

# MONTAGE

SPRING  
2017

# PUT YOUR PURPLE ON!

#DHPURPLEPRIDE  
DENTALHYGIENECANADA.CA

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ZOOM!



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE

National Dental Hygienists Week (April 8-14, 2017) is again quickly approaching and we invite you to **PUT YOUR PURPLE ON!** Share your photos on Facebook, Twitter, or Instagram using **#ndhw17** and **#dhpurplepride** to show your purple pride!

## THE MDHA IS SPRINGING INTO ACTION IN 2017!

Spring has officially arrived and with it comes the latest edition of the MDHA Montage! The MDHA Board of Directors is excited about the direction that the association is heading and invites all MDHA members to participate in many of the great activities planned for the spring!

**Be sure to mark you calendars for two important events!**

**National Dental Hygienists Week** runs from April 8 to April 14 this year. Wear purple to show your professional pride and share your NDHW with us at [info@mdha.ca](mailto:info@mdha.ca). Photos will be included in the next edition of the MDHA Montage!

Save the date and mark your calendars! The **MDHA Annual General Meeting** will be held on Saturday, June 3, 2017 at the Victoria Inn, 1808 Wellington Avenue, Winnipeg, MB. More details are to follow. Keep checking your email for updates from the MDHA Board of Directors.



### 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.

## A MESSAGE FROM YOUR PRESIDENT



To quote Bob Dylan ... "the times they are a-changin' "

Our Executive Director Kim Wozniak is a talented woman with tremendous management skills and a wealth of knowledge about the running of not-for-profit organizations. Besides running the day to day operations of the MDHA, Kim has guided the board of directors through the complicated process of updating of our organizational by-laws, put together an impressive board/policy manual and, most recently, played a large role in putting together the letter writing campaign to the Minister of Health (more about that later). The MDHA has been fortunate to have had her on our staff. On behalf of the board of directors, it saddens me to announce that Kim will be leaving the MDHA at the end of March. Kim has been a mentor to me - I have learned much from her and my life has been enriched by knowing her and

working with her. We would like to thank her for all she has done for our association, for her hard work, her dedication and we wish her nothing but success in her future endeavours.

At the February board meeting one of our colleagues gave a presentation on an initiative she has started regarding a change in legislation that would positively impact the practice of dental hygiene in Manitoba. The member wanted the MDHA to be aware that she had started this initiative and that she was seeking the MDHA's support and assistance in reaching out to our members. As a result you have received an email regarding a letter writing campaign to the Minister of Health and a petition that will be presented to the Legislative Assembly. The goal is to have the current dental hygiene legislation in Manitoba changed so that dental hygienists will be able to apply their full scope of practice without restriction in order to improve access to dental hygiene care for all Manitobans. If you haven't done so already, please take a few minutes to send the letter and sign the petition.

Oral Health month is nearly upon us and the MDHA's focus for this year, "Count Your Cubes: The Sugary Drink Challenge" is the result of the recent partnership between the MDHA and the Heart and Stroke Foundation (Manitoba). Check your inbox for more information and look for the "Count Your Cubes" poster in this newsletter – it is a great way to make our clients aware of the amount of sugar they are consuming through sugary drinks and to help them make healthier choices. If you would like more information please contact Larissa Bubnowicz at [larissabubnowicz@gmail.com](mailto:larissabubnowicz@gmail.com)

"Ethical Dilemmas" is a great workshop that will be presented by Laura MacDonald in Brandon on April 8<sup>th</sup>, presented by Laura MacDonald and there are still places available. For more information and to register please contact Amanda at [info@mdha.ca](mailto:info@mdha.ca)

Don't forget, the MDHA Annual General Meeting will be held at the Victoria Inn on Saturday, April 3<sup>rd</sup>. In addition to the usual business there will be a presentation by representatives from the Heart and Stroke Foundation. It will be a great morning so please save the date and I look forward to seeing you there!

Heather Sirkovsky, RDH  
President - MDHA

## A MESSAGE FROM YOUR VICE PRESIDENT



Spring has arrived! Spring is such a great time of year and for me represents new beginnings. With the melting snow the world seems to emerge from it's winter hibernation and I always feel inspired to try something new.

