



# CDHM Connections

COLLEGE OF DENTAL HYGIENISTS OF MANITOBA

*Ensuring the public has access to safe, competent dental hygiene care and expertise that contributes to improved oral and overall health.*

Issue 16

June 2014

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## Two CDHM Council Positions Now Available



The CDHM is extending a Call for Nominations for two (3) Registered Dental Hygienists who are interested in serving on the CDHM Council for a three (3) year term (2014-2017) as indicated in By-Law 6.1. The election to fill the Council vacancies will occur at the 5th Annual General Meeting (AGM) planned for October 25, 2014.

Nomination and Biography Forms are available on our website at [www.cdhm.info](http://www.cdhm.info).

Completed forms can be mailed, faxed or emailed and must be received by midnight on Friday, July 25, 2014.



**CDHM Council Members and Staff wish to thank Patti Hawthorn on a job well done as CDHM Council Chair; Kelly Tye Vallis, Donna Dowie, Janice Johnson, Terry Phillips (current Chair), Betty Ann Zegarac, Patti Hawthorn (outgoing Chair), Stephanie Gordon, Karina Hiebert and Ken Chapman.**



## Registrar's Report - Stephanie Gordon

### Are you doing your 'Due Diligence'?

Due diligence is a very interesting principle and idiom. It is defined as employing a precautionary approach while researching a topic/purchase in a specific and systematic manner. Additionally, due diligence may incorporate the notion of what a 'reasonable person' might do in a certain circumstance in order to decrease the risk of harm to others and/or their property. Due diligence is intended to ensure that the information acquired is systematically assimilated so that the decision at hand considers many factors such as expense, advantages and disadvantages. Concurrently, it is assumed by doing due diligence that this type of evaluation contributes considerably to informed decision making as it enhances the quantity and quality of material available to the decision makers.

Due diligence is a pervasive term that we all probably aspire to do well in our personal lives; but are we committed to doing 'due diligence' in our professional lives as well? For instance, in our personal lives most of us are very thorough about how we go about spending our hard earned money. When making a sizable purchase, for example a vehicle, it is quite common for us to investigate cost, size, reliability, safety ratings and fuel economy just to name a few factors. We may even create a rudimentary rubric to assist us in our decision making process. To this end, we are hopeful that based on all of the fact finding that was undertaken that we have made the 'right' decision.

So, I ask you, if we readily embrace due diligence in our personal lives so well, are we as equally as conscientious about upholding this concept in our professional lives?

As regulated health care professionals, it is important to adhere to the CDHM Legislation, Regulations, By-laws, Practice Standards, Competencies and Code of Ethics. Furthermore, registrants are required to adhere to CDHM deadlines regarding registration and the Continuing Competency Program, this includes responding to all communication sent to the registrants by the CDHM. If you are having difficulties with following our procedures or legislation, please reach out to us as we are always available to help you through this process.

At the College, you can be assured that we take the term 'due diligence' very seriously. We apply this principle in many facets of our organization. These areas include (but are not limited to): proper human resource hiring practices, the interpretation of our legislation, adhering to financial best practices including a financial annual audit or review, the protection of registrant files, substantiating registrants are fit to practice, upholding confidentiality, and ensuring there is no conflict of interest at the CDHM. Currently, we are investigating information management software that will be quite beneficial to the College and the registrants. You can be rest assured that this costly project will not be taken lightly and we will perform our due diligence through a proper request for proposal process. Due diligence may take time as it can be a slow course of action, however, it is important to consider that this process should not paralyze a person or organization from acting.

In closing, I look forward to establishing a strong, professional relationship with our new dental hygiene graduates and am confident that they will perform their 'due diligence' in all aspects of their lives.

Sincerely,

*Stephanie*

Stephanie Gordon BA, RDH  
CDHM Registrar/Executive Director

### UPCOMING MEETINGS

**OFFICE OF THE  
MANITOBA FAIRNESS  
COMMISSIONER  
MEETING:  
JUNE 12, 2014**

**ORAL HEALTH  
ORGANIZATIONS  
WORKING GROUP:  
OCTOBER 8, 2014**



## Chair's Message - Terry Phillips

After a long, cold winter, spring in Manitoba brings not just hope of warmer days but also new beginnings. This year's Class of 2014 from the University of Manitoba's School of Dental Hygiene joins new graduates across the province in anticipating an exciting start to their chosen professions.

