

# MONTAGE

SPRING  
2012



## FIRST MDHA ANNUAL BREAKFAST MEETING A SUCCESS

This year at the annual MDA convention the MDHA launched its first annual breakfast meeting.

The usual formalities of the MDHA mid-winter meeting were put on hold for an opportunity for members to network and catch up on what the Association has been up to, as well as upcoming plans. Based on feedback the new event was largely a success! The next chance for members to catch up will be in June at the Annual General Meeting. We hope to see you there!

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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 average woman smiles about 62 times a day! The average man? Only 8!  
Kids laugh around 400 times a day. Adults? Only 15!

Spring is here and that's something we can all smile about! This winter was shockingly bearable but I was still more than ready to pack up my parka, stop scraping my car windows and get out my shorts and flip-flops!

The MDHA Breakfast at the 128<sup>th</sup> Annual MDA Convention was a great success. I personally enjoyed the entire convention immensely. It was very nice seeing and talking to so many of you. In previous years, member feedback forms indicated that MDHA members wanted a less formal and more interactive breakfast so that is exactly what we aimed to accomplish! This format change was also recommended by MDHA's Parliamentarian coach. Our past meeting format serves as the backbone and building blocks to this new updated format and we sincerely appreciate the efforts of past MDHA Board members who helped establish this original framework. This was MDHA's first year implementing our new meeting format for the MDHA Breakfast so we were very pleased with how well-received the new format was overall. Members liked "the opportunity to hear what the MDHA has been up to," and found it "nice to have an informal venue to network with colleagues." Thanks so much to all those who took the time to fill out their feedback form - we sincerely appreciate your input! If anyone has any further comments or suggestions regarding the MDHA Breakfast, we are still happy to get your feedback!

This year National Dental Hygienists Week falls on the week of April 8<sup>th</sup> to the 14<sup>th</sup>. We have an exciting week of events planned within the community. Last year, MDHA focused our efforts on long-term care and the year prior we focused on oral health education in schools. While both were extremely effective and appreciated, we've decided to again switch our focus to another target group. This year, we will be working alongside the *Healthy Start for Mom and Me* Parenting Program where we will be providing oral screenings and applying fluoride varnish as needed, as well as oral health education to new and expectant mothers and their children. And as always, the success of this year's initiatives depends greatly on the generosity of our volunteer MDHA members. Another initiative that I am so thrilled about is that MDHA, for the first time, will be running a blood drive in partnership with Canadian Blood Services (located at 777 William Ave.) during National Dental Hygienists Week. Canadian Blood Services is ecstatic about this partnership with the MDHA because they have never been approached to work with the dental community before, so we are proud and excited that MDHA is the first! This blood drive challenge will take place all week during National Dental Hygienists Week with our big drive day on Friday, April 13<sup>th</sup> which will serve as the grand finale to National Dental Hygienists Week. More than half of all Canadians are impacted by the need for blood, yet less than 4% actually donate. We want to show that Dental Hygienists care about more than just teeth - we care about the overall health and well-being of our patients and our community. It is our hope that not only will dental hygienists come out and donate blood that week, but our families, friends and other members of the dental community will be inspired to donate and save lives that week as well. One donation can save up to 3 lives, so just think of the impact this initiative can have. Also tune into CTV Morning Live on Monday, April 9<sup>th</sup> to watch MDHA promote Dental Hygiene and the importance of oral health! *(continued on page 6)*

# MESSAGE FROM YOUR PRESIDENT ELECT

Spring is here!

April is oral health month. This is an excellent opportunity to increase public awareness about oral health care and disease prevention, as well as showcase the importance of the Dental Hygiene profession.

April is also the time to celebrate National Dental Hygienist Week April 8<sup>th</sup>- 14<sup>th</sup>! MDHA has been working hard to organize and plan community outreach initiatives that promote the dental hygiene profession and give back to the community. This includes a segment on Living Well with CTV television, Red Cross Blood Drive and oral health presentations and screenings at the Healthy Start for Mom and Me programs. A jam packed week!