I encourage all MDHA members to try something new this spring, either personally or professionally. The MDHA Board of Directors is always excited to hear from members looking for volunteer opportunities so why not step out of your comfort zone and contact us to get involved. Or take advantage of the professional development opportunities that the MDHA provides. Why not become an MDHA mentor and inspire the next generation of dental hygienists. These are all great ways generate growth in your professional life!

Another great way to get involved is participate in National Dental Hygienist Week events! NDHW 2017 is approaching quickly and the CDHA has given hygienists across the country the resources to get involved easily! The CDHA is hosting a Dental Hygiene Poster Project where CDHA members have an opportunity to win \$500 by designing a poster showing of their purple pride. They have also provided a NDHW Marketing Kit available for free download to help promote the profession of dental hygiene to members of the public. They have even created a #NDHW17 Border that you can add to your Facebook, Twitter, and Instagram photos! It's never been easier to put your purple on and show off your dental hygiene pride! Check out the CDHA website for more details. Feel free to send your purple pride photos to us at the MDHA and have your photos featured in the next edition of the Montage!

Finally, I want to take some time to say a deep thank you to MDHA Executive Director, Kim Wozniak. Kim is leaving her position at the of this month and as such, the MDHA has a big hole to fill! Kim has been an asset to the MDHA with her knowledge in policy development and her willingness to teach the newcomers to the MDHA Board of Directors (particularly, myself). I had very little knowledge of what was involved with running a professional association and with Kim's help and patience (*and I mean a lot of patience*) I'm slowly but surely peeling back the layers and increasing my understanding of what it takes to make the MDHA run! Thanks Kim for your commitment and continuous support of the MDHA! You will be missed!

Happy spring to you all! I look forward to seeing you at the MDHA annual general meeting!

Get your purple on!

Taleisha Doiron, RDH

**MDHA Vice President**

## A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

As we say goodbye to winter and hello to spring we happily look forward to change – a change in the weather, a change in what we see when we look outside, a change in tires and a change in how we dress! I am definitely looking forward to all of these changes, as I am sure you are. Can't wait for warmer weather and the opportunity to enjoy spring and summer outdoor activities.



The changes in the season are usually anticipated and we all look forward to the change from winter to spring and then on to the summer season. As we all know, the weather isn't the only thing that changes in our lives, some changes are exciting, some are frightening and some we just don't want to deal with at all. However, change is inevitable in all walks of life and as one great leader stated,

*"Change is the law of life. And those who look only to the past or present are certain to miss the future." – John F. Kennedy*

This spring brings with it a change for both me and for the MDHA, as I will be leaving my position as the MDHA Executive Director on March 31<sup>st</sup>. It has been a pleasure working with the MDHA board of directors, learning about your profession and getting to know the members. The board is currently in the process of recruiting a new Executive Director, who I am sure, will continue to assist the MDHA Board along the path of growth and improvement that they have been on for the past few years.

I wish the MDHA Board of Directors and all MDHA members the very best for the future both professionally and personally.

Sincerely,

Kim J Wozniak

**MDHA Executive Director**



## CDHA CORNER

**Dear friends and  
colleagues,**

*It was great to connect and chat with everyone who attended MDHA's Mix & Mingle event at the 133<sup>rd</sup> annual Manitoba Dental Association meeting and convention this past January. I hope you enjoyed all*

*the Canadian Dental Hygienists Association (CDHA) resources that were available on site for you. Remember that these fantastic resources can also be downloaded for free from CDHA's website!*

*On my recent trip to Ottawa for CDHA's winter board meeting and annual Lobby Day on Parliament Hill, I visited CDHA's office for the first time. I cannot explain the sense of pride, honour, and giddiness I felt as I walked up to the building. While admiring **OUR** building with **OUR** association name proudly displayed on it, I had goosebumps and was almost brought to tears to see how far our profession has come. As an owner of CDHA, I hope you have a chance to visit our national office if you are ever in Ottawa. I promise you that the sense of pride you will feel for our profession and association will not disappoint.*