As professions go, dental hygiene is quite young; the University of Manitoba's School of Dental Hygiene celebrated its 50<sup>th</sup> Anniversary last year. Yet even in that reasonably short time, the profession has changed significantly, and will no doubt change even more over the next half century.

The first 50 years saw the dental hygienist being recognized as "that girl who scrapes your teeth and nags you about flossing," to the health care professional that is part of the client's overall health team. Along with that new recognition comes new opportunities to practice in public health, long term care facilities and in under serviced areas of the province.

I had the opportunity to attend the University of Manitoba's first ever Oral- Systemic Health Education Day on February 7<sup>th</sup> this year. The symposium was created to help educate physicians, nurses and other non dental healthcare providers in the prevention and early detection of oral and oropharyngeal cancer. The presenters were renowned experts in oral cancer and pediatric dentistry, and it was exciting to see highlighted the importance of oral health in maintaining overall well-being. I felt that the professional interaction demonstrated among all who attended was just the beginning of dental hygienists collaborating with other health professionals in the future.

I have fond and lasting memories of my years at the Health Sciences Campus as I am sure the new graduates have as well. I am excited about the future of our profession. The next 50 years are going to be full of change and expansion of dental hygiene. Our new graduates are launching their careers at a very exciting time. On behalf of the College of Dental Hygienists of Manitoba, I wish them well in their future.

### **UPCOMING MEETINGS**

**COUNCIL:  
AUGUST 25, 2014**

**ANNUAL GENERAL  
MEETING:  
OCTOBER 25, 2014**

Sincerely,

*Terry*

Terry Phillips, RDH  
CDHM Council Chair





## Continuing Competency Program (CCP) Update

Sheryl Slosower, CCP Coordinator

For this report, I will be providing a list of frequently asked question (FAQ) and their respective answers.

### 1. What events qualify as a PAR?

The following are some of the acceptable Professional activities (but are not limited to):

#### **MDHA/CDHA**

- Midwinter Breakfast
- AGM
- Brush for the Cure

#### **UMSDHAA**

- Yearly Luncheon
- AGM

#### **CDHM**

- AGM
- Professional activities provided by the CDHM

**All PAR forms must be filled out in their entirety. Please note that at the end of the PAR form, one must provide a brief synopsis of what was learned as an attendee or a brief description of what was presented when you are the presenter. Please see the full list of PAR activities at: [http://cdhm.info/qualityCare/CDHM\\_CCPpackage\\_S3\\_Purple.pdf](http://cdhm.info/qualityCare/CDHM_CCPpackage_S3_Purple.pdf)**

### 2. What professional development activities count as continuing competency activities towards your CCR providing they relate to your goal?

The following are some of the acceptable activities (but are not limited to):

#### **MDHA/CDHA**

- All the professional development/educational courses provided during the year as well as those offered at the MDA Midwinter Convention

#### **UMSDHAA Yearly April Event**

- Continuing professional development event

#### **CDHM**

- Yearly Library Workshops

#### **University of Manitoba and School of Dental Hygiene**

- Continuing professional development courses

**Continuing competency activities will be varied and can include (but are not limited to):**

- Attending educational courses or seminars
- Completing online courses
- Reviewing professional journals/articles
- Participation in study or journal clubs
- Watching dental hygiene videos or DVD

### 3. How recent does the evidence have to be?

The evidence should be as current as possible. The **suggested timeframe** is within the last 5 years and no more than 10 years old. However, if the only evidence available is older than 10 years that will be accepted.



Continued on page 7...



## Extended Practice Update

*Mickey Wener, Extended Practice Coordinator*

The CDHM Legislation Update, *Know the Act... to Know How to Act*, was attended by a full house on April 23, 2014. The presentation focused on clarifying supervision and practice setting requirements, And highlighting informative resources to enable RDHs to answer some of their own questions as they arise. Attending RDHs were directed to particularly helpful documents on the CDHM website under Legislation and Resources, including: *RDH Practice in Manitoba* (user-friendly interpretation of the Legislation).

