

Mark your Calendar!

- ✓ **CDHM & MDHA Mix & Mingle- April 7th, 2021**
- ✓ **CCP Submissions - April 30th, 2021**
- ✓ **CDHM Ethics and Jurisprudence (E & J) Module Completion- June 1st, 2021**
- ✓ **CDHM Virtual Annual General Meeting(AGM)- October 21st, 2021; 6:30pm-9:00pm**

Watch the CDHM Website, Facebook, and Twitter for CDHM Updates!

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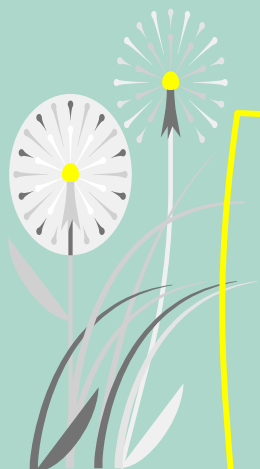
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*Moving Reminder
Coping Calendar*

SAVE THE DATE- CDHM 2021 AGM

Thank-you for completing the recent AGM survey! 358 registrants replied and, while the results were close, 53% of respondents preferred an evening AGM. This will be our first weeknight AGM; it is scheduled for **October 21st from 6:30pm- 9:00pm**. It will be a Zoom event that will include greetings, a guest speaker, and our business meeting. Registration is required and is open. **To register, go to Registrant Log-in from the CDHM website and on your Profile page click Edit your Profile. Scroll down to the 'Consent' section and click submit.** The Zoom link will be sent out closer to the date to all who registered.

See you then!



CDHM Council Chair Report

Happy Spring to each and every one of you!

As usual, this missive is chock-full of information that is current, relevant, and hopefully, interesting for you as registrants of the College of Dental Hygienists of Manitoba. .

Your Council spent two days working virtually on numerous topics at our last meetings held Feb. 26 and 27, 2021- a quick scan of the agenda will tell you our work is ongoing, challenging, and yet fulfilling; see the Council Highlights for a summary of Council's recent activity.

The work on the Manitoba front in the practise and regulation of dental hygiene is constant. We are reminded by our Registrar/ Executive Director, Arlynn Brodie, at each of our Council meetings that we are part of many larger 'puzzles' sharing resources and seeking best practice information from the other regulatory Colleges across Canada, collaborating with the Alliance of Health Care Professionals in Manitoba, and examining future regulatory trends across our country.

The Council on Licensure, Enforcement and Regulation (CLEAR), of which CDHM is a member, recently reached out to their membership questioning the current value statements of regulatory bodies. Several responses caught my attention; in particular, the statement from the College of Physicians and Surgeons of BC was exemplary: Transparent, Objective, Impartial & Fair. Each of these has further explanations, and all pertain to addressing the College's highest priority, undertaking our work in the best interest of the public.

Good governance, by its very nature, requires: Transparency, Objectivity, Responsiveness & Clear Communication

Council's work is far from done, but with optimism, albeit some uncertainty, we will continue on our path of strengthening the College of Dental Hygienists for all Manitobans. We will do it with positive energy, care and concern for others, respect for the opinions of others, productivity based on the input from all Council members, and a focus on the future. These are our values!

May the Easter Bunny bring you smiles and chocolate- lots of chocolate!

Respectfully submitted.

Carol Hiscock

Carol Hiscock,
Council Chair



Carol Hiscock



Call for Term Appointment to Council!

A Registered Dental Hygienist is needed to fill one (1) term appointment on CDHM Council, spanning from the appointment date until the upcoming Annual General Meeting (AGM) this October. At the AGM, the individual would be eligible for election to Council. Council encourages registrants from all areas of Manitoba to consider serving. We look forward to welcoming your interest. The Council Member Candidate Nomination Form, and Call for Nominations Notice, which details eligibility, roles, and responsibilities are available on the CDHM website under the News tab. Please contact me at aszucsik@cdhm.info if you would like more information. The deadline for submitting your interest for the term appointment is Monday, April 5th, 2021.

On behalf of the CDHM Council,
Aaron Szucsik
Chair, Nominations Committee

From the Desk of the Registrar...

“You Can Never Plan the Future by the Past “-Edmund Burke

Spring is around the corner and one can't help but wonder what the future holds. More than ever, I think it is important to refrain from looking into the past in order to create a future based on 'what was'. We need to create a future based on a new normal, as the normal of the past will be unattainable; it has been forever altered by the global pandemic. But that is OK.

As dental hygienists we have already moved on, forging new ways to practice, dusting off our communication skills to have meaningful conversations with our patients and employers while continuing to provide quality oral care for Manitobans.