*Lastly, I've chatted with a few people who are considering attending CDHA's national conference in October. Again, I ask, who's coming with me?*

*Cheers,*

*Deanna Mackay, BSc (DH), RDH  
CDHA board director, Manitoba*



## WHAT'S NEW AT CDHA?

### PROFESSIONAL DEVELOPMENT

Webinars now on demand:

The Naked Truth: Bare Essentials for Baby Boomer Health  
*Sponsored by Philips*

How to Put Your Purple On! For NDHW™

Webinars coming soon:

Oral Rinsing: What Should You Tell Your Clients?, April 4, 2017  
[www.cdha.ca/webinars](http://www.cdha.ca/webinars)

**Please note:** CDHA's PD offerings now have an expiration date of one year from the date of purchase or selection (in the case of free offerings) unless otherwise specified.

### SUCCESS! FEDERAL GOVERNMENT WILL NOT TAX HEALTH AND DENTAL BENEFITS

On February 1, Prime Minister Justin Trudeau stated in the House of Commons that there would be **no new taxes on health and dental benefits** for Canadians. We thank all CDHA members and other Canadians who participated in the #donttaxmyhealthbenefits campaign and sent 160,000 letters voicing their concerns about the proposal to their members of Parliament.

### NATIONAL TELEVISION ADVERTISING CAMPAIGN

CDHA is excited to launch another national television advertising campaign during this year's National Dental Hygienists Week™. Highlighting the dental hygiene profession, these 30-second ads in English and French will run 70 times between **April 8 and 14** on English and French national TV networks CBC, Slice, HGTV, the Food Network, and Séries+ with an expected audience reach of 4.5 million. The ads will also be distributed via a Google Video campaign, with an additional expected reach of 473,000. Watch our website in early April for the full viewing schedule.

### SAVE THE DATE

- National Dental Hygienists Week™ 2017 will be held April 8-14. Plan to put your purple on! Watch [www.cdha.ca/NDHW](http://www.cdha.ca/NDHW) as details unfold.
- CDHA National Conference, October 19 to 21, 2017  
Ottawa, Ontario. [www.cdha.ca/2017conference](http://www.cdha.ca/2017conference)

### AREAS OF INTEREST ON OUR WEBSITE

- Update Your Membership Profile:  
[www.cdha.ca/profileedit](http://www.cdha.ca/profileedit)
- Fact Sheets and Resources:  
[www.cdha.ca/factsheets](http://www.cdha.ca/factsheets)
- Media Releases, CDHA and our Members in the News:  
[www.cdha.ca/press](http://www.cdha.ca/press)





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

**A New Addition to the Continuing Competency Program:** The Self-Assessment Tool is designed for use in all dental hygiene practice environments as a user-friendly addition to the College of Dental Hygienists of Manitoba (CDHM) Practice Standards and the Continuing Competency Program (CCP). The Self-Assessment Tool will assist the dental hygienist in assessing one's dental hygiene practice in order to determine a specific continuing competency goal and to provide direction in the selection of appropriate continuing competency activities. Using practice standards can be helpful in determining professional strengths and weaknesses and directing one's continuing competency goals.

At this time, the Self-Assessment Tool is optional. The tool is located on the CCP website as a **fillable PDF** form at: [http://cdhm.info/qualityCare/CDHM\\_Self-DirectedAssessmentTool.pdf](http://cdhm.info/qualityCare/CDHM_Self-DirectedAssessmentTool.pdf)

- All registrants on the Practising Register as of April 30<sup>th</sup> must satisfy the required components of the CCP
- A predetermined randomly selected proportion of the registrants will undergo a full assessment/audit
- New practising registrants for the current CCP year, and registrants who have applied for transfer to the Practising Register will undergo a full assessment/audit
- **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**
- Before completing the CCP forms, it is of utmost importance to read Section 1 of the CCP Package paying close attention to pages 6-9, whereby the *CCP Requirements, Reporting Period Overview and Required Documentation, Late and Inadequate Submissions, and Assessment of CCP submissions* are outlined and explained. Located at: [http://cdhm.info/qualityCare/CDHM\\_CCPpackage\\_Full.pdf](http://cdhm.info/qualityCare/CDHM_CCPpackage_Full.pdf)
- The CCP Directives contain vital CCP information that all registrants should read before filling out any of the CCP forms. Located at: <http://www.cdhm.info/quality-care/ccp-directives/>
- All CCP forms must be type written; handwritten forms will not be accepted.
- Downloadable forms are located at: <http://www.cdhm.info/quality-care/forms/>
- Registrants must keep a personal copy of the forms and associated documents for 5 years.
- Registrants are encouraged to contact the CDHM at any time during the reporting period and/or subsequent to receiving assessment reports for assistance in completing CCP requirements and/or when encountering continuing competency challenges.



## WHO WE ARE

Smile for a Lifetime Foundation is a charitable non-profit organization that provides orthodontic care to individuals who may not have the opportunity to acquire assistance. Launched in 2008, Smile for a Lifetime Foundation aims to reach individuals with financial challenges, special situations, and orthodontic needs. The Foundation sponsors the orthodontic care of hundreds of patients each year. Smile for a Lifetime Foundation has participating orthodontists throughout the US and Canada.

## OUR MISSION

It is our mission to create self-confidence, inspire hope, and change the lives of children in our community in a dramatic way. The gift of a smile can do all of this for a deserving, under-served individual who, in turn, can use this gift to better themselves and our community.

## APPLICATIONS & QUESTIONS

Applications can be found on our website [www.mbbaces.com](http://www.mbbaces.com)

Questions? Contact the office of Dr. Tim Dumore at [204-832-3910](tel:204-832-3910) or email us at [jenl@drdumore.com](mailto:jenl@drdumore.com).



*Dr. Rana Shenkarow  
orthodontist with  
Arianna, Smiles for a  
Lifetime Recipient*

*Orthodontic treatment should be available to everyone and we want to make this happen.*

*Misaligned, crooked teeth left untreated can hinder the social development of many young people. Sadly orthodontic treatment maybe out of reach for the budget of some families. Thanks to Dr. Tim Dumore and friends we now have a Smiles4Life local chapter in Manitoba. We award orthodontic scholarships to students between the ages of 11-18 who have significant aesthetic or functional needs for braces and who's family demonstrates a financial need. Currently, we have eight orthodontists donating their skills with clinics in Winnipeg, Thompson, Steinbach, and Portage la Prairie. General dentists, Liberty orthodontic lab, and oral surgeons Dr. Leland Mcfadden and Dr. Tim Blight all gift their talents to S4L.*

*I am privileged to serve on the smiles4life board of directors. Our board is a diverse group of professionals; each member brings their own unique experiences and views. Our Board consist of a Lawyer, principal, social worker, resource teacher, judge, transplant coordinator, teacher, doctor, orthodontic assistant, manager, dentist, dental student, and a RDH. We meet twice a year, in April and September to screen applicants and award orthodontic scholarships. This is a fun night of food, laughter, and tears. Reading through the reality and hardships of the applicants can be an emotional task.*

*The majority of applicants come to Smiles4Life through the school system or social workers. My hope is that dental hygienist will get the word out to suitable candidates who have a "Pay it forward" heart. Please take a minute to down load an application from our website, make a difference in someone's life with the gift of a smile.*

*Sandy Gardiner, RDH*



*" We hope to have a positive impact on the rescued animals from D'Arcy ARC, the sick children from Children's Hospital, the seniors from Arlington House and the local community.*

*Our sincere gratitude to your foundation for making our dream come true, to smile with confidence"*



# LETTERS TO THE EDITOR

The dental hygienists at Island Lakes Dental are getting ready for National Dental Hygienists Week by putting their purple on! Thanks for sharing your photo with us!

