

# MONTAGE

WINTER  
2011



Left to Right: Valerie Olivier, Shauna McGregor, Mary Bertone, Kathy Yerex, Kaleigh Warden, Tara Kinchen, Tammy Makadonski and daughter Kelsey.

## A TRADITION IS BORN

According to Wikipedia, a **tradition** is a ritual, belief or object passed down within a society, still maintained in the present, with origins in the past.

The MDHA embarked on its 2<sup>nd</sup> Annual Christmas Cheer Board Hamper Delivery on December 11, 2011. Some of you may remember that last year's attempt to deliver hampers was foiled by a large group of volunteers earlier in the day delivering all the hampers that

were made! The organizers (volunteers themselves) at the Christmas Cheer Board assured me that this would never happen again and sure enough the warehouse was full of hampers waiting to go to their new homes.

Our volunteers worked in groups of 2 and chose which area of the city to deliver to. Sadly, these hampers go to more people than you realize; one may even be your neighbor in Charleswood, St. Boniface or East Kildonan for

example. Have a look around the Christmas Cheer Board Warehouse; you will notice that all sections of the city are represented.

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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

*Did you know: The teeth of the Pocket Gopher grow up to 15" a year! By continually gnawing, they wear them down so they stay the same size. Rats, mice and hamsters, among others, have teeth that grow continually. If you have any of these as a pet, it must have wood to gnaw on to shorten its teeth, or it can die.*

Brrrrr! Well, winter is certainly here and so return the days of bundling up, scraping the windshield and warming up with gallons of hot chocolate! But with the cold comes new MDHA happenings.

The annual MDA Convention will be held on January 27 - 28, 2012 at the Winnipeg Convention Centre. This year the MDHA is pleased to announce Dr. Marie Fluent, DDS, as our keynote speaker. Dr. Fluent, a graduate of the University of Michigan, School of Dentistry will be speaking on the highly requested topic, "Emerging Infection Control Issues and Updates." We welcome all to join us for this informative seminar that is sure to change the way we think about infection control in our own daily practice.

We will be hosting the MDHA Breakfast prior to Dr. Fluent's session and welcome all MDHA members to attend. You may have heard that MDHA is not having a Breakfast Meeting at this year's MDA Convention. Well, that's only half true. While we have decided not to have a *formal meeting*, like our AGM, we ARE still having a breakfast exclusively for MDHA Members at the convention. This breakfast will remain on Friday, January 27, 2012 at 8:00am. The format will be slightly different than past years as this year we will focus more on networking and information sharing. I will be providing you with some MDHA highlights as to what we've been up to since September and what we have planned for the coming months, including our big National Dental Hygienists Week plans. We will also have a number of booths set up within the breakfast room displaying some of the exciting initiatives MDHA is working on. Our hope is that this additional opportunity to connect with your peers will be beneficial, enlightening and fun.

In early September, members of the MDHA board attended an all-day seminar with Parliamentarian, Vera Chernecki. The objective of this session was to help MDHA become a more effective board by making some small, yet critical changes to our overall functioning. As per her advice, we have modified our monthly board meeting format with the goal of making our meetings more efficient. As well, we are now in the process of creating an MDHA policy manual and are working to revise and update our bylaws. Another of Vera's recommendations was to eliminate the formal meeting from our breakfast gathering at the MDA Convention. The main reasons for this are the manpower required and the financial burden on MDHA to hold two formal meetings in one fiscal year. Having two formal meetings within the same fiscal year is uncommon among professional associations for these very reasons. MDHA wants to ensure that the time and effort our volunteer board members contribute is utilized in the most effective way and that our membership fees are used responsibly to achieve the greatest benefit. For these reasons, we have eliminated the formal meeting from our breakfast this year. We will continue to have a formal Annual General Meeting in June each year.

*"Progress always involves risks. You can't steal second base and keep your foot on first." - Frederick B. Wilcox*

Hope to see you all at this year's MDHA Breakfast and MDA Convention! Have a wonderful Holiday season!

Sincerely,  
Kaleigh Warden, RDH

## MESSAGE FROM YOUR PRESIDENT ELECT

Season's Greetings!

Well the weather outside isn't very frightful, the holiday season is definitely here! With decorations and Christmas lights hung in windows, the continuous Christmas songs playing on the radio, the warm holiday greetings and the smiles on children's faces, yes the holidays are here!