Based on the discussion and written feedback, it was evident that the evening was well received, with the overwhelming majority agreeing that: the presentation met their expectations, the E-vite was an effective way to advertise, they heard information they were previously not aware of, they had a better understanding of the legislation that governs RDH practice in Manitoba, the presentation encouraged them to think about their practice, and this information is vital for dental hygienists to know.

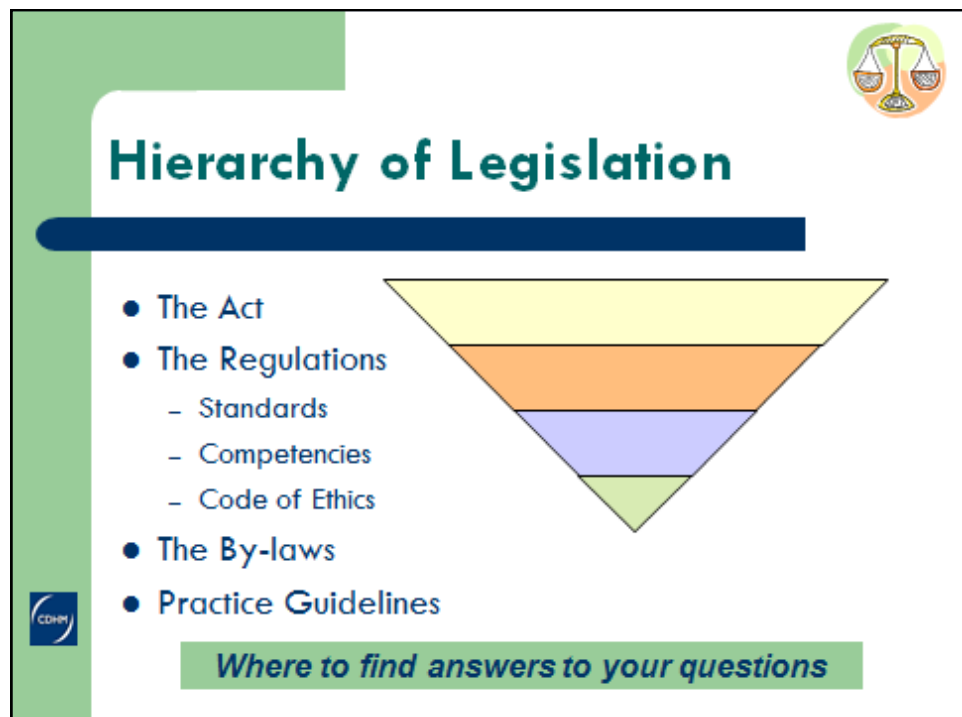
The written feedback also indicated that many had remaining questions. This was supported by the thought provoking questions and the discussion that focused on the complexity of the legislation and the fact that it does not always clearly describe all areas of our scope of practice. Participants were encouraged to seek out details around scope of practice using the on-line documents: CDHM Practice Standards (2007) and CDHM Competencies (2007). Those attending provided valuable written feedback regarding areas of the legislation that they would like to see addressed.

For the participants and for those interested in accessing this important practice-related information, a web version of the presentation and the accompanying 'Know the Act' Resource handout is now on the CDHM web site, [http://cdhm.info/legislation/CDHM\\_Legislation\\_April2014.pdf](http://cdhm.info/legislation/CDHM_Legislation_April2014.pdf) As well, based on demand, consideration is being given to hosting a second session which would be advertised again by an E-vite.

KUDOS to those attending an evening focused on understanding our practice from a legal point of view.