I recently had the opportunity to volunteer at the Professional Development lecture series. The Professional Development that MDHA offers is both valuable and significant. As health care professionals it is important to continue to advance our knowledge base. In order to move ahead as a strong health care profession we need to stay current with new evidence and trends. Along the way we may find information that will impact our own health. The nutrition lecture titled "Eating on the Fly" was very informative. It reinforced the importance of eating well for overall health and wellbeing. I learnt new tips on how to plan meals and organize my grocery shopping to keep me on track.

A question from the audience asked, "how do you eat healthy when you may not have breaks or lunches?" After a few chuckles, many of us could relate as this usually does happen. The speaker provided many helpful tips on what we can do to make sure we keep a balanced diet and how to fit "Eating on the Fly" in during our busy days as clinicians. I believe I can make changes in my daily routine and feel more confident that I will be able to share the information that I learnt with my clients as a part of the holistic care I provide for them.

I attended the Professional Development lecture on Record Keeping on March 10<sup>th</sup>. The Record Keeping lecture helped build my confidence for how to properly record and document in my clients chart. As health care professionals it is now more than ever part of our professional responsibility to ensure proper documentation in our clients' charts. Keep checking back and looking at the MDHA Professional Development calendar for what courses MDHA may be offering. Come out and attend; the courses are affordable and you may be surprised by what you learn for yourself and for your clients.

My challenge to you during National Dental Hygienist week: when you are providing dental hygiene care to your client, talk about the profession of dental hygiene and how we celebrate our week to SHINE!

Check out Canadian Dental Hygienist Association for promotional material and this year's theme, this year's theme is "Oral Health for Total Health" reminding all of us that taking care of our mouth, teeth and gums positively impacts on our overall health. [http://www.cdha.ca/AM/Template.cfm?Section=DH\\_Week&Template=/CM/HTMLDisplay.cfm&ContentID=11894](http://www.cdha.ca/AM/Template.cfm?Section=DH_Week&Template=/CM/HTMLDisplay.cfm&ContentID=11894)



April 8 - 14, 2012  
National Dental Hygienists Week™  
Oral Health For Total Health!

Shauna McGregor  
MDHA President-Elect

## Read & Win!

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

Answers to the last Read & Win questions are:

- 1) Dr. Marie Fluent, DDS
- 2) 30 hampers
- 3) Workplace Hazardous Materials Information System
- 4) Tara, Tara Kinchen or "taraleek@mts.net"

First person that correctly answered the questions was:

Leanne Thiessen

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

Karren Sigurdson  
Suzanne Morin

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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# MESSAGE FROM YOUR EXECUTIVE DIRECTOR

Can you believe this amazing spring weather we've had? Mid March and the snow is gone, weekends of no jackets, temperatures over 20 degrees; winter – or what there was of it – is effectively gone. People everywhere have embraced this early season change and are making the most of it: bikes, shorts, sandals, sunscreen, and the list goes on. Sure, there might (and quite likely will) still be a lingering chilly day or two, the odd flurry, maybe even a mini-deep freeze. But in the hearts of Winnipeggers, SPRING IS HERE and there's no looking back! Sometimes, change can be so easy to adapt to and move forward with.

Spring has also become a time when the MDHA board gets together for a weekend workshop to focus on setting our future direction and reflecting on where we are at. Is it where we want to be; if not, what do we need to do to get there and how do we do it; what changes have been made this year, and how have they been received?

The past two years we held strategic planning and parliamentary procedure sessions. This year we plan to build on these foundations and are meeting to evaluate some of the above questions. Our intent is to assess our goals and set specific priorities and objectives for the next few years. And with this, I know, will come some change. Maybe the change will be in our individual roles within the association, maybe in the focus and efforts of our larger initiatives, or maybe in how we undertake our day-to-day business.

Sometimes change can be difficult – some may wonder why we need to change at all and why can't we just continue on in the same way we always have. And sometimes change can be confusing. But change is inevitable if we want to keep current with the direction of our profession and stay relevant to the changing needs of our members.