With what seemed like a longer than usual fall (because of the warm weather and lack of snow) the holiday season kind of snuck up on me. I find myself wondering where the time has gone. Will I have enough time to finish my Christmas shopping and baking? Why did I not start my shopping earlier? How could it be time for another new years' resolution? Did I accomplish the resolution I made last year? Come to think of it what was my resolution from last year? It was during my near panic attack that it occurred to me. Thinking about what I had not done and stressing over it was not going to get me anywhere. I realized how quickly we forget what is really important about the holidays. It is not always about buying the biggest gift or receiving the newest gadgets. It is about spending time with family and loved ones. Instead I needed to stop and think about all the positive things that I have and the accomplishments I have made this past year.

This year most of us will make New Year's resolutions. Some will accomplish them without any glitches. Others might fall a few times and have some stumbles along the way. What is important is that we pick ourselves back up and keep striving and pushing towards accomplishing our goals.

Over the past few months I have learnt a lot about what it means to be a part of my professional association and the positive effect that hard work and dedication can have. The MDHA is constantly working towards accomplishing goals that encourage the growth and development of the Dental hygiene profession. Although I have learnt a lot in the last few months I recognize that I still have lots to learn. I look forward to what the year 2012 will bring.

I wish you all a safe and happy holiday season and a happy new year!

Sincerely,  
Shauna McGregor , RDH

## Read & Win!

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

Answers to the last Read & Win questions are:

- 1) Brush For The Cure
- 2) Professional Development Chair
- 3) Signe Jewett
- 4) Shauna Mcgregor

First person that correctly answered the questions was:

Leanne Thiessen

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

Teresa Jackiewicz-Gauthier  
Evelyn Vermette

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

See page 18 for this issues Read & Win questions!

## 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](http://www.mdha.ca) and click on Employment Opportunities. Also contact us if your office needs to place a job posting at: [employment@mdha.ca](mailto:employment@mdha.ca).

MIDWEST  
RDH

AVAILABLE IN OCTOBER

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ADHS President, Trustee  
and GDHA delegate  
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Prophy Angle



## MESSAGE FROM YOUR EXECUTIVE DIRECTOR

It's that time of year again – the holidays are just around the corner...although by the time you're reading this they will have likely been packed up, put away, and left for another year. But even though this editorial comes late(r), I didn't want to miss the opportunity to speak to this time of year.

For me, the month of December is always crazy (and more than just a little bit stressful). Somehow amidst all the hustle and bustle, the back and forths, the holiday concerts, the children's parties, the adult parties, the busy stores, the gift lists, the frenetic energy constantly buzzing in the air – I forget to stop and really look to see what I already have, and what I have to give.

So last night, I took a break from it all. I set the Christmas tree up with my daughter and pulled out the boxes of holiday related stuff. Then I watched her single handedly decorate the entire living room, tree, hallway, and bedroom (not to mention the dog!) from ground level to about 4' up. I even won mum-of-the-year award by putting batteries in the singing/dancing stuffed snowman carollers. We then grabbed our skates, went for an evening skate outside (admiring her Christmas tree all lit up), and enjoyed this amazing December weather we've been having.

For me, there's always something about being outdoors in nature that makes me feel gratitude. A deep down from the bottom of my soul gratitude that also comes with a feeling of peace and humility within myself. It was a good feeling; and I wanted to make a conscientious effort to carry this gratitude around with me through this month.

And so, I would like to take a few moments to thank all of you for helping to make MDHA what it is. To everyone who has so generously volunteered your time in support of your association this year – I can't thank you enough. Whether you helped deliver hampers for the Christmas Cheer Board earlier this week, came out and supported the Run for the Cure with your fellow hygienists in October, participated in our National Dental Hygienists Week initiatives, volunteered at Siloam Mission and other organizations, gave presentations to school children, or spoke on oral health to expectant mothers, new mothers with infants, children, adults, seniors, long term care facilities, and the list goes on! Each one of you has made a difference!!!! Part of MDHA's Mission is to provide public education and health promotion to the public – without the help of volunteers, we couldn't do this!

I also want to take a minute to thank all the volunteer board members for their ongoing efforts that keep the association moving in a positive direction of growth. It's such a pleasure to work with each and every one of you!

Lastly, I would like to thank all of you for the privilege of serving as your Executive Director for another year. It's an honour to be part of this community and to help make your association a great one to be part of!

Wishing you all the very best for 2012!

Cynthia

# CONTINUING TRADITIONS



(...cont from page 1)

All hampers include a wrapped gift for children and teenagers, mitts, scarves as well as a turkey for the big day! In total, 30 hampers were delivered on Sunday by the MDHA volunteers. The volunteers at the Christmas Cheer Board make it very easy, as they guided us through the process and even loaded the vehicles for us! The MDHA volunteers will also tell you that the recipient families also make it easy to lend a hand, as they are all so appreciative and thankful for the hampers. It has reaffirmed to them how lucky they are and helps in appreciating all the things we do have that might be taken for granted.

Special thanks goes to Tammy Makadonski and her daughter Kelsey, Val Olivier, Shauna McGregor, Kathy Yerex, Mary Bertone, Kaleigh Warden and Jeff for giving up their precious time during this busy season to spread some holiday cheer and deliver these hampers, ensuring that Winnipegger's have food on their table this holiday season.

So there you have it, MDHA officially has a new tradition! Whether you join the MDHA family in participating in this tradition in 2012, go with your own family or do both as at least one of our volunteers has decided to do, we would love to hear from you! All it takes is a couple hours to make a world of difference and a difference in the world!

Take care and all the best in 2012!

Yours truly,  
Tara Kinchen, RDH, BSc  
MDHA Promotions and Fundraising Committee  
Chairperson 2010-2012

Clockwise: Tammy Makadonski, Kelsey, Cheer Board Volunteer, Kathy Yerex, Mary Bertone, Cheer Board Volunteer, Kaleigh Warden.



## Winnipeg Rhapsody

**Save The Date!**

**Saturday, October 13, 2012**

The Fort Garry Hotel Spa & Conference Centre  
222 Broadway, Winnipeg, Manitoba R3C 0R3

**6 credits - 2 Great Speakers.**

**Open to all staff!**



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## MDHA & ORAL HEALTH PROMOTION

Working in a small town and being involved with a local church, I was approached by a church member and asked to prepare a general presentation on the importance of good oral hygiene. I presented to a group of children and their parents estimating the total group size to be approximately fifty individuals.

I was only one portion of the evenings events. Other areas of focus where physical fitness and purity of mind and body. The goal of this event was to encourage children (and adults) to look after the body that they have.

Because there was a large group of participants, everyone was divided into smaller groups that would rotate through all of the stations. Each station was given 10 minutes to provide the necessary information before the group had to move onto the next rotation. My presentation was kept very basic and because I was working with a wide range of individuals, what I presented varied with each rotation. To aide in my presentation, groups were organized in age groups so I could better attend to the needs of these groups.

Seeing how excited the children were to come to my station and learn about their teeth and how to keep their teeth clean - made me really appreciate what I do for a living. I was grateful for this opportunity and also very grateful to the MDHA for the toothbrushes and toothpaste I was able to give to the children as a parting gift. Thank-you also to my classmates who made the presentation board on the importance of brushing and flossing in our last year of school at the U of M - Faculty of Dental Hygiene. This board provided a great focus for my presentation.

To this day - whenever there is a dental question the children always come to me first and I'm glad that I am there to answer their questions. I even have some children interested in the profession as a career. Who knows maybe they'll be providing care to me in the future.

As a final note, thank-you MDHA and thank-you Professor MacDonald *University of Manitoba, Faculty of Dental Hygiene* for all of your help!

Tarya Johansson, RDH



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 26<sup>th</sup>-28<sup>th</sup> closed, December 29<sup>th</sup> 9:00-4:00, December 30<sup>th</sup> - January 2<sup>nd</sup> closed. (Regular business hours resume January 3<sup>rd</sup>, 2012: open: Monday-Thursday 9:00-4:00, closed: Fridays)

# MDHA & ORAL HEALTH PROMOTION

We are coming up to the festive holiday season and I think this is a great time to express our generosity throughout our profession, our communities and amongst ourselves. I would like to share my recent experience at Victor Mager School where I was recently invited to provide oral health presentations to over 80 students. This primary school is located in St. Vital Winnipeg and consists of approximately 350 students. I provided oral health presentations to 4 classes of very excited grade one and two students. Included as part of the curriculum in their health classes, the teachers asked me to educate the students about why it is important to brush their teeth, what happens during a visit at the dental office and how to properly brush and floss. Since over 50% of the students are newcomers, I thought visuals would be a great learning tool!

And so there I was, arriving at the school with a bag full of food products, my dentoform and a giant toothbrush as well as three hard-boiled eggs. In each of the classrooms, the students sat on the floor in front of me while I talked about cavities and sugar bugs as well as brushing and flossing. The

students were very excited when I presented three eggs, which represented a health tooth, a dirty tooth, and a soft tooth with cavities. Next, we played a game where each student received a food product and had to decide if it belonged to the tooth friendly or tooth unfriendly category. The end of the presentation consisted of hands on learning where each student had a chance to brush the teeth on the dentoform to remove the magnetic sugar bugs and to feel each of the eggs.

I found this experience very beneficial because it allowed me to teach students within my community about the importance of their oral health. The Manitoba Dental Hygiene Association was also very generous to provide each student with a new toothbrush. The teachers found it very heartwarming because some of these children don't even have a toothbrush at home. I hope that by sharing my rewarding experience with you will inspire you to give back to your community as well!

Warm regards,

Manon Foidart



The MDHA and Promotions Committee would like to thank the following MDHA members in answering our call to action.....Manon Foidart, Sandra Lemoine, Shauna McGregor, David Truong and Evelyn Vermette. Stay tuned to the MDHA blog for more exciting volunteer opportunities in the new year!! Members can also contact Tara at

[taraleek@mts.net](mailto:taraleek@mts.net)

to sign up for the volunteer opportunities email list. Most of the volunteer opportunities have been filled via this list. By signing up, you will ensure that you are receiving the latest volunteer opportunities before they even hit the blog! Remember, participating in volunteer opportunities can count towards completing a Professional Activity Record as part of the CDHM's Continuing Competency Program.



# MDHA & ORAL HEALTH PROMOTION

November 29, 2011

Dear Readers,

Today I got the chance to go into a Grade 5 class and teach about dental hygiene. I am a second year nursing student from the University of Manitoba. As part of our education we teach a health promotion class. We spent many weeks getting to know the students and evaluating their learning needs. On our last visit we shared our presentation with the class. At the beginning of the presentation we demonstrated proper brushing and flossing techniques. This demonstration was a success due to the contribution of the Manitoba Dental Hygienists Association; they provided us with oversized fake teeth. The children loved these teeth and were engaged in the demonstration because of them. The class was ecstatic at the end when we provided them with their "goodie bags". In the "goodie bags" was something special; toothbrushes. These toothbrushes were all sorts of fun colors and the kids went crazy over them. I appreciate the generous contribution from the Manitoba Dental Hygienists Association for providing those toothbrushes for the class. Thank-you!

Sincerely,

Victoria Thiessen

Faculty of Nursing, University of Manitoba

Dear MDHA,

Thank you very much for your enthusiasm and efforts in assisting us with information and resources in preparation of our health promotion project. As a second year University of Manitoba nursing student part of our clinical requirements is to provide a health promotion teaching plan to a elementary classroom. My partner and I choose dental health and made our presentation to a group of 30 grade three students at a school in Winnipeg one school division.

Our presentation was very well received and the children seemed to benefit from the lesson. We used a hands on approach and invited the children to come up and participate with us. The teeth you provided us with gave the students this opportunity, the children thought the teeth were fantastic and loved demonstrating their new skills on them. The excitement the students expressed when they received their new toothbrushes and floss picks you provided was remarkable and will provide an opportunity for proper dental hygiene for some students that did not have the resources prior. This project would not have been such a success without all your assistance!

Thanks again,

Kendra Read

# PROFESSIONAL DEVELOPMENT CALENDAR



MDHA  
Professional  
Development  
Calendar  
2012

January

**27th**  
MDA 127th  
Annual  
Convention  
Emerging Infection  
Control Issues and  
Updates  
Dr. Marie Fluent, DDS  
Winnipeg Convention  
Centre  
Room: TBA  
Time: 8:30am-4:30pm

February

**27th**  
Manitoba Dental  
Hygienist Lecture  
Series (3rd of 4)  
Topic: The Eat Clean  
Nutrition Guide  
Speaker: Jorie  
Janzen, RD  
Location: Faculty of  
Dentistry,  
Room: Schwartz  
Theatre  
7:00pm-9:00pm

March

**10th**  
Dental Record  
Keeping for the  
Dental Hygienist  
Dr. Richard Nadeau,  
DDS, MPH  
Location: Faculty of  
Dentistry  
Room: Schwartz  
Theatre  
9:00 am - 12 noon  
Half day session



MDHA  
Professional  
Development  
Calendar 2012

April

**2nd**  
Manitoba Dental  
Hygienist Lecture  
Series (4th of 4)  
Topic: TBA  
Speaker: TBA  
Location: Faculty of  
Dentistry,  
Room: Schwartz  
Theatre  
7:00pm-9:00pm

April

**21st**  
Medical Histories and  
Medical Emergencies  
in the Dental Office  
Speaker: Cindi Kleiman  
RDH, BS  
Location: Faculty of  
Dentistry  
Room: Theatre E  
9:00am-12pm

April

**21st**  
Oral Care for the  
Medically Complex  
Patient  
Speaker: Cindi Kleiman  
RDH, BS  
Location: Faculty of  
Dentistry  
Room: Theatre E  
1:00pm-4:00pm

# ORAL HEALTH PROMOTION AT WCB'S WELLNESS FAIR

In today's busy society, it can be hard to squeeze in time for volunteering. However, the benefits of doing so can create great public awareness of our profession, not to mention various oral health related topics. I received an email from Tara Kinchen, MDHA Promotions and Fundraising Committee Chairperson, regarding this opportunity and decided to try it out!

On October 18th, The Workers Compensation Board held a Wellness Fair for its employees. Seeing as participation from the MDHA went over very well in 2010, the WCB requested our association participate again in 2011. The MDHA decided that this year's topic would be Oral Cancer Awareness.



Left to Right: Sandra Lemoine, Evelyn Vermette, Tara Kinchen

I had the privilege to volunteer with Sandra Lemoine (who did this event last year) as well as Tara. We had two tables to use which worked out great because the display board from the University of Manitoba Centre for Community Oral Health is quite large. Our table was popular! Not only because of our pearly white smiles, but because we also had giveaways including an oral cancer fact sheet, toothbrushes and Nicorette inhalers (non-medicated). These were all graciously provided by the MDHA and the CCOH. Set up time took about 15 minutes and the event lasted two hours. The MDHA also donated an electric Oral B toothbrush to be used as a door prize.

The display pictures definitely caught people's attention but this was not always a good thing. Seeing as we were located in the back of the medium sized room, people could easily see our display board upon entering. We were told the pictures scared off a few people. I'd suggest for next time to be near the entrance or the exit. We will get 'em one way or another! We honestly do not know what could have been so terrifying. The guy beside us had a weigh scale!!

In general, I felt the immediate response from non-smokers was that it would not happen to them. But wrong they are! Causes of oral cancer include having a diet low in fruits and vegetables and extreme sun exposure (lips). Also, a recent study has even linked HPV to this type of cancer. The comment of "my dentist looks in my mouth every time I go, so why do I need to know what to look for?" came up quite often! AHH my ears! We explained that although oral health professionals do indeed inspect the mouth and surrounding areas, things can change between recall appointments. Prevention is key! I know that our appointment time is sometimes very limited, but let's continue to do our best.

All in all, I believe this event turned out great. I highly encourage you to give volunteering a try! As this type of event involved more one on one interaction, it works great for those who don't like speaking in front of large crowds. We are the building blocks of our profession, and together with our ingenuity we can make a difference.

Evelyn Vermette, RDH

# MDHA & ORAL HEALTH PROMOTION

## ORAL HYGIENE LESSONS FOR SPECIAL NEEDS HIGH SCHOOL STUDENTS

On Tuesday, November 8, I went to Daniel McIntyre Collegiate Institute (my old high school) in the west end of the city to give a group of 15 special needs students an oral hygiene PowerPoint presentation as well as some one on one oral hygiene instruction. I had the privilege of meeting many passionate teachers and teacher's aids who conducted the classroom and who were very appreciative towards organizations like the MDHA. The students that I was introduced to were about 17-20 years old and they were performing cognitively at a grade 4-5 level. Each student had individual attention from the teachers and teacher's aids and the students all performed at different levels. Each day, after the students have lunch, they went to the oral hygiene room in the school that contained a mirror and sink where they brush and floss their teeth before returning back to the classroom. Each student had their own toothbrush and floss, and the teachers supervised them. The teacher's at Daniel McIntyre saw that there was a need for the students to have proper oral hygiene instruction and that is why they contacted the MDHA requesting a dental hygienist to do an oral hygiene presentation and individual OHI.

The main focus of my oral health presentation was to teach the students about what a healthy smile should look like. I kept the presentation as simple and as straightforward as I could. I discussed the presence of plaque ("sugar bugs"), good and bad types of food to eat, cavities (holes in the teeth), and gum disease (red puffy gums). After the short PowerPoint presentation, I then took the students in groups of 2 and 3 into their hygiene room to brush and floss their teeth, and I showed each of them individual techniques for brushing and flossing according to their dexterity. The students were very friendly and respectful as I showed them the different techniques for brushing and flossing their teeth and gums. The MDHA provided the students with brand new toothbrushes which they were all very grateful for.

Overall, my experience at the school was very positive and I learned a lot about this amazing life-skills program that I had no idea even existed at my old high school. This was a wonderful opportunity for me to get involved with the community and give back to my high school. I look forward to going back next year.

Thanks,  
David Truong RDH

## EMPLOYMENT OPPORTUNITY

### **OFFICE MANAGER required for a 3 Dentist and 3 Hygienist office in Brandon, Manitoba**

Thorough understanding of the Dentrix software is necessary. Candidate should know reception, equipment trouble shooting and chairside assisting.

Diplomacy in handling third party insurance claims and patients' concerns is a must.

The Office Manager is also responsible for staffing.

Salary negotiable depending on experience. Relocation allowance available.