The future for dental hygienists in Manitoba is evolving, being more often recognized as oral healthcare providers who contribute to the overall health of Manitobans. For example, many of you have responded to the ministerial call for immunizers, supporting the vaccination efforts in the province; thank-you.

CDHM is also future-focused. We continue to create new infrastructure to support the new online and virtual reality, our committees are strong and active, we are committed to growing the profession by pursuing legislative change and readying registrants for what new legislation will bring. We also strive to support registrants by providing timely and accurate information using a variety of communication strategies such as our new and evolving website, registrant mailouts, Facebook and Twitter. Additionally, future trends in regulation continue to be closely monitored by the College in order to incorporate best practices as a regulatory College.

As we emerge on the other side of the pandemic and new research unfolds, CDHM will continue to provide best practice information to assist you in your future practice. In the meantime,...

CDHM wishes you a Healthy and Happy Spring!

Arlynn Brodie

Arlynn Brodie
Registrar, Executive Director



Arlynn Brodie



Deputy Registrar Message

"That is one good thing about this world—there are always sure to be more springs."

–L.M. Montgomery

Spring is... fresh air, natural vitamin D, getting exercise outside, leaves come back, flowers in bloom, growing things, fresh produce, baby animals, feeling more creative, birds returning, being outdoors, more daylight and better temperatures. And it is optimism for the future. It is spring 2021 and I hope we can all find at least one thing to feel optimistic about. Witnessing the dedication, resilience and perseverance of dental hygiene professionals certainly gives me optimism.

For this issue of the News, I will share the results of the Continuing Competency Program (CCP) 'Online Format Survey'. First, a big thank you to everyone who participated in the survey, your feedback is appreciated and essential for evaluating and improving the online version of the program. There were 121 respondents.

Question 1 - +90% of respondents found the online platform 'Somewhat' to 'Very' easy to use, access and navigate. Comments included that the section delineation could be clearer, e.g., how/where to access the second part (CCR2 or PAR) of the CCP. We are currently working with the programmer to create clearer section headings.

Question 2 – 14% of respondents already use the Practice Standards to inform their CCP; 24% did not find it useful to review the Practice Standards when completing their CCP; and 62% found it 'Somewhat' to 'Very' useful to relate their goal development to the Practice Standards. It is important for this legislated requirement, that the goals (priority area of development) be directly related the DH scope of practice and that there is a method of evaluating and measuring change. A **CCP Tutorial video** is on the website. It includes an example of how to link your goal to specific Practice Standards.

Question 3 – 57% report being 'Somewhat' to 'Very' likely to access their CCP at their workplace to use as a resource/reference.

Question 4 – 92% found the CDHM CCP resources and guides 'Somewhat' to 'Very' helpful.

More from your comments:

- Use the **Google Chrome, Fire Fox, or Microsoft Edge** internet browsers to log in to your CDHM account. Older browsers such as Safari and Explore are no longer being updated and will have issues, such as trouble saving information.
- The 20 minute "timeout" function of your online account is a security feature that cannot be changed. Our CDHM account contains our personal information, and the "timeout" function is there to minimize risk, for example, when a device is left unattended in a public space.
- If you are working on your CCP for more than 20 minutes, and you click the "Save for later" button, your information will be saved, but you will need to 'login' again to continue working.
- Do not navigate away from the CCP page without saving your information – this means, if you are working on your CCP, do not click the 'back' button or look up something else on your CDHM account without first clicking the "Save for later" button.
- There is now a **blank template of the CCP forms available for download** from the website. It is in a Word document format. You can now work on your submission offline, and then copy/paste it to the online form when you are ready to submit, if that is preferred.
- For the online forms, any text box can be expanded by using the cursor to "drag" the box open. This way you can see everything you have entered. This also now includes the "Title" box for CCR activities.
- A complete **example of a CCR** is now available on the website, as well as a **CCP rubric**.

Valerie Olivier
Deputy Registrar



Valerie Olivier



CDHM CCP Spotlight

Thank you to RDH, **Lezah Evan**, for volunteering to share her Continuing Competency Record (CCR) story from last year. An incredible amount of work and dedication go into our pursuit of knowledge to better care for and serve Manitobans. Sharing this connects us – we can see that we are not alone when sometimes (often, these days!) we find ourselves saying and thinking, “I don’t know”. The CDHM already believes and assumes:

- All dental hygienists are committed to obtaining the knowledge, skill, and judgement they need to provide safe, competent, and ethical care.
- Dental hygienists maintain and enhance their competence through self-reflection, lifelong learning and integrating that learning into their practice.
- The CDHM CCP is a self-reflective tool; self-reflection improves empathy, listening, critical thinking and decision-making skills. It allows dental hygienists to improve their communication with others and enhances leadership qualities.