Pictured: Lisa Sardinias, Michelle Somerville, Tara Rempel, Maria Borges, Jordan Klassen and Twyla Szoke



Share your purple pride photo with us and have it featured in the next edition of the MDHA Montage. Submit photos to [info@mdha.ca](mailto:info@mdha.ca)

# AN UPDATE FROM THE 2016 MDHA MEMBERSHIP SURVEY



## 2016 MDHA Survey Results: We Hear You!

After reviewing the 2016 MDHA Membership Survey responses the MDHA Board of Directors summarized the results and found that many comments circled around the topics of volunteering and continuing education opportunities. Here are the Board of Directors response to two specific comments:

- *"I'd love to volunteer but have not felt that invited nor have I had enough information"*

**MDHA Response:** There are many volunteer opportunities offered through the MDHA, some that even count as your professional activity record (PAR). To request to be placed on the emailing list, contact our new community outreach chair, Meghan McKee at: [communityoutreach@mdha.ca](mailto:communityoutreach@mdha.ca)

- *"I would like our continuing education to be a points system (like the dentists)"*

**MDHA Response:** The provincial government has mandated the College of Dental Hygienists of Manitoba (CDHM) to regulate the profession of dental hygiene, which includes continued professional competency. Since this is an area that is outside of the MDHA's jurisdiction, we asked the CDHM for their response.

**CDHM Response:** First let us look at the definition of Professional Competence, 'The habitual and judicious use of communication, knowledge, technical skills, clinical reasoning, emotions, values and reflection on daily practice for the benefit of the individual and community being served'(Epstein and Hundert, 2002).

The College of Dental Hygienist of Manitoba (CDHM) developed and implemented a unique, progressive, evidenced-based continuing competency program (CCP) that aims to encourage lifelong learning through the continuous acquisition of knowledge, skills and judgment ensuring the provision of safe, competent care to the public. The focus of the CCP is targeted lifelong learning based on the individual assessment of practice needs along with ongoing engagement in one's profession. This allows the dental hygienist to take responsibility for identifying learning gaps in his/her practice and redressing relevant learning through continuing professional development.

Manitoba dental hygienists have the autonomy to customize their continuing competency activities to suit their specific practice needs, learning styles, resources, finances and time. While traditional continuing education (CE) can be one of them, it is not mandatory. CE generally does not translate what is learned into practice and an increase in knowledge is rarely sufficient to induce a behaviour change. Purposeful reflection can lead to informed and intentional changes.

In Manitoba, the collaborative health regulated professional CCP working group consisting of Dental Hygiene, Nursing, Medicine, Psychiatric Nursing, Audiology, Speech Language Therapy, Occupational Therapy, Physiotherapy, Pharmacy, Dieticians and Optician completed a survey that confirmed all the regulated health professions have or are in the midst of instituting a self-assessment and a reflective practice component to their CCP.

***The Manitoba Dental Hygienists Association (MDHA) recognizes its value and supports the CDHM CCP.***

**The MDHA Board of Directors would like to extend the deepest heartfelt thank you to Kim Wozniak as she departs from her position of Executive Director of the MDHA.**

**Thank you Kim for the time, energy, and commitment you have given to the MDHA. We appreciate all of the hard work you have done to promote the MDHA and the profession of dental hygiene.**

**We wish you all the best in future!**



## CONTEST! MEMBERS IN THE COMMUNITY!

Part of MDHA's Mission includes providing education and health promotion to the public – we couldn't meet this objective without your dedicated effort.

Our members are doing a lot of great work and we want to highlight it – and say thanks! – to you for supporting community outreach initiatives.

Share your Community Outreach experience (either through MDHA or your own initiative) for a chance to win one of two gift cards for \$10 in each edition of the Montage!

Send a short write up of your experience (include pictures if you want) and send to [info@mdha.ca](mailto:info@mdha.ca).

\*Winning submissions will be randomly drawn and announced in the next edition of the Montage

## GOOD LUCK!

### Get Connected

'Like' the MDHA on Facebook  
Follow us on Twitter @MDHA\_MB  
Follow us on Instagram @MDHA\_



We would love to hear from you!  
If you have something you would like to see included in the MDHA Montage please contact us at [info@mdha.ca](mailto:info@mdha.ca)!

We always appreciate member contribution!  
The MDHA Montage is about connecting with members so share your photos, announcements, and dental hygiene news with us!



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