Send resume to Brandon Dental Centre at [4656@mymts.net](mailto:4656@mymts.net) or by fax to 204-727-3635.

# CONTINUING EDUCATION OPPORTUNITIES

## RESTORATIVE TECHNIQUES FOR DENTAL HYGIENISTS CONTINUING EDUCATION PROGRAM

SCHOOL OF DENTAL HYGIENE  
UNIVERSITY OF MANITOBA

May 28-June 15, 2012

Course Coordinator:

Dr. Tana W. Gilmartin, DMD

Course Facilitator:

Mrs. Diane Girardin, RDH, EP

For further information regarding  
this course, contact Diane Girardin  
at [girardin@cc.umanitoba.ca](mailto:girardin@cc.umanitoba.ca)

## GENERAL INFORMATION

Course Description:

This course will prepare the dental hygienist to become a highly skilled restorative clinician who can work effectively as a member of a dental treatment team, by applying the knowledge and skills attained in both the pre-clinical and the clinical sessions to deliver quality restorative care to patients. The course consists of a minimum 6 weeks of self-study prior to the 3-week module. Examination of didactic material will occur (passing grade: 70%), as well as competency evaluation of clinical skills. This course is recognized by the following provincial licensing authorities: AB, SK, MB, ONT, N.S. A maximum of 10 participants only is accepted each year.

### Duration:

- Minimum 6 weeks self-study
- 1 week preclinical
- 2 weeks clinical Course Requirements:

- Participants must be graduates of an accredited Dental Hygiene Program and hold current licensure in their province. Participants must also hold a current certification in CPR (Basic Rescuer Level), and hold current malpractice insurance. A minimum of three years practice experience is also required. Proof of all the above credentials MUST accompany the registration form and initial deposit.

### Required Textbooks:

1. \*Dental Materials, Clinical Applications for Dental Assistants and Dental Hygienists (Hatrack, Eakle, Bird)
2. \*\*Restorative Techniques for Dental Hygienists- Laboratory Manual (Dr. Tana Gilmartin)

\*Textbook is available at the University of Manitoba Health Sciences bookstore (Brodie Centre) 727 McDermot Avenue. (Open Monday to Friday From 9:00-5:00 pm and Saturday from 12:00-4:00pm).

Tel: (204) 789-3601 Fax: (204) 789-3901

E-mail: [medbookstore@umanitoba.ca](mailto:medbookstore@umanitoba.ca)

\*\*Laboratory Manual will be shipped

### Registration Information and Cost:

Cost of the Restorative Module is a total of \$3500 which covers the rental of dentoforms, instruments, hand pieces, prepped teeth and other laboratory consumables. A \$250.00 non-refundable deposit is required by the January 9<sup>th</sup>, 2012 deadline with the remaining \$3250.00 required by May 1<sup>st</sup>, 2012. Participants are expected to have studied the textbook and manual and to have restored the prepared teeth sent to them, using their office armamentarium and supplies. These teeth are to be handed in for evaluation on the first day of arrival. A written and clinical exam will be given during the first week of the module following a review of the didactic materials.

## REGISTRATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
Province: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_  
Please mail your registration, payment, and credentials to:

School of Dental Hygiene Faculty of Dentistry  
D212-780 Bannatyne Avenue Winnipeg,  
Manitoba R3E 0W2

Cheques/money orders should be made payable to the University of Manitoba. For payment and documentation information, you may contact Lisa Chrusch at the School of Dental Hygiene (204) 272-3062.

**The Workplace Hazardous Materials Information System (WHMIS) is Canada's national hazard communication standard. You must know what these symbols mean!**



**Anyone working with, or near hazardous substances must be WHMIS trained!**

Contact [info@workplacesafetygroup.com](mailto:info@workplacesafetygroup.com) to register for the online training.

**\$30 + HST per person per year, unlimited access; renewable annually.**

A small price to pay for your safety and compliance!

**Workplace  
Safety  
Group**

# MDHA & ORAL HEALTH PROMOTION

## **Oral Health Presentation to the Healthy Baby Parenting Program**

On December 8<sup>th</sup> 2011, I had the pleasure of providing an oral health presentation to the "Little Moccasins, Healthy Baby Support Program at the Windsor Park United Church, sponsored by the Manitoba Métis Federation.

My First encounter with the Healthy Baby program was through my current job with the University of Manitoba, Faculty of Dentistry. I am working as a Research assistant on an oral health research study titled "Baby Teeth Talk". We are recruiting interested participants who are in their second trimester of pregnancy and self identify as First Nations, Métis or Inuit. The study aims to improve the oral health and overall health of Aboriginal children by working with their mothers from the time that they are pregnant.

Over the past few months I have been visiting a variety of local community parenting programs such as Healthy Start for Mom and Me, a pre and post natal parenting support group that helps moms and families learn how to prepare for and care for themselves during pregnancy as well as for baby. I have also visited a few of the Healthy Baby program sites which also offer support for before and after baby is born.

With all of the welcoming support and enthusiasm the Baby Teeth Talk Study has been receiving from the staff and

individuals at the Healthy Baby and Health Start programs I was delighted to be able to give back and provide an oral health presentation to the group.

The parenting group at Little Moccasins consisted of expecting mothers and their babies. The presentation had a very relaxed informal feel to it. We gathered in a circle with some of the moms sitting on chairs while other moms sat on the matt in the middle of the circle playing with their baby. With everyone's "divided" attention (moms are naturally good at multitasking) I gave a 45 minute presentation discussing topics such as the healthy mouth healthy body connection, how to care for your oral health during pregnancy and how to care for baby's teeth.

Apart from some minor technical difficulties (next time I will remember to bring a spare extension cord) I felt the presentation went really well. I enjoyed interacting with the mothers and their babies. It was nice to provide information to the moms that they will be able to use that will help them care for themselves and their children.

I would like to thank MDHA as well as the Centre for Community Oral health for providing me with the resources and tools to be able offer this presentation. I look forward to taking part in more of these volunteer opportunities in the future.

Sincerely,

Shauna McGregor, RDH

## **Local Anesthesia Course**

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.

This course consists of a minimum 6 weeks of self-study prior to the 3-day workshop.

The course is recognized by BC, AB, SK, MB, and is worth 30 continuing education points.

Participants must be graduates of an accredited Dental Hygiene Program and hold current licensure in their province or state of residence. They must also have current CPR certification and malpractice insurance.

**Course Dates:** May 4-6, 2012

**Workshop Fees:** \$950.00 due by March 16, 2012.

For further information, you may contact Lisa Chrusch at the School of Dental Hygiene (204) 272-3062.

# AN UPDATE FROM WHMIS



## Workplace Hazardous Materials Information System (WHMIS)

### *Background*

The Workplace Hazardous Materials Information System, WHMIS, is Canada's national hazard communication standard. The key elements of the system are cautionary labeling of containers of WHMIS "controlled products", the provision of material safety data sheets (MSDS) and worker education and training programs. WHMIS is a comprehensive system for safe management of hazardous chemicals, legislated by both federal and provincial jurisdictions.

The *Controlled Products Regulations* establish the national standard for classification of hazardous workplace materials. In addition to setting out criteria for biohazards, chemical and acute hazards, the regulations specify criteria for chronic health hazards including mutagenicity, carcinogenicity, embryo and reproductive toxicity, respiratory tract and skin sensitization.

Each provincial agency, responsible for occupational health and safety, has established employer WHMIS requirements. These requirements place an onus on employers to ensure that controlled products used, stored, handled or disposed of in the workplace are properly labeled and MSDSs are made available to workers. In addition, employers must provide to workers education and training to ensure the safe storage, handling and use of controlled products in the workplace. WHMIS training must be reviewed at least annually to fulfil legislated compliance.

Information on WHMIS as it applies to Manitoba workers may be found at this web link:

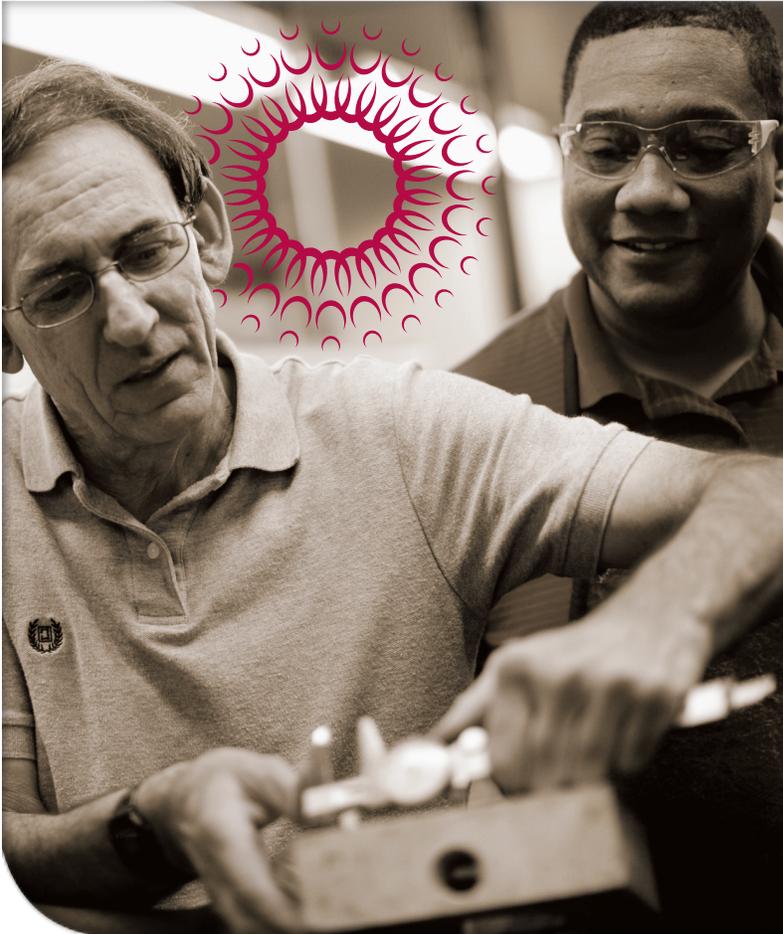
[http://safemanitoba.com/workplace\\_safety\\_and\\_health\\_regulation\\_part\\_35\\_workplace\\_hazardous\\_materials\\_information\\_system\\_workplace\\_hazardous\\_information\\_systems.aspx](http://safemanitoba.com/workplace_safety_and_health_regulation_part_35_workplace_hazardous_materials_information_system_workplace_hazardous_information_systems.aspx)

### *WHMIS for Dental Personnel*

WHMIS was created in response to the Canadian workers' right to know about the safety and health hazards associated with the materials or chemicals they use or work in proximity to. Exposure to hazardous materials can cause or contribute to many serious health effects such as effects on the nervous system, kidney or lung damage, sterility, cancer, burns and rashes. Some hazardous materials are safety hazards and can cause fires or explosions. WHMIS was created to help stop injuries, illnesses, deaths, medical costs and fires caused by hazardous materials.

Dental personnel are very diligent in protecting their patients; however, when it comes to their own health and safety the same degree of caution is often lacking. There are many products, used routinely in dental offices that put dental staff at risk. Contact with some chemicals can result in adverse health effects. The nature and magnitude of toxic effects will depend on many such factors as the nature of the substance, route of exposure, magnitude of the dose, duration of exposure, and individual susceptibility. *(continued on page 17)*

# FROM OUR HANDS **TO YOUR HANDS**



## **A shared passion for performance.**

Performance - for us that means listening, learning, collaborating, teaching, innovating, refining and perfecting everything we do. Our 10,000 products and countless services are exceptional because we develop them in conjunction with the very people who use them.

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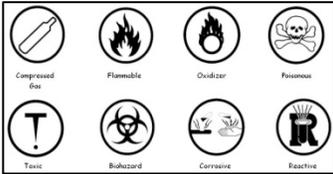
How the best perform



# AN UPDATE FROM WHMIS

(continued from page 15)

The purpose of this article is to raise awareness of the rights of workers to be informed about the materials they work with or in proximity to. WHMIS legislation provides that workers must be informed about the hazards in the workplace and receive appropriate training to enable them to work safely. Every employee must be familiar with hazardous product classification, and be able to read and understand the corresponding product labels and MSDSs. This may be something you need to take up with your employer!



Do you know what these symbols mean?

The fastest and easiest way to receive mandated WHMIS training is by taking an online course which takes approximately one hour to complete and provides a printable certificate upon completion of the course.

In summary, WHMIS delivers the necessary information by means of:

- cautionary labels on containers of controlled products
- the provision of an MSDS for each controlled product
- a worker education program

The ultimate goal is to create a safer workplace by providing workers with the knowledge and tools to enable them to work safely.



**Carola Hicks graduated from Dental Hygiene, University of Toronto and is founder and CEO of Workplace Safety Group, experts in workplace health & safety. They are a specialty training provider to the Ontario Dental Hygiene Association.**

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**Andrea Moore O'Connor, BHE**  
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## 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.

KEVIN RILEY  
General Manager – Prairie Zone



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## Manitoba Dental Hygienists Association

### Contact Information:

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Website:  
[www.mdha.ca](http://www.mdha.ca)

Email:  
[info@mdha.ca](mailto:info@mdha.ca)

Employment Postings:  
[employment@mdha.ca](mailto:employment@mdha.ca)

## 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) What is the name of the guest speaker at the MDA Annual Convention on January 27th, 2012?
- 2) How many hampers were delivered by the MDHA for the Christmas Cheer Board on December 11, 2011?
- 3) What does "WHMIS" stand for?
- 4) Who do you contact with the MDHA Promotions Committee if you would like to volunteer?