For anyone interested in sharing their CCR story, please email VOlivier@cdhm.info.

How my CCP Informed my Future Practice by Lezah Evans, RDH

The inspiration for my CCP came from a patient I treat who has Type II Diabetes and moderate-severe periodontal disease. She reported her A1C levels were 6.7, but her gingiva was generalized erythemic with bulbous papilla, and there was significant bleeding on probing. She required local anesthetic at each appointment and when she returned for her next two quadrants of debridement two weeks later, the previously scaled areas looked untouched, and her gingival condition hadn’t improved at all. When I discussed my concerns about the lack of healing, she told me that her gums have “been that way for years”. Her home care routine consisted of brushing twice a day and intermittent flossing. During our oral health education conversations, we discussed the link between periodontal disease and diabetes, which she understood can contribute to the lack of healing. When she returned in 3 months, I recommended that she consult with a periodontist, as her gingival health had still not improved. I inquired about her A1C levels again and recommended she consult with her physician to ensure they were under control.

At this point, I realized my understanding of diabetes and other systemic diseases was lacking and I went as far as doubting the quality of my instrumentation skills altogether. I knew that the University of Manitoba was offering a course on the ‘Medically Compromised Patient in the Dental Office’, so I promised myself I would register for the class. I also planned to attend the ultrasonics workshop offered by MDHA to learn more about instrumentation and the various inserts available. I wanted to ensure that my skills were up to par.



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After attending the course on medically compromised patients, I gained an understanding of systemic diseases, such as diabetes, rheumatoid diseases like systemic lupus erythematosus (SLE), kidney disease, heart disease and more.

I was able to review the definitions of these diseases, treatment modifications needed, pharmacotherapies and acquire a better understanding of the numerical parameters/scales associated with diabetes and heart disease.

Upon completion of the ultrasonics workshop, I had a whole new appreciation for curved inserts! I didn't realize how adaptable they were to the contours of the teeth, including the roots and concavities. They are especially effective for use on periodontal patients. I was excited to implement them into my practice and share my newfound knowledge with my team.

Another learning opportunity I took advantage of was Dr. Hoda Hosseini's lecture on 'Peri-Implant and Periodontal Maintenance'. She discussed the link between oral and systemic health, as well as the role some systemic diseases can play on periodontal disease and implants. For example, if a patient presents with diabetes, severe periodontitis, probing depths greater than 6 mm, bony wall defects, tooth loss and significant gingival inflammation, it is probable that their blood-glucose levels are uncontrolled. Additionally, if a patient smokes, has high blood pressure, presents with fibrotic gingiva, has probing depths greater than 4 mm with bone loss, they too have periodontal disease. Dr. Hosseini also stressed how important it is to probe implants to correctly monitor the overall integrity. That was important to hear because previously I had been told not to probe implants. I was happy to share Dr. Hosseini's material and recommended this lecture to my colleagues.

The education I received has contributed to the knowledge I have gained over the course of my career. I felt empowered to continue treating all of my patients with my new knowledge and tools, according to their individual overall systemic health condition. *The End*



Did You Know?

- 279** registrants have completed the CDHM Ethics & Jurisprudence Module to date
- 131** registrants submitted data to Shared Health to assist in the Immunizer program
- 773** registrants are on the CDHM Practicing register
- 75** registrants are on the CDHM Non-practicing register
- 50** dental hygiene students from the University of Manitoba are on the Student register

Council Meeting Highlights

Friday February 26, 2021

9:00am - 3:00pm via Zoom

- Council Chair, Carol Hiscock presented her report outlining examples of work resulting from the weekly Executive /Registrar meetings. Also highlighted were the often urgent matters that required resolution.
- Registrar, Arlynn Brodie presented her Environmental Scan which included updates on local, provincial, national, and global regulatory occurrences and trends. Arlynn also reported out on the recent ministerial Order and the upcoming role of dental hygienists as immunizers.
- Other Registrar reporting included introducing two new Board of Assessor members, Casey Neudorf & Happy Bhullar and updating Council on the Federation of Dental Regulators of Canada Entry to Practice Competency Project which is now complete; the registrar will continue her role on the Steering committee and will begin work on the Implementation phase shortly. The registrar also reported on her role and activities of the NDHCB and the CDAC. Arlynn also provided updates on her work with the RHPA committee and the Manitoba Alliance of Health Regulatory Colleges committees.
- As part of their annual monitoring process, Council reviewed the ENDS using breakout rooms in small groups.
- As a review of Regulatory governance Jackie Collins, from Gange Collins Barristers & Solicitors, presented scenarios demonstrating regulatory and legal boundaries and responsibilities.