Sincerely,  
*Mickey*

Mickey Emmons Wener, RDH, MEd  
Extended Practice Coordinator





## **CCP Update Continued.....**

### **4. What is the time frame for the activities (PAR and the CCR) to be considered eligible?**

Activities carried out within the 24 months of the CCP April 30 reporting deadline will be eligible:

- CCP submission for April 30, 2012: all activities carried out between May 1, 2010- April 30, 2012
- CCP submission for April 30, 2013: all activities carried out between May 1, 2011- April 30, 2013
- CCP submission for April 30, 2014: all activities carried out between May 1, 2012- April 30, 2014

### **5. Where do I get my CCP forms?**

Please go to the CDHM website into the CCP downloadable forms and follow the directions:

<http://www.cdhm.info/quality-care/forms/>

### **6. Where is my CDHM # located?**

It is a 3 digit number found on your CDHM wall certificate, wallet card and the CDHM website under College Registers (practising) located at: <http://www.cdhm.info/college-registers/register-of-dental-hygienists-practising/>

### **7. Where is the CCP declaration located?**

It is located on the CDHM registration renewal form and is filled out yearly by Practising registrants.

### **8. How is the audit/assessment process conducted?**

- One month prior to the April 30 CCP deadline, registrants will be notified by registered mail.
- Only those registrants who are notified will have to submit their submissions to the CDHM.
- All members must keep a copy of their CCP submissions and associated documents for 5 years.
- A predetermined portion of registrants will be selected for full assessment/audit through the following processes:
  - Stratified random sampling, which means registrants who were previously assessed may be removed from the pool
  - New applicants for the current CCP year as well as those who have applied for transfer to the Practising Register
  - At the discretion of the CCP Coordinator, random assessments/audited may be conducted to validate information provided by the registrants

### **9. What is the timeframe for the CDHM to notify me about the CCP assessment?**

The assessment will be conducted by the CCP Reviewers and will fall into one of the following categories:

- i) CCP Assessment Guidelines have been met whereby the registrant will receive an assessment letter indicating that the CCP assessment is complete and the guidelines have been met. The completed assessment/audit letter will be provided to the registrants in a mail out in the fall with the registration renewal package.
- ii) CCP Assessment Guidelines have been met whereby the registrant is a new applicant or a registrant that has transferred back to the Practising register will receive an assessment letter with the CCP Reviewer's feedback indicating that the CCP assessment is complete and the guidelines have been met. The completed assessment/audit letter and the CCP Reviewer feedback will be provided to the registrants in a mail out in the fall with the registration renewal package.
- iji) CCP Assessment Guidelines have not been met whereby additional information/documentation/evidence is needed for the CCP assessment guidelines to be met. The registrant will receive an assessment letter with the CCP Reviewer's feedback identifying deficiencies in the CCR/documents. This letter will be sent via registered mail as soon as the CCP Reviewer has submitted the assessment. A timeline of one month will be given to correct the deficiencies and to resubmit the CCR or the required section/s. When the guidelines have been met a completed assessment/audit letter with the CCP Reviewer's feedback will be provided to the registrants in a mail out in the fall with the registration renewal package.

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## CCP Update Continued...

**Please note: When a CCR is deemed deficient, another CCP Reviewer is given the CCR for a second assessment. In some cases there may be a third assessment. This means that more than one CCP Reviewer is assessing a deficient document, which helps to alleviate reviewer bias. All CCP Reviewers are blind to the results of the other reviewers and to the registrant's name.**

As soon as all the assessments have been completed by the CCP Reviewers, a mass email will be sent to the registrants indicating the assessments are complete. If the registrant has not received a letter from the CDHM indicating the CCP guidelines have NOT been met, this email will serve to let the audited registrants know that all the CCP guidelines have been met. The official letter indicating success will be mail as described earlier in this article.

All registrants are encouraged to contact me at any time during the review process if further clarification is needed and/or when encountering challenges.

### 10. I have been selected to submit my CCP. Why was I asked to submit for specific years and not all 3 years?

Please see the CCP FAQ at: <http://www.cdhm.info/quality-care/ccp-faq/> for more information on this question.

#### a. I am on the practising register and will be going on the non-practising register, what are the CCP requirements?

All members on the **practising** register as of the reporting deadline, April 30th of the current CCP year, must satisfy the required components of the CCP.

#### b. I am a non-practising DH and/or a new applicant, what are the CCP requirements for transfer/application to the register?