One of our more recent changes was moving away from a midwinter meeting to a networking breakfast at the MDA convention. For most members, this was a positive change: they still retained the networking event they really valued and our AGM, just around the corner in June, will still be there to provide the business information about the association. For those that missed the additional information about the undertakings of the association, we are endeavouring to keep you every bit as informed about what the board is doing (and hopefully even more so) but through different mediums like our Montage articles and our website.

This leads in to one of the challenges that we as a board are trying to adapt and change to – with the prevalence of social media, we know there are opportunities waiting for us to use to connect more/better/differently with our members. These same venues could also provide better avenues for some of our community outreach events and initiatives. But how we implement such a change and where to start is something we're struggling with.

But we're working on it.

As an organization we need to look at issues and upcoming changes we encounter and, instead of seeing the perceived threats and uncertainties inherent in them, look at the opportunities that lie within for us to grow. Change is something we know we need to do. Our plan is not to change for change sake – but to change to enhance the services that we provide to our members and the community. It might not always seem like the right or the easy path on the surface – but we can learn from the journey and may just find new and exciting challenges to focus on if we keep an open mind.

Likewise, as I finish my spring cleaning around the house this year and pack away the winter kit, I know I'm saddened that my cross country skis saw very little use this year. And even my skates weren't worn as much as I would have liked with less laps traced around the ice rink. But this early spring has afforded me the opportunity to get my house ready for summer earlier than usual so that, when spring truly comes in all its glory, I can hit the ground running and just relax and enjoy those warm sunshine rays.

Cynthia Wiebe  
Executive Director

# A MESSAGE FROM CDHM - CCP

## College of Dental Hygienists of Manitoba Continuing Competency Program 2012

- ❖ Please make sure to read the Revised January 2012 CCP Package full document, paying close attention to the Reporting Period Overview and Required Documentation found on pages 7-8 of Section 1 [http://cdhm.info/qualityCare/CDHM\\_CCPpackage\\_Full.pdf](http://cdhm.info/qualityCare/CDHM_CCPpackage_Full.pdf)
- ❖ All registrants on the Practising Register as of April 30<sup>th</sup> must satisfy the required components of the CCP
- ❖ **Only those registrants that have been notified by registered mail one month prior to the April 30 CCP deadline will have to submit their CCP forms/documents**
- ❖ Watch for the registered letters in the mail after March 27
- ❖ All practising registrants have already signed the CCP declaration as the CCP declaration is located on the CDHM registration renewal form
- ❖ The CCP Regulations and Directives contain vital CCP information that all registrants should read before filling out any of the forms <http://www.cdhm.info/quality-care/ccp-regulations-directives/>
- ❖ All members must keep a personal copy of the forms/documents
- ❖ All CCP forms will have to be type written; handwritten forms will not be accepted.
- ❖ Forms are located at: <http://www.cdhm.info/quality-care/forms/>

## 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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**www.ConEdGroup.com**



*(President's Message...cont from page 2)*

Please contact myself at [kwarden@mdha.ca](mailto:kwarden@mdha.ca) if you would like more information or are interested in volunteering for the Healthy Start for Mom's and Me oral health initiative. Please call 1-888-2-DONATE if you would like to register to donate blood during National Dental Hygienists Week. Please tell them that your donation is part of the MDHA Blood Drive Challenge. Nobody can do everything, but everyone can do something.

Mark your calendars for the events during National Dental Hygienists' Week, April 8-14, 2012. Also, mark the "Welcome to the Profession" Dinner on Wednesday, May 30<sup>th</sup> and our AGM on Saturday, June 9<sup>th</sup> on your calendar. I look forward to seeing you at the various events over the coming months.

Since becoming the MDHA President in June 2011, I have heard from many of you. I really appreciate your comments, suggestions and especially your support. As always, I would love to continue hearing from you, our members, please feel free to email me any time. Everything is better when we work together.