Saturday February 27th, 2021

9:30am-1:00pm via Zoom

- Registrar Arlynn Brodie presented her financial reports and other Executive Limitations monitoring reports.
- Committee Chairs provided their reports, highlighting recent and upcoming activities.
- **Interpretation Guidelines:** Co-Chair Lezah Evan
- **Nominations:** Aaron Szucsik
- **RHPA:** Jennifer Miller
- **Ownership Linkage:** Kathleen Reid
- **Student Awards;** Jennifer Miller
- **Ad Hoc Orientation:** Saima Klippenstein
- Council Chair, Carol Hiscock reviewed with Council the results from the previous day's ENDS review, noting there was consensus in the future direction of CDHM.
- Carol led Council in a discussion around AGM Planning. Council agreed to poll registrants as to their preference for a Saturday or a weekday evening event.



College of Dental
Hygienists of Manitoba
Council Meeting
Dates:

* Friday, May 14th,
2021

* Saturday, May 15th,
2021

* Friday, September
10th, 2021

* Saturday, September
11th, 2021

College of Dental Hygienists of Manitoba 2021 Council



2021 CDHM Council (from L to R back row): Ernest Janzen, Carol Hiscock, Aaron Szucsik, Lucie Boutet, Corinne Latozke (from L to R front row): Jennifer Miller, Lezah Evan, Saima Klippenstein and Kathleen Reid

CDHM Interpretation Guidelines & CDHM Position Statements- *What Are They?*

Interpretation guidelines define the role of specific assessment and treatment modalities in the management of clients, focusing on treatment modalities within dental hygiene scope of practice. Registrants have a responsibility to use current knowledge in their practice and remain abreast of updates in clinical practice guidelines that impact client care. The purpose of interpretation guidelines, therefore, is to support clinicians and clients in making appropriate decisions about health care.

The CDHM encourages registrants to be familiar with the Interpretation Guidelines in order to inform practice. The Interpretation Guidelines are currently being reviewed and updated to reflect current research and best evidence. Thank-you for your patience as we work through this process.

CDHM Interpretation Guidelines are located on the CDHM website under the Resource tab & the Practice Resources dropdown.

Position Statements clarify treatments offered in oral health settings that dental hygienists may not currently perform in Manitoba. The purpose of position statements is to highlight these treatments and support clinicians and clients in making appropriate decisions related to oral health care.

CDHM Position Statements are located on the CDHM website under the Resource tab & the Practice Resources dropdown.

MDHA Executive Director's Message

It becomes increasingly difficult to find the words to describe this time that we are all experiencing. It's a major understatement to state that the past year has simply been a challenge. The pandemic has affected each and every one of us in countless ways and continues to do so every day. At the MDHA, we continue to shift our offerings and the ways we are trying to attempt to support members as we move through this time.

Over the past few months, we have been pleased to offer multiple virtual offerings to our members with two series of webinars. The first focused on 'Unconscious Bias' both in our everyday lives, but also in our profession. The second series got us moving with workouts specifically designed for dental hygienists as well as an in depth look at common workplace injuries and how we can prevent and treat them. Over 100 members took part in these webinars – we hope that each and every one enjoyed them!

We are looking forward to connecting with many of you at the upcoming MDHA/CDHM Mix & Mingle, taking place virtually on April 7th at 7:00 p.m. A link to register has been sent to members through both the MDHA and the CDHM. This event does qualify for your PAR requirement. Ela Partyka from the Canadian Mental Health Association will be in attendance to walk attendees through an exercise followed by an opportunity to talk in smaller groups using breakout rooms. Please plan to attend!

Although it still looks like winter outside, Spring is coming! Our sites are now set on National Dental Hygienist Week, April 4-10, 2021. We are excited to spread the word throughout the province and utilize the week to educate the public and promote the profession. Stay tuned for more info on how you can get involved and 'Show your Purple'! [For now, check out some great ideas from the CDHA!](#)

Please make sure that you mark your calendars for June 10th – the MDHA Annual General Meeting, taking place virtually as well. Please watch your inboxes for more information and how to register for the event.

Lee Hurton
Executive Director
executivedirector@mdha.ca



Lee Hurton



Moving?

It is a regulatory requirement that registrants of the College ensure their contact information is always current on the CDHM register. Incorrect or out-of-date contact information can lead to missed mailings that may include important notices and documents.

Contact information changes can be completed by logging in to your registrant profile, clicking on the 'My Profile' and then the 'Edit' tab. Please contact the College if you require any further assistance at cdhm@cdhm.info

Health & Wellness Coping Calendar

The past year has been stressful both professionally and personally; we hope this calendar may help put a smile on your face and those around you!



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



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Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys