

CDHM



COLLEGE OF
DENTAL HYGIENISTS
OF MANITOBA

Summer 2021

News

Mark your Calendar!

- ✓ CDHM Virtual Annual General Meeting October 21st, 2021, with Keynote Eva Grayzel; 6:30pm-9:30pm
- ✓ Next CDHM Council Meeting is September 10th & 11th 2021
- ✓ Follow us on Facebook & Twitter for important CDHM updates
- ✓ Visit our website at www.cdhm.info for CDHM Information and Resources



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CDHM Council Chair Report

Somber greetings to the registrants of the College of Dental Hygienists of Manitoba...

I have, since May 29th, written numerous drafts of this newsletter message- some ignoring the 215, some entirely on that topic; some short, some epistles, and now even more sadness overshadows our country.

In light of recent events in Canada, one can't write this without acknowledging the discovery of 215 children's remains in Tk'emlups to Secwepemc First Nation, at the site of the former Kamloops Residential School in BC.

As a council we join Indigenous Peoples across Canada as we collectively grieve the lives of these 215 children, the parents that never got to kiss their babies again, and the families that were destroyed by these genocidal acts. I believe it to be necessary to acknowledge the tragedies of the past and recognize not only the children who need freeing, but also the survivors.

BUT I fear, for me, that words are not enough. As the bright colors on the little shoes that rest on memorials throughout the country begin to weather and fade, we ask that our thoughts about residential schools don't fade. We ask that those thoughts turn into action. What can we do as a profession, how can we take action? As a first step, take some time to reflect on what reconciliation means to you.

Don't let it just be about the shoes.

Over the coming months we will be exploring cultural competency training opportunities and sharing with you what is available, be it online, speakers, insightful questions, or ongoing training. This will be a personal journey for all of us. CDHM is a member of the Alliance of Health Care Professionals of Manitoba, with whom we are working collaboratively to understand the role of healthcare regulators to ensure equitable access to healthcare for indigenous peoples.

Submitted respectfully,

Carol Hiscock

Carol Hiscock, Council Chair

With thanks to Aaron Szuzsik, Ernest Janzen, and Joan St. Laurent



Carol Hiscock



From the Desk of the Registrar...

Summer is finally here, a season we all look forward to, especially this year as we are emerging from the grips of the pandemic.

The past 18 months of pandemic have reminded us how important it is to be prepared, to look ahead, to be forward thinking and generally stay informed to prepare us for what the future may hold. We cannot predict the future, but monitoring trends is a very reliable source of potential change that can impact future direction and organizational decision-making

As Registrar/Executive Director, part of my role is to be aware of trends that may impact the regulatory functioning of the College. I regularly present my findings to Council at each meeting, so they have data to inform their future decisions.

Currently, there are a number of trends worth mentioning, all of which, on some level, will impact how the dental hygiene profession in Manitoba is regulated in the future. Some of these to note are:

1. There is a movement towards increased governmental oversight of health regulators; this has been inspired by the Cayton report, <https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/professional-regulation/cayton-report-college-of-dental-surgeons-2018.pdf> as evidenced by the recent movement toward the amalgamation of the 5 oral health colleges in BC.
2. The current infection protection control (IPC) gold standard for dental professionals will likely be raised post-pandemic, similar to the IPC changes that occurred in the 80s post HIV.
3. There is a recognized need for health regulatory colleges to address indigenous discrimination in healthcare. Helpful recommendations have been provided in the 'In Plain Sight' <https://engage.gov.bc.ca/app/uploads/sites/613/2020/11/In-Plain-Sight-Full-Report.pdf> document commissioned to provide guidance for healthcare professionals.
4. Post pandemic dental hygiene education may incorporate more virtual delivery. Teaching institutions have had to pivot in order to effectively educate their students and some benefits, utilizing high tech virtual delivery, have been realized.

I look forward to working with the College Council to meet the expectations and needs of our growing profession.

For now, I wish you and your families a wonderful, happy and safe summer!

Arlynn

Arlynn Brodie
Registrar, Executive Director



Arlynn Brodie



A big thank-you to all of you who joined other health profession colleagues to participate in the immunization effort. We commend you for making the effort to join the pandemic response, serving Manitobans, and contributing to overall health.

We look forward to hearing about your experiences in the coming months!

Deputy Registrar's Message

"In learning you will teach and in teaching you will learn" -Phil Collins

More about the CCP - Study Clubs and Journal Clubs

This Phil Collins quote, or song lyric, perfectly sums up the benefits of [Study and Journal Clubs](#). Have you ever taught something to someone and in the process learned something yourself? When teaching we first must clarify our understanding for ourselves. And as learners, our personal perspectives, experience, and questions, can drive the teacher to better understand the subject.

Study Clubs and Journal Clubs are described as collaborative and integrative. Each member will be a teacher and a learner, creating a more robust learning opportunity. A silver lining of the pandemic is that meeting virtually is now easier than ever and hygienists from across the province can come together to support each other in learning.

Example of a Study Club or Journal Club:

1. [Register](#) your club and [member list](#) with the CDHM by **September 30** each year.
2. Decide on a topic together and plan meeting dates.
3. Divide up the work (E.g., each member will review, summarize, and discuss 3 journal articles)
4. At each meeting, a member takes a turn as presenter and shares what they have learned.
5. Each member documents their learning individually for the CCR:
 - Add each article or resource you present on, as a separate CCR activity.
 - When you are not the presenter, list the CCR activity title as "Study Club – [Name of Club]" and document what you learned from the presentation.

***Call or email the CDHM office for more information on Study Clubs and Journal Clubs!*

What is "Evidence"

If you are interested in learning more about evidence-based practice, here are some online webinars available now!

[Essentials for Igniting Evidence-Based Practice](#) FREE with Colgate Oral Health Network Registration

[The Mysteries of the Peer-Review Process \(cdha.ca\)](#) FREE for CDHA Members, \$25 for non-members

[Evidence-based Dentistry – Why Do I Need That? | Free CE | Dentalcare.ca](#) FREE with Dentalcare.ca Registration

Coming September 15, 2021 - [Translating Uncertainty in Evidence-Based Practice](#) FREE for CDHA Members, \$25 for non-members

Wishing you all a lovely and safe summer,

Valerie

Valerie Olivier
CDHM Deputy Registrar



Valerie Olivier





CDHM Council Spotlight



Joan St. Laurent, Council 2021

Our newest council member is Joan St Laurent. She is a Manitoban at heart; she lives in a small community just outside of Winnipeg, a short 30-minute drive from where she grew up. Joan is an Indigenous woman, a wife, and a mother to three busy boys. In her spare time, Joan enjoys spending time at her cottage in Ontario, watching her sons play hockey (in a non-Covid world), running with friends, and reading.

Joan received a diploma in dental hygiene in 2002 from the School of Dental Hygiene at the University of Manitoba and went back to the U of M to complete her Bachelor of Science in Dental Hygiene in 2020. When she went back to school the second time, she knew that she had a yearning to achieve more and to further her education. Upon completion of her degree, Joan decided to pursue a Master in Health Studies Degree from Athabasca University. Committing to graduate studies has pushed the boundaries of what Joan thought a dental hygienist could achieve and she is very excited to be on this journey.

Joan's studies have helped her to gain insight into the challenges that Canadians may face in accessing oral healthcare. They have enabled her to improve her research skills and have helped her to discover different research philosophies. These different philosophies and methodologies have helped her to broaden her perspective on dental hygiene research so that she can help to move the profession forward. She looks forward to applying these skills to her work on the CDHM council.

In her opinion, the future of dental hygiene requires dental hygienist to seek learning beyond their clinic walls and expand their focus towards interprofessional collaboration, leadership, and lifelong learning. "The paradigm of dental hygiene is shifting, and a curiosity to keep learning is the key to keeping up with this change."

Joan's goals while on council and her commitment to the profession of dental hygiene would be to improve access to oral health care for marginalized populations through working with different levels of government in planning and policy development. She is currently on the Interpretation Guidelines committee and is looking forward to helping out with more committees as the opportunities arise.

CDHM Council Meeting Highlights



2021 CDHM Council: (from L to R back row): Ernest Janzen, Carol Hiscock, Aaron Szucsik, Lucie Boutet, and Corinne Latozke, (from L to R front row): Jennifer Miller, Joan St. Laurent, Saima Klippenstein, and Kathleen Reid
(This photo was not taken in person but is a compilation of images)

Friday May 24th

Council spent a virtual day with Priti Shah B.A., LL. B, governance consultant, completing governance training in breakout classrooms and working through a governance manual. The learning was very beneficial and will assist Council in its future work.

Saturday May 25th

Council accepted the resignation of Council member Christine Ronceray and welcomed Joan St. Laurent as a term appointment to Council until the 2021 AGM. Joan will have the opportunity to stand for election at that time.

Council reviewed the proposed Governance budget for the upcoming year and Registrar Arlynn Brodie presented an Environmental Scan and reports which included financial statements and the budget for the 2021-2022 year.

Committee Chairs reported on their ongoing activities; the highlights from the Committees are as follows:

Interpretation Guidelines- Lezah Evans presented the following Guidelines to Council for review and acceptance:

Vital Tooth Whitening and Supervision & Settings

Complaints - Lucie Boutet reported the committee is working on 4 complaints; 3 of which are nearing completion.

RHPA- Jennifer Miller reported on the activities of the 3 Working Groups who continue to meet every 2-3 months.

Ownership Linkage- Kathleen Reid reported on a joint Outreach project with MDHA to create a video resource for school classrooms.



College of Dental Hygienists of Manitoba Council Meeting

Dates:

September 10th, 2021
&
September 11th, 2021

October 22nd, 2021

November 26th, 2021
&
November 27th, 2021

CDHM AGM

October 21st, 2021
6:30pm-9:00pm

CDHM Student Award- Jennifer Miller reported the award information letter has been circulated to the U of M graduating class and the short list of applicants will be reviewed by the committee.

Nominations- Aaron Szucsik welcomed new Council member Joan St. Laurent and thanked the committee for their assistance in the process.

Ad Hoc Orientation- Saima Klippenstein reviewed the committee’s new Welcome Package for new member orientation.

Arlynn Brodie, as a member of the Federation of Dental Hygiene Regulator’s Competency Project Steering Committee, was joined by committee members Amie Dowell from Alberta and Jacques Gauthier from Quebec, to present the new national competencies to Council for their approval. Council approved the new competencies and thanked the Committee for their work.

Council approved a slight revision to the CDHM ‘Mega End’ to now read:
The College of Dental Hygienists of Manitoba exists so that every Manitoban **has access to** safe, competent dental hygiene care and expertise that maximizes their oral and overall health through the reasonable stewardship of resources.

Important Reminder- Current CPR is Required

According to section 9(1)(g) of the Dental Hygienists Regulation, registrants must show “*evidence that the dental hygienist holds current cardiopulmonary resuscitation certification at a level required by the council.*”

Please be reminded the required level of CPR certification is the CPR-Basic Life Support (BLS), formerly referred to by some providers as CPR Health Care Provider (HCP). CDHM does not recognize CPR certification provided from exclusively online web-based programs as they do not provide the critical hands-on component that one needs to maintain competence in the skill. See the link for CDHM approved CPR Providers. [WSH Approved Training Providers | Workplace Safety & Health | Labour & Regulatory Services | Finance | Province of Manitoba \(gov.mb.ca\)](#)

Given this Regulation requirement, **it is necessary to have a valid CPR card uploaded to your profile page at all times.** Uploading your CPR card at the time of registration renewal is not sufficient. If you have completed a recent CPR course and have not yet uploaded it to your profile page, please do so. Log in from the CDHM website under registrant log in, click on My Profile in the left margin, scroll to CPR Certification, click Edit and Add to upload your CPR card.

CDHM will be completing a ‘valid CPR check’ in the coming weeks to ensure compliance with this Regulation. If your CPR has expired and you are waiting for a scheduled course, this is fine as there is a 30 day grace period. If you are having difficulty finding a course or have extenuating circumstances, please contact the College office so we can assist you.





CDHM & MDHA Oral Health for Children Outreach Project



Are you interested in joining a dynamic group of individuals whose goal will be to improve the oral health resources available to children in Manitoba?

Together, the CDHM and MDHA are creating a joint task force to create a digital oral health resource for children from kindergarten to grade 5. Results from CDHM's Ownership Linkage Committee's surveys identified gaps in resources and time for both teachers and dental hygienists to address the oral health needs of Manitoba children.

Purpose & Objective

To create a digital oral health resource for children from kindergarten to grade 5 and to develop and distribute the digital resource.

Committee Composition

- Minimum of 8 and maximum of 10 members
- Registrants are MDHA members
(Previous experience providing oral hygiene education in alternative practice settings would be an asset)
- Co-chairs to be identified by the task force

Meeting Frequency

Bi-weekly meetings while the project gets under way, to move to monthly meetings when project is established. Meetings will be by Zoom or in person when health restrictions allow. Ad hoc committees may need to be formed for specific components. Meeting notes to be recorded and distributed to CDHM & MDHA.

Interested?

Email the CDHM at cdhm@cdhm.info with your contact information by **July 15th, 2021**.

Thank-you for considering this great opportunity!

MDHA & CDHM



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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 July 5th, 2021.**

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

MDHA Executive Director's Message

Although the pandemic continues to be ever so present in our lives, minds and communities, the warmth and sunshine that spring and summer bring a new hope for better days to come. These continue to be trying times for all Manitobans, and I want to commend each and every one of you for your strength, patience, and perseverance over the past 16 months. On a daily basis I remind myself of Dr. Roussin's words – "all pandemics come to an end"!

We are so grateful to have had the opportunity to once again partner with the CDHM for the second online 'Mix'. We once again saw record attendance with over 450 Manitoba dental hygienists attending. Ela Partyka from the Canadian Mental Health Association presented on 'Stress and Mental Health', an incredibly pertinent topic at this time. Participants were then broken up into small groups to continue the conversation and discuss different strategies they have implemented for dealing with stress. Following the session, word clouds were created and distributed which highlighted many of the strategies.

The MDHA Annual General Meeting was held on Thursday, June 10th and saw 220 members in attendance. We enjoyed an evening of updates from the CDHA and a recap of MDHA activities over the past year in addition to the regular business of the meeting. Looking forward, it was announced that the MDHA will be launching a *new website in 2021* and increasing our community involvement – stay tuned for more details on both of these initiatives.

Although our lives are still influenced and altered by the pandemic, I hope that this summer brings each and every one of you many opportunities to relax, unwind, and enjoy our beautiful outdoors.

Stay well and stay healthy!

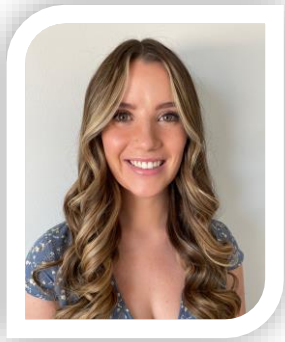
Lee Hurton
MDHA Executive Director



Lee Hurton



Congratulations Courtney!



Courtney Wallis

Courtney Wallis is the recipient of the 2021 CDHM University of Manitoba Student Award.

The award is given to a graduating student who:

- *has achieved a minimum degree grade point average of 3.0*
- *has demonstrated a high standard of personal and professional qualities, including client advocacy*
- *has demonstrated active leadership in the community both within the dental hygiene program and prior to entrance into the program*
- *exemplifies ethical competency*
- *has embraced volunteerism*

Courtney, we wish you much success in your new career as a dental hygienist!

CDHM Council



Congratulations to the University of Manitoba Dental Hygiene Graduates of 2021!

Lindsay Bodnar	John Michael Florin	Meok Lee	Gurbrinder S. Sandhu
Mae Branconnier	Bethany Friesen	Mackenna Nachtigal	Mehak Sandhawalia
Patricia Del Rosario	Michelle Gaza	Isabel Andrea Nuestro	Cassandra Serle
John Briller Espinosa	Jessica Heeney	Rose Orcullo	Celine Sy
Lauren Enns	Lilly Koenig	Skylar Procillo	David Van
Jessica Eyolfson	Caroline Kukielka	Gaile Bernadeth Sampot	Courtney Wallis
			Yiduo Zhao

Welcome to the profession!



Thursday October 21st
6:30-9 PM
Registration required - Visit CDHM website

Fortune in Misfortune: **A Story NOT Silenced by Oral Cancer**

Eva Grayzel transports dental professionals into the oral cancer patient's experience sharing riveting details about her surgery, treatment and recovery. Her compelling narrative motivates new thinking about the patient experience, inspiring audiences both professionally and personally. Reinvigorate your approach to patient communication and care.

Attendees Will Learn To:

- Integrate oral cancer screenings into patient education
- Develop a new Standard of Care
- Understand long-term effects of radiation on the oral cavity
- Protect yourself from liability in an oral cancer case
- Choose Optimal Screening Techniques to Maximize Patient Value

Eva Grayzel first told her story at the 2003 ADA National Conference on the main stage to 9000 dentists. The response proved her story needed to be heard by every dental team member. Since then, she has become the voice for oral cancer, speaking internationally at dental, medical and survivorship conferences on the patient perspective. She even delivered her one-woman show Off-Broadway. Eva is the Founder of Six-Step Screening, an oral cancer awareness campaign whose success earned her Honorary Membership in the American Academy of Oral Medicine. She is the author of two children's books to minimize fear and promote dialogue around cancer.

sixstepscreening.org

evagrayzel.com