When applying for transfer from the Non-Practising Register to the Practising Register of Dental Hygienists, members must provide evidence of completion of continuing competency requirements. These conditions also apply to new applicants. One of the two following situations will typically apply:

Transferring Non-Practising members and/or a new applicant wishing to register as Practising:

- Between May 1-October 31, are required to submit **full** CCP requirements

Transferring Non-Practising members and/or a new applicant wishing to register as Practising:

- Between November 1-April 30, are required to submit **partial** CCP requirements (one CCR/goal)

### 11. Do we send you our journal articles/notes from presenters/other information we used?

Please send only the requested completed CCP forms. However, you must keep a copy of all your CCP submissions and associated documents. The CDHM reserves the right to request these documents at any time.



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## CCP Update Continued...

### 12. Do we register journal/study groups?

All journal/study group members and topics are to be registered with the CCP Coordinator.

You will find if you read the following documents, the majority of your inquiries will be answered. However, if you need clarification, please do not hesitate to connect with me.

a. The CCP Package full document at: [http://cdhm.info/qualityCare/CDHM\\_CCPpackage\\_Full.pdf](http://cdhm.info/qualityCare/CDHM_CCPpackage_Full.pdf)

b. The CCP Directives at: <http://www.cdhm.info/quality-care/ccp-directives/>

c. FAQ at: <http://www.cdhm.info/quality-care/ccp-faq/>

As the Continuing Competency Program Coordinator, I am here to offer guidance, to be positive and encouraging. Please contact me with any questions at [ccp@cdhm.info](mailto:ccp@cdhm.info) or at 204-219-2678, ext.202. I try to answer emails as quickly as possible but keep in mind that I am only at the CDHM office once a week. Please be patient.

In closing, I would like to congratulate the class of 2014 and welcome you all to the profession! Now that summer has finally arrived, I hope everyone has a glorious, fun and safe summer!

Sincerely,

*Sheryl*

Sheryl Sloshower, BSc(DH), RDH  
CDHM Continuing Competency Program Coordinator

## CDHM Complaints Committee Update

As per our presentation at the CDHM AGM October 19th, 2013, and in reference to *The Dental Hygienists Act Part 6 21(1)* complaints may be lodged against a member from any person. Previously complaints addressed have been lodged by: the registrar, members of the public and dental professionals.

The complaints committee is currently in the process of reviewing four complaints. Three of the complaints lodged have been put forward from the registrar of CDHM and fourth was lodged by a member of the public.

I am pleased to announce that Ms. Lisa Grayson, a longstanding member of the Complaints Committee, has recently been appointed to be the new Chair of the Complaints Committee. A special thank you to Lisa for her willingness to facilitate the complaints process in a new capacity. I would also like to thank Ms. Edith Daniels, who is our public representative on this committee, for her commitment to ensuring the interest of the public is always protected. Ms. Daniels has stepped down from this committee and we wish her the best of luck in all of her future endeavours.

I would like to thank CDHM for the opportunity to serve on the Complaints Committee. It has been a valuable learning experience and chance to contribute in a unique manner to my profession.

Sincerely,

*Cindy*

Cindy Isaak-Ploegman, RDH, BA, MEd  
On behalf of the Complaints Committee, Lisa Grayson and Edith Daniels





## HR Corner - Donna Dowie

### *Please Don't Take This Personally But...*



“Advice is what we ask for when we already know the answer but wish we didn't.”

— Erica Jong

The lovely springtime season is finally here...A time of re-birth and starting anew. To some, this means a time to spring clean your house and to plant gardens. But what about “spring cleaning” your state of mind? This may be the best resolution to do, for a happier you.

Remember, it is never too late to try to adjust how you think to have a healthier and positive outlook on life. I chose a very sensitive topic that I feel we all must practice to be successful in our professional endeavors and in our private lives; **requesting and accepting constructive feedback.**

Feedback is real facts that are presented from one individual to another to help:

- give advice to another person on their strengths and weaknesses
- provide that other person with further knowledge
- expand self-awareness

The purpose for requesting and receiving feedback is to improve a situation or change a negative behavior to a positive behavior. We receive feedback in all different ways throughout our lives including feedback which is delivered formally and informally. Examples would be an employer giving an annual job performance appraisal, a teacher writing constructive criticism on a term paper, a friend that is sharing life experience advice or even a family member who is providing you direction for your own well-being. Regardless of the circumstances, the aim is to grow and develop to meet a specific, personal objective or an organizational, team goal.

