel Bogaert
Vanessa Bromley
Shayna Coughlan-Castell
Brooklyn Delf
Fatma Emre
Alex Francisco
Chrissy Goodman
Kathryn Guenther
Brie Hills
Jackie Joseph
Rachel KimBecky Lyss
Angel Malapit
Gul Malik
Janelle Manansala
Lauren Martin
Rechell Matias
Kayla Mcmillan
McKenna Paddock
Whitney Patterson
Pryanka Sharma
Najma Shire
Hollie Sutherland
Telisa Thomas
Shayla Welechenko

Congratulations



As you start your dental hygiene professional journey, remember these words from the children's book 'I Knew You Could!: A Book For all the Stops in Your Life', by Craig Dorfman:

*"There's more about life that you'll learn as you go,
Because figuring things out on your own helps you grow.
Just trust in yourself and you'll climb every hill,
Say "I think I can!" and you know what?
You will!"*

At this time, we would also like to thank all of our mentors for their participation and dedication to the program and our students -- without you, this program would not be the success that it is. 😊

DH3 mentors for Class of 2020

Alyssa Duszak	Diane Ventura	Kari Hermann	Melina Sturym	Signe Jewett
Angela Rosales	Gina Fleury	Larissa Bubnowicz	Natali Trpkoska	Stephanie Champagne
Anna Nguyen	Harriet Rosenbaum	Lina Tran	Nicole Yusi	Tamara Potapinski
Arnellene San Jose	Heather Sirkovsky	Linda Pharand	Oksana Unilowsky	Taryn Greenberg
Barbara Anne Franz	Jamille Tamayo Pulido	Lorraine Kaserbauer	Sabrina Hofer	
Chelsea Busam	Janet Huynh	Melanie Bourdon		
Diana Vanegas	Jodie Harbidge	Melanie Peters		

DH2 mentors for Class of 2021

Alex Abrams	Jamie Toews	Monique Harrison-	Skylar Karpyschin
Ashley Ruston	Jordyn Mamchur	Nault	Tiffany Rother
Brittany Kelly	Kim Thorsteinson	Morgan Galinaitis	Trish Wittmeier
Carilee Radtke	Kristin Holt	Phuong Phan	Vesna Kocoska
Connie Song	Lezah Evan	Rebecca Nikkel	Wendy Reimer
Helena Lee	Linda Pharand	Shannon Nichol	
Ian Navarro		Simone Jaman	

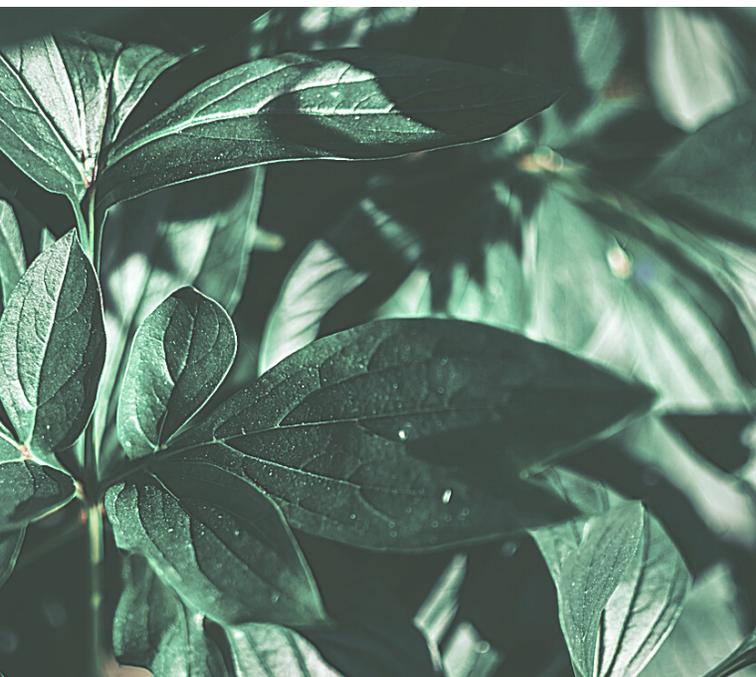
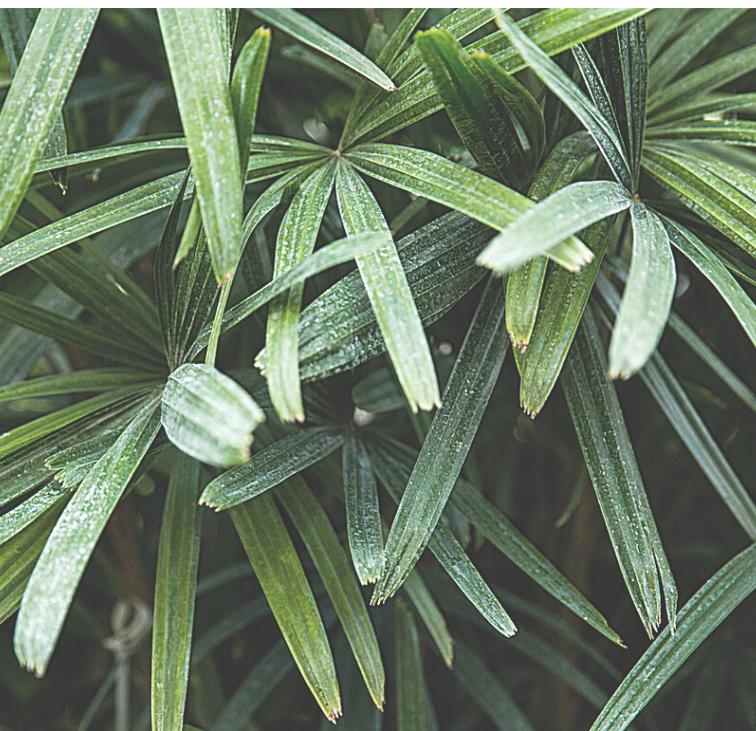
Interested in staying on as a mentor? Please let the mentorship committee know and we will keep you on our contact list. We also welcome new mentors and of course love to see returning mentors as well – please contact us so we can add you to our communication list.

The MDHA SDH Mentorship Committee is committed to the success of this program and we will continue to work hard to keep the program running as smoothly as we can. We appreciate feedback and how we can make changes to improve the program (within financial reason of course).

Questions, concerns or feedback? Please contact Kathy Yerex @ Katherine.yerex@umanitoba.ca

Stay safe & healthy!

-The MDHA SDH Mentorship Committee



UMSDHAA

*University of Manitoba School of Dental
Hygiene Alumni Association*

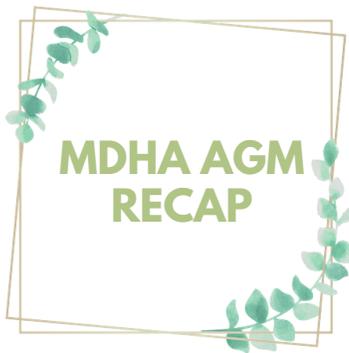
We have all seen many changes over this past spring and may see many more over the summer. Thank you to the MDHA for the ongoing support of the UMSDHAA and hygienists during these trying times.

Thank you to all who attended our Annual General Meeting via Zoom on May 21st where we featured presentations from Val Oliver and students from the Graduating Class of 2020. We are grateful that despite times of social and physical distancing, we still have the opportunities to network safely and come together as a profession.

Due to this year's circumstances, our Wine and Cheese event was cancelled this past spring. Furthermore, the Alumni of Distinction Awards evening for this fall has also been cancelled. UMSDHAA will resume planning in-person networking events when the situation is deemed appropriate.

Wishing everyone a safe and wonderful summer,

Simone Jaman
Simone Jaman, RDH
UMSDHAA President



MDHA AGM RECAP

The 2020 MDHA Annual General Meeting was held on Thursday, June 11th at 7pm via Zoom. Over 300 members attended the online event.

In addition to the MDHA Board of Directors in attendance, greetings were brought by Arlynn Brodie, CDHM Registrar, Mary Bertone, Director of the School of



Dental Hygiene and Janet Huynh, School of Dental Hygiene Alumni Association Vice-President.

CDHA's CEO, Ondina Love and President, Leanne Huuvernairs attended to update MDHA members on CDHA's activities over the past year as well as its tireless efforts of leadership and support through the pandemic.

MDHA President Laura MacDonald & Executive Director Lee Hurton were up



next to take membership through an overview of the MDHA's activities over the course of the last fiscal year. Laura and Lee's reports can also be found within the MDHA's Annual report which was circulated prior to the AGM.

Thank you to all members who attended the meeting and showed their support of the association and the important work that the MDHA does for its members and the profession. Have a wonderful summer!

SUBMISSION FROM AN

MDHA member

a dental hygienist perspective
LYME DISEASE

Lyme disease never ever entered my thoughts. A few years ago, I had one patient who was diagnosed with Lyme disease, but his only symptoms were fatigue and general malaise. Then I never gave the disease another thought. Last summer, I had another patient who was diagnosed with Lyme disease, but she had more information about her diagnosis. First of all, she was placed on antibiotic therapy, and was feeling much better than when she had been initially diagnosed. She went on to inform me that there is a dental component to Lyme disease which I was not aware of and therefore chose Lyme disease as the topic for my CCR this year.

Ironically, the May 19th, 2020 edition of the Winnipeg Free Press had an article on Lyme disease on its front page. Spring is tick season in Manitoba. The newspaper reported that a pine forested area has a lower risk of ticks versus a birch or oak treed area as the blacklegged tick survives underneath the large leaves.

- Though the number of reported cases in Manitoba is low, 64 cases in 2019, the numbers are increasing depending on climate changes.
- The ticks are dangerous because they have become infected by *Borrelia Burgdorfer* bacteria. People will know they have been bitten by a tick because they will have the characteristic bulls-eye rash in the area. The lesion may hurt or itch. However, some people may not even realize they were bit. The incubation period of Lyme disease can be anywhere from 3-30 days.
- As with any disease, the symptoms of Lyme disease can vary. Some of the symptoms include fatigue, malaise, arthritis type symptoms, facial swelling such as Bells' Palsy, swollen joints, chronic pain, inflammation of the heart, heart palpitations and abnormal heart beat, inflammation of the muscles, short term memory, fever, nerve pain or numbness and tingling of the hands or feet.



LYME DISEASE

a dental hygienist perspective

What I didn't know was that the Lyme disease bacteria can harbor in the 3 miles of tubules in teeth. The implication of that is when patients present in our offices with dental pain for no obvious reason, and the radiographs don't show any pathology, and there isn't any decay, inflammation, infection, grinding, occlusal trauma, root sensitivity, TMD or facial paralysis it is easy to diagnose it as idiopathic pain and the dentist may refer the patient for endodontic treatment or to other specialists who may prescribe painkillers such as Amitriptyline, Gabapantin, Baclofen or Duloxetine. Some of these medications are also prescribed for depression which can also result in idiopathic tooth pain.

Therefore it is very important for dental hygienists who provide treatment to many of our patients before the dental exam, to delve further in screening these patients about outdoor hobbies. Golfing, gardening, etc. My one patient that I saw last summer spends many of her hours outside at a farmers market.



● If a person does get bit by an infected tick, ● they can be treated with antibiotics, and the ● sooner the better. Doxycycline seems to be ● the medication of choice but also Amoxicillin, ● Azithromycin, Ceftriaxone and Tigecycline were ● also mentioned. There was no mention of ● dosages.

● Notes to tell the patients who do like to be ● outside in the springtime is to stay on paths ● and not venture into the woods, wear light ● coloured clothing, tuck their pants into their ● socks, and wear an insect repellent with DEET. ● If they have been bitten by a tick, to save it in a ● container to take to the doctor be tested for ● the bacteria.

● As a result of my CCR, I am more thorough in ● screening my patients with idiopathic tooth ● pain, asking more questions about outdoor ● activities and if it was possible if they were ● bitten by a tick. If they have been bitten and ● haven't seen a doctor I would refer them to ● their physician immediately for antibiotic ● treatment. I would feel more comfortable and ● knowledgeable in discussing the symptoms of ● Lyme disease. If the patients have had ● antibiotics I would document how long it had ● been since they have taken the medication. I ● discuss safe practices when being outdoors.

● This CCR is a very useful and practical ● component to my practice.

Harriet Rosenbaum, RDH



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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