

Continuing Competency Record (CCR): **May 1, 2011 to April 30, 2012** **CDHM#222**

Dental Hygiene Practice Setting (please check all that apply):

- Clinical Therapy Health Promotion/Community Health Education Consultant/Presenter Research/Scientific Inquiry Administration/Management

Continuing Competency Goal #1

SELF DIRECTED ASSESMENT

How did you determine your professional need? (See pages 10 & 11 in [Section 2](#) of the CCP Package and optional [Self Directed Assessment Worksheet](#) online under 'FORMS')

- Practice problems and reflection Using the CDHM Competencies/Practice Standards/Code of Ethics Questions, discussions or external feedback Evidence-based Practice
 Other: (Specify) _____

GOAL DEVELOPMENT AND ACTIVITY PLANNING

Please describe the professional need perceived: (see pages 10 & 11 in [Section 2](#) of the CCP Package)

I have been out of school for several years and have not really ever incorporated ultrasonic scaling into my clinical practice; I practice with a new graduate dental hygienist and she uses the ultrasonic scaler along with hand scaling with virutally every client. She explains to her clients that ultrasonics is the latest technology and that it has several therapeutic benefits over and above hand scaling. This makes me feel uncomfortable for several reasons. First, I am not sure how accurate the information she is sharing is, but I feel a little out of date on my knowledge surrounding power scalers and therefore not well-equipped to have a discussion about it. Second, I would prefer that we practice in a more standarized way that is based on the most recent evidence. Lastly, I am wondering if my clients feel short-changed that they are not receiving ultrasonic debridement because they may hear about it through other clients or our staff.

CONTINUING COMPETENCY GOAL # 1 (1 or 2): (see pages 12 & 13 in [Section 2](#) of the CCP Package)

In one sentence define the CC Goal:

Within 6 months, I will use the ultrasonics/power scalers in my dental hygiene practice in accordance with the most recent research/evidence.

ACTIVITY IMPLEMENTATION & EVALUATION

CONTINUING COMPETENCY ACTIVITIES: What type of activities did you participate in to support the achievement of this goal?

Check all that apply: (see pages 14 & 15 in [Section 2](#) of the CCP Package)

- Educational Courses/Seminars
 Online Courses
 Advanced Formal Education
 Professional Journals/ Articles
 Study or Journal Clubs
 Videos or DVDs
 Other: (Specify) SDH Educational Course

Date of Activity (course/read/met/viewed)	Continuing Competency Activity	Name of Course/Presenter; Title of Journal/DVD and Publication Dates	Number of hours
Mar. 11, 2011	Educational Course	Power Debridement: Evidence based Guidelines for DH Practice: Dr. J. Doe	7
May. 15, 2011	Educational Course	Evidence based Decision Making: School of Dental Hygiene	3
Jun. 11, 2011	Professional Journal	Darby I.; Which type of scaling system is best? Evid Based Dent. 2009;10(2):45.	
Jun. 11, 2011	Professional Journal	Ioannou I, Dimitriadis N, Papadimitriou K, Sakellari D, Vouros I, Konstantinidis A. Hand instrumentation versus ultrasonic debridement in the treatment of chronic periodontitis: a randomized clinical and microbiological trial.J Clin Periodontol. 2009 Feb;36(2):132-41.	
Jun. 11, 2011	Professional Journal	Arabaci T, Ciçek Y, Canakçi CF. Sonic and ultrasonic scalers in periodontal treatment: a review.Int J Dent Hyg. 2007 Feb;5(1):2-12.	*5

What was the total approximate time spent participating in these activities?

15 hours *(Literature search took approximately 2 hours and reading and interpreting of the select articles took another 3 hours, which equals 5 hours).

1. Did these activities assist you in meeting your Continuing Competency Goal? Met Not Met Partially Met

Please Explain:

There was a lot of information available that really provided me and my dental hygiene team members with up-to-date evidence to base our practice on. The course was great, but I was a little concerned that because the presenter was sponsored by an ultrasonic manufacturer I thought it might be potentially biased. I thought I should also access some current research, but I didn't know how to go about it. I attended an "evidence-based practice" workshop presented by the School of Dental Hygiene that assisted me in how to do a literature search and use health care data bases like "PubMed". I was then able to use the PubMed data base through the university library and downloaded 3 articles. These papers largely supported what I learned at the ultrasonics course and I felt comfortable sharing these findings with my practice colleagues.

2. Please describe the new knowledge/skills gained from these activities:*(Summarize what you have learned from the CC activities related to this goal)*

At the ultrasonics course I learned about the current technology and how to use and incorporate it into my practice. I found out that ultrasonic technology has become quite advanced. I learned how to properly use the settings on my machine and how to select the proper inserts for each clinical situation; I also learned about proper positioning for the clinician and client. At the evidence based decision making course, I not only learned how to find the evidence that applies to my clinical question, but also that clinical decisions should be made based on current evidence, my client's preferences and values and my clinical experience. Using the literature that I accessed through my literature search of the PubMed data base, I learned that current research supports using the ultrasonics scaler as an adjunct to hand scaling; Both hand debridement and ultrasonic scaling have advantages and disadvantages. Briefly, some of the additional benefits of incorporating ultrasonics to my practice include providing access to difficult to reach areas, such as furcations, it may reduce operator fatigue and the cavitation effect may have some bactericidal activity, although the latter is not completely understood. Selection of instrumentation should be based on the clinical situation and take all aspects into account. I did learn that my colleague was not entirely correct regarding some of the claims surrounding ultrasonics she was providing to her clients and so I was able to share my new knowledge (and the articles) with her and also the dentists in the practice. Overall, the new information and skills I learned supported a greater incorporation of ultrasonics into my practice.

3. How will this new knowledge/skills enhance your area of dental hygiene practice?:

As a result of my continuing competency initiatives, I will be able to change not only my own, but the other dental hygienist's practice. We can now standardize the information we present to our clients about ultrasonics and we will be utilizing the technology according to the most current evidence. I would however like to take a "hands-on" ultrasonics workshop and I see one is scheduled in town in 2 months. I'm really looking forward to it! The other unanticipated benefit was my taking the evidence-based decision making course; this will help inform all of my future clinical problems and decision making.

4. Did you implement these enhancements/improvements into your dental hygiene practice? Yes No In-process*Briefly Describe:*

As far as my original goal, I have been able to implement the changes to my practice. The dental hygiene team is now presenting and utilizing the ultrasonic technology according to current evidence and we are all making decisions according to the evidence-based decision making paradigm. However, there may be additional minor changes I make subsequent to taking the hands-on workshop.

5. Were there any constraints encountered in implementing these enhancement/improvements? Yes No*Briefly Describe:*

I was actually surprised that I did not encounter more constraints in implementing the changes to our practice from my colleagues, but instead I found them all very receptive to my suggestions. This has encouraged me to take on practice problems as they occur in the future. The primary constraint I encountered surrounded my own lack of knowledge about how to find the information I needed. This resulted in my feeling insecure in addressing practice problems, questioning my colleagues practice and changing my practice. Taking a course in evidence-based decision making and learning how to do literature searches was really quite transformational to my dental hygiene practice.

6. Please list additional continuing competency activities that you participated in that did not directly relate to the Continuing Competency Goal (Optional):

Date	Continuing Competency Activity	Number of Hours
July 15, 2011	Educational Seminar: Detecting Oral Cancer	4
September 5, 2011	CDHA on- line course: The Dental Hygiene Process of Care	3
January 20,2012	Journal article: Layton, P. Name of Scientific Journal, Volume 1, Spring 2010, p34-35	1