"Volunteers do not necessarily have the time; they just have the heart." - Elizabeth Andrew

Sincerely,  
Kaleigh Warden, RDH, EP



# EXCITING UP COMING EVENTS

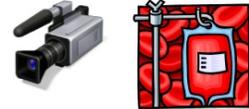
## National Dental Hygienists' Week - April 9 – 14, 2012

### MONDAY

April 9, 2012

Tune into the "Living Well" segment on CTV Morning Live to see MDHA promote dental hygiene and oral health!

MDHA Blood Drive Week Begins!  
Call 1-888-2-DONATE to book your appointment!



### TUESDAY

April 10, 2012

Oral health presentations, oral assessments and fluoride varnish programs for the Healthy Start: Mom's and Me Parenting Program

- North End Prenatal Program
- Maples Pre/postnatal Program

MDHA Blood Drive Week  
Call 1-888-2-DONATE to book your appointment!



### WEDNESDAY

April 11, 2012

Oral health presentations, oral assessments and fluoride varnish programs for the Healthy Start: Mom's and Me Parenting Program

- Hope Prenatal Program
- Weston Postnatal Program

MDHA Blood Drive Week  
Call 1-888-2-DONATE to book your appointment!



### THURSDAY

April 12, 2012

Oral health presentations, oral assessments and fluoride varnish programs for the Healthy Start: Mom's and Me Parenting Program

- Freight House Prenatal Program

MDHA Blood Drive Week  
Call 1-888-2-DONATE to book your appointment!



### FRIDAY

April 13, 2012

MDHA Big Blood Drive Challenge Day!

- Free toothbrushes for the first 150 donors
- Pizza Party!



### SATURDAY

April 14, 2012

MDHA Blood Drive Week  
Call 1-888-2-DONATE to book your appointment!



Canadian Blood Services is located at 777 William Ave. Please visit their website at [www.blood.ca](http://www.blood.ca) for more information and FAQ's. Call 1-888-2-DONATE to book your appointment!

Email [info@mdha.ca](mailto:info@mdha.ca) if you are interested in volunteering for any of the Healthy Start: Mom's and Me oral health initiatives!



# MDHA Annual General Meeting Notice:

DATE: Saturday, June 9, 2012

TIME: The Norwood Hotel (112 Marion Street)

LOCATION: Registration at 8:00am, Meeting to begin at 9:00am

You are invited to attend our Annual General Meeting on Saturday, June 9, 2012. This is an opportunity to learn more about the work of the MDHA over the last year, meet your board members, and take an active role in the governance of your Association. We will be accepting nominations for the open board member positions so if you're interested, this would be a great morning to come and find out more information.

MDHA has been working hard all year to revise and update our bylaws to reflect the current and future goals of the MDHA as we continue to grow and evolve as a professional Association. We will be providing bylaw information to our members at our AGM.

Breakfast will be provided. This morning will include our annual business meeting, bylaw information, networking opportunities and FUN!

Please RSVP by calling (204)981-7327 or emailing [info@mdha.ca](mailto:info@mdha.ca) by May 9, 2012.

Hope to see you all on June 9, 2012!

## Welcome to the Profession Dinner

DATE: May 23, 2012

LOCATION: The Old Spaghetti Factory at the Forks

TIME: 6pm

Join us as we celebrate and welcome the University of Manitoba, School of Dental Hygiene, Class of 2012! All MDHA members welcome to attend. Please RSVP by calling (204)981-7327 or emailing [info@mdha.ca](mailto:info@mdha.ca) by May 9, 2012.



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SCHOOL OF DENTAL HYGIENE  
ALUMNI ASSOCIATION

DONATIONS WANTED  
FOR THE  
**\$2,000**  
CHALLENGE!

To qualify for a \$5,000 start-up grant from the Faculty of Dentistry, the UMSDHAA must raise \$2,000 in donations by July 1, 2012.

**We need your help!**

All we need is 100 pledges of \$20 each to make this happen!

If you wish to participate and show your support, please contact:

**Amy Cartman, Treasurer**

email: [acartman4@gmail.com](mailto:acartman4@gmail.com)

You can also mail your contribution to:

Amy Cartman, Treasurer, UMSDHAA  
c/o School of Dental Hygiene  
D212-780 Bannaytne Ave.  
Winnipeg, MB. R3E OW2

**GET INVOLVED AND TOGETHER,  
WE CAN MAKE IT HAPPEN!**



## MDHA wants you!

We are currently looking for the right person to fill the position of our Professional Development Chair.

This position holds many benefits such as:

- Stay current on the latest developments in our dental hygiene profession
- Receive all the Professional Development courses that MDHA sponsors for FREE!
- Mentorship will be provided
- Possible honorarium for position will be discussed

Interested? Contact Mary at: [mbertone@mdha.ca](mailto:mbertone@mdha.ca)

## It's Your Time To Shine! Celebrate National Dental Hygienists Week™!



Celebrate National Dental Hygienists Week™ (NDHW) with CDHA April 8-14. Join in on the celebration and download your free marketing material!

**The free NDHW marketing kit includes:**



Visit [www.cdha.ca/NDHW](http://www.cdha.ca/NDHW)  
For Your Free Marketing Kit

**Oral Health For Total Health** is the new theme for National Dental Hygienists Week™ 2012.

Don't forget to help us complete our NDHW Facebook Challenge for 5,000 fans. Just 600 left to go! [www.facebook.com/theCDHA](http://www.facebook.com/theCDHA)

**facebook**

Visit [www.cdha.ca/NDHW](http://www.cdha.ca/NDHW) today!



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L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES

### SAVE THE DATE !

## — ALUMNI OF DISTINCTION BANQUET —

SEPTEMBER 28, 2012 • FORT GARRY HOTEL, WINNIPEG, MB

# PROFESSIONAL DEVELOPMENT CALENDAR



## 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

### Upcoming CE Session

Saturday April 21<sup>st</sup>

Register at [info@mdha.ca](mailto:info@mdha.ca) or call 981-7327

MDHA member ½ day \$65 full day \$ 90

Non-MDHA member ½ day \$110 full day \$135

***Cindy Kleiman RDH BS***

### ***Medical Histories and Medical Emergencies: “Vital Signs” for the Dental Professional***

It is vital that the entire dental team responds with calm, informed reactions when confronting a medical emergency. The population is aging in North America, and with this comes a more medically compromised patient into the dental office. This course provides an overview of how patients need to be evaluated prior to clinical care. Prevention and the treatment of emergencies will be covered.

***This program will include active participation and attendees are encouraged to bring a list of items in their own emergency kits.***

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(continued from page 10)

**OBJECTIVES:**

- Recognize “clues” in the medical history that require further investigation
- Incorporate current blood pressure guidelines in evaluating treatment risk
- Describe the items important to have in a medical emergency kit
- Demonstrate the proper use of items in an emergency kit
- Recognize the signs of a medical emergency and demonstrate the correct action for each type of emergency

***Understanding the Oral-Systemic Connection:  
From Intensive Care to Long-term Care***

Care of the medically compromised patient presents many challenges and rewards. This course addresses the oral-systemic connection and explores solutions in treating patients who have experienced traumatic brain injury, like ABC News’ Bob Woodruff, or a stroke, like Dick Clark. Hear accounts of more than 25 years of the presenter’s experience covering the full spectrum of patient care, from ICU through rehab to long-term care.

**OBJECTIVES:**

- Cite evidence-based research connecting oral care with critically ill patient care
- Explain the oral hygiene connection to Ventilator Associated Pneumonia
- Describe medical manifestations of various types of neurologically compromised patients
- Provide appropriate care utilizing efficient techniques

# Quality Professional Development @ CDHA

Do you have a New Year’s resolution to stay on top of your professional development in 2012? Earn professional development credits by taking advantage of CDHA’s webinar series on Elder Abuse and our Elder Abuse and Neglect online course. These PD activities are **FREE!** for CDHA members only until March 31st, 2012. Don’t delay, this package will cost \$300 beginning in April.



**Already taken these?**

Explore our extensive menu of other great offerings:

- Oral Cancer
- Self-initiation
- Dental Hygiene Practice
- Healthy Workplace
- Oraqix® from DENTSPLY
- The Path to Private Practice and more....



You’ll be sure to find something of interest. Watch for other exciting new titles coming soon! Check under the education tab of the CDHA website.

**www.cdha.ca**



## NEW! - "DEAR EDITOR"

Welcome to a new section in your Montage titled "Dear Editor" where we will feature your comments to the editor! The idea for this new section comes fittingly from a comment to the editor on the Winter 2011 edition. The subject of the comment was "Heart Warming Montage!" and reads:

I want to congratulate everyone at MDHA for all of their fabulous volunteering as reported on in the Montage. It really did bring tears to my eyes to see all of the caring going on between MDHA and the community. Keep up the fabulous work!

*Mickey*

Mickey Emmons Wener RDH MEd

Thanks Mickey! And congratulations members! If you have an oral health, or other related volunteering experience you would like to share with your fellow members, email your story to [info@mdha.ca](mailto:info@mdha.ca).



(Left to Right: Talia and mom, Rolanda Pelletier)

### Dental Health Week at Preschool

Rolanda Pelletier

My daughter recently started preschool at the Frere Jacques Nursery School in Lorette and they needed someone to do a small demonstration for the 4 classes. Since I am on maternity leave and I love doing community outreach I jumped at the chance. I also had a bonus helper, my daughter Talia. We went through healthy foods and not so healthy foods using Talia's play food. Then we sang a little rhyme about brushing but I think their favorite part was practicing on the giant teeth.

As we went home I wondered how much they would remember but I was pleasantly surprised as mothers told me afterwards that their preschoolers were the ones initiating brushing at home now! The presentation was only about 20 minutes but hopefully the habits will stick with them for a lifetime.

If you ever get the chance to give oral health information to groups remember how many people you can influence. These little people were like little sponges and they were super cute!!

Many thanks from myself, Joanne Gray and everyone at the Frere Jacques Nursery School for the toothbrushes!!

# "DEAR EDITOR"

## Letter from the field:

I work in a rural area, just 40 km east of Winnipeg, where there is no municipal water fluoridation. Most people drink well water and the incidence of childhood decay is high, especially in certain immigrant populations. In May of 2011, I was asked by 2 local schools, to participate in multi-disciplinary table clinics which were held in conjunction with "Stars of the Future". On June 3<sup>rd</sup> 2011, I participated at the École St. Joachim elementary school in La Broquerie, and on June 10<sup>th</sup> 2011 at École Pointe-des-Chênes in Ste-Anne, Manitoba. These days consisted of "testing" for vision, hearing, gross motor skills and speech of children who would soon be attending pre-school or kindergarten. Health professionals in attendance were speech pathologists, public health nurses, dieticians, trained visual & auditory professionals. Although there was no oral health examination provided, I was given the opportunity to meet each family and was given 10 minutes to answer their questions. My target audience was pre-school but I wanted to provide services for the entire family. I therefore prepared to discuss and provide pamphlets and written information regarding a wide range of oral health topics for the entire family including; tobacco cessation, oral cancer screening, bleaching, periodontal disease, tooth decay, thumbsucking/oral habits, the benefits of xylitol for caries reduction, as well as pamphlets on early childhood caries. My first experience at La Broquerie school was quiet...as I was placed in the corner of the gymnasium and had no visitors other than the pre-appointed families. Armed with this knowledge, the subsequent week when I held the table clinic at Pointe-des-Chênes school, I asked to be placed in the foyer of the school, leading into the library where the testing was performed. This way, I not only got to see each family, but was also visited by a great many of the 315 students that attend this school. This was a very rewarding experience, as many middle and high school students stopped by to talk with me. I provided the families with a toothbrush and pamphlet that was purchased from the CDA on children's oral health & development, but the biggest hit of all handouts were the samples of Xylitol gum that were given to everyone that stopped by. Sharing my dental knowledge with the students, families and daycare providers was great, but I relished most in the ability to liaise with the other health professionals that were giving clinics, notably the public health nurses. We exchanged many tidbits of interesting information that we all can use to benefit the clients we serve. I can foresee future avenues for dental hygiene employment alongside public health nurses, especially in rural areas hardest hit by early childhood decay.



(In photos: Mireille Fiola-Hein)

My table clinic would not have gone so smoothly without some help. I wish to thank the MDHA for providing me with nearly 100 toothbrushes for giveaways. I also wish to sincerely thank, Mary Bertone for sharing her knowledge by providing me with research tips and advice, and the "Centre for Community Oral Health" for lending me their table clinic display. The biggest hit with people of all ages was the game where they would have to guess the equivalent number of sugar cubes in 250ml bottle of water, milk, juice, kool-aid and pop. The dental office where I am currently employed provided me with more toothbrushes, the samples of Xylitol gum and the CDA information pamphlets. As these clinics were held in French, my research and creation of my table clinic display as well as give-away materials, were made much easier by visiting the Wpg Regional Health Authority "Early Childhood Tooth Decay" website, where I was able to download written information to be distributed in French.

(continued on page 13)

# "DEAR EDITOR"

(continued from page 12)

*I have to admit that I was reluctant to accept a task of this magnitude, but at the same time, I was excited and humbled to have been asked to participate in the opportunity for our profession to be part of a multi-disciplinary team approach to child wellness. The MDHA was able to help me find the information in printed format for distribution, which helped alleviate much of the burden. Having done this once, I now have a template and have also created a display of my own, that I can use, should future opportunities arise.*

All registered dental hygienists have the knowledge; we simply need to give a little of our time to disseminate the information to the public. The more we are seen at these types of table clinics, the more dental hygienists and our body of knowledge will be considered and viewed as an integral part of an inter-disciplinary team approach to improve overall public health.

Respectfully submitted by: Mireille Fiola-Hein

Dear MDHA,

Thank you so much for helping us in make our Oral Health Presentation a success!

As second year nursing students, we were tasked with a health promotion teaching activity for a grade one class at Ralph Brown School in the North End of Winnipeg. These six and seven year old children were always chattering about losing teeth, how many they had lost, which ones were loose. Oral Health seemed like a natural fit for these students.

They were interested in facts about teeth and learned about how to keep their mouths healthy and happy. Some of these children did not have toothbrushes and they were all thrilled to get a brand new toothbrush, courtesy of MDHA.

Thank you again for your assistance in making our presentation a success. It was wonderful to work collaboratively with another organization that is also passionate about health promotion.

Sincerely,

Jane Kraut UMSNII and Cherlyn Sullivan UMSNII  
Faculty of Nursing, University of Manitoba

**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.**

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# AN UPDATE FROM WHMIS - PART II



Workplace Hazardous Materials Information System (WHMIS)

WORKPLACE SAFETY

## **Due Diligence Compliance – What this Means for Employers and Employees**

By Carola Hicks

Universally, health and safety legislation is intended to ensure that employers and employees act responsibly regarding health and safety within the workplace. The most powerful legal protection an occupational health and safety program can have is to be able to **prove due diligence**.

Defining Due Diligence means exercising care and taking precautions with workers' health and safety. It means identifying and minimizing health and safety risks to workers through proactive measures. Business owners and employers must set the direction through policies and procedures, and must provide the leadership and resources to implement an occupational health and safety program that demonstrates a reasonable standard of care and protects workers from work-related injuries, illnesses and fatalities. WHMIS training is just one part of this mandate and should be provided annually to all employees.

### **Safety is not a luxury, it's a legal right!**

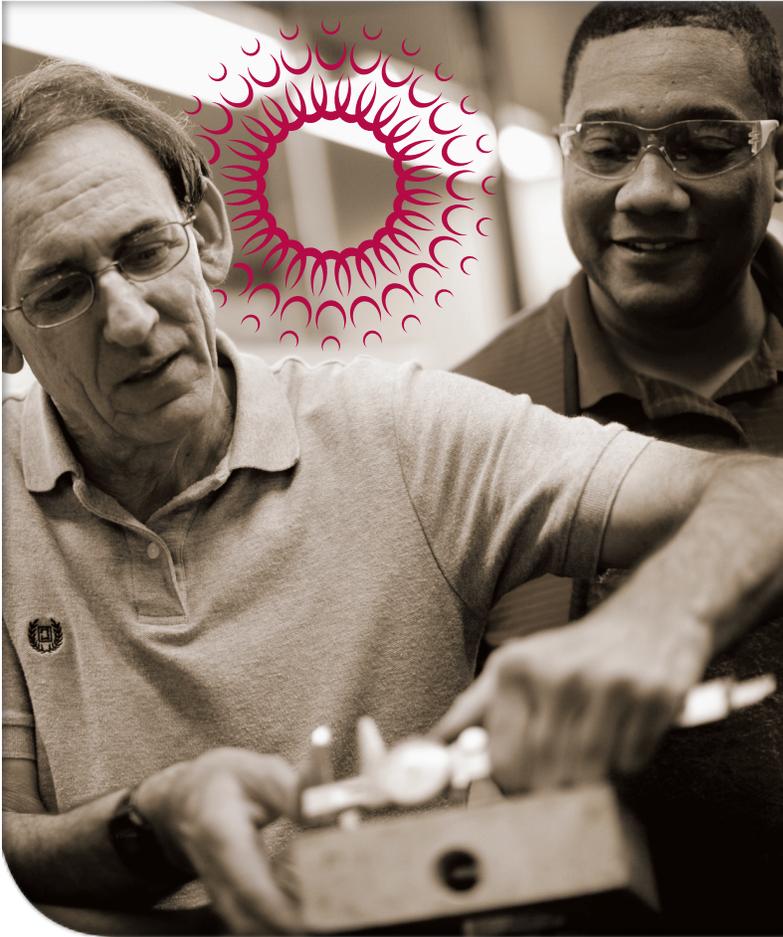
When it comes to workplace safety, workers, supervisors and employers all play different roles and have different responsibilities. But everyone has rights that they should be aware of - because those rights can mean the difference between taking a risk and taking a proper stance on unsafe practices.

Everyone working in Manitoba has the following rights:

1. **The right to know.** You have the right to know about the hazards in your job. Your employer or supervisor must tell you about anything in your job that can hurt you. Your employer must make sure you are provided with the information you need so that you can work safely.
2. **The right to participate.** You have the right to take part in keeping your workplace healthy and safe. Depending on the size of the company, you can be part of the Health and Safety Committee or be a Health and Safety Representative. You also have the right to participate in training and information sessions to help you do your job.
3. **The right to refuse unsafe work.** If you believe your job is likely to endanger you or others, you have an obligation to report the unsafe situation to management. If the situation is not corrected and you feel your health and safety is still in danger, you have the right to refuse to perform the work without reprisal.

*(continued on page 17)*

# FROM OUR HANDS **TO YOUR HANDS**



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# AN UPDATE FROM WHMIS

(continued from page 15)

For a copy of Manitoba's Workplace Safety and Health Legislation go to:

<http://web2.gov.mb.ca/laws/statutes/ccsm/w210e.php>

As much as employers have responsibilities to their workers, workers also have responsibilities to apply and use the resources and training their employers have provided. When all parties, employers and workers alike, take ownership of the philosophy of workplace health and safety the internal responsibility system (IRS) is in effect to the benefit of all.

Part 3 of the Workplace Safety series will explain the role and duties of the health and safety representative and health and safety committee members.



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

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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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[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 date of the MDHA Annual General Meeting?
- 2) What are the dates for National Dental Hygienists Week?
- 3) What is the name of the new section being featured in the Montage?
- 4) Day two of National Dental Hygienists Week will find the MDHA featured on what TV program?