The following are suggestions to keep in mind when receiving constructive feedback from your employer, family or friends:

- Be open and try to listen to what is being said without thinking that the giver isn't being sincere.
- Don't argue. Avoiding arguments can be good practice as it creates an atmosphere to have an open and honest communication flow.
- Embrace the uncomfortableness of the feedback because the awkwardness will dissipate with time and turn into a cycle that becomes second nature. When this method is used properly, it can change your state of mind so that self-reformation can be made.
- Consider listening to feedback as a skill and then embrace practicing this new skill. Ask good, helpful questions in a way that is not argumentative, but receptive. The skill to practicing this is **not to let it become personal and to always consider the bigger picture.**
- Ask for feedback from several sources. This provides great feedback just by learning from other individuals' perspectives.
- Give thanks to the person who took the time to deliver the feedback. A nice gesture would be to find words to show gratitude whether you agree with the feedback or not.

Be certain the receiver and responder know what approaches are to be used to improve the situation or behaviour in a realistic manner. Feedback gives the opportunity to change the conduct, but it is crucial to know what strategies work and don't. The importance in giving and receiving feedback, is that all involved care about the outcome.

Getting less than positive feedback isn't ever going to be easy but it's going to be necessary to being successful and content in all aspects of your personal and professional life.

Sincerely,

*Donna*

Donna Dowie

Administrative Assistant to the Registrar



The University of Manitoba School of Dental Hygiene Alumni Association would like to thank Stephanie Gordon for her support in helping us to promote our recent professional development event held at the Basic Medical Sciences Building, University of Manitoba, April 12th. Ms. Jackie Collins of Gange, Goodman and French law firm, and who serves as legal counsel to the College of Dental Hygienists of Manitoba, spoke on current legal issues in oral health care. Also Professor Arthur Schafer, Director of the Centre for Professional Ethics and Applied Ethics at University of Manitoba, facilitated a session on ethical issues in oral health care practice. Session participants relayed that they were very pleased with their learning experience and expressed an interest in further exploring these topics.

We would also like to thank participants who gave \$150 towards our Baccalaureate Dental Hygiene student poster presentation scholarship. We also especially appreciate Christel-Andrée LeClair of Bodhi Bodyworks and Wellness Studio for her support by donating her massage therapy expertise during our luncheon. We now have \$250 towards our \$500 goal for our scholarship fund.



It is our pleasure to announce that this year's 2014 Alumni of Distinction from the School of Dental Hygiene, University of Manitoba is Sheryl Feller (graduate gold medalist 1970 from the School of Dental Hygiene). Sheryl has contributed significantly to the dental hygiene profession by serving in a teaching capacity at the School of Dental Hygiene and continuing education at University of Manitoba and also through her leadership roles in her community and the business world. Please consider joining us in celebrating Sheryl at the SDH Alumni of Distinction Gala at Fort Garry Hotel on September 19, 2014.

Our association's mandate is threefold: to support the School of Dental Hygiene faculty and students, to provide networking opportunities to alumni and to honor alumni's contributions to the profession and their community. We would appreciate your support of our association by becoming a member. There are four categories of membership: active (alumni of the School of Dental Hygiene, University of Manitoba), affiliate (graduate of another dental hygiene program), student (currently a dental hygiene student), or support (not a dental hygienist, but wish to provide support to our association: dental assistant, dentist, dental receptionist, administrative assistant, sponsor). Fees are only \$25 annually \$10 for students and can be paid by contacting us at [UMSDHAA@outlook.com](mailto:UMSDHAA@outlook.com).

We look forward to meeting you.

Cindy Isaak-Ploegman  
On behalf of the UMSDHAA executive committee

## **\*\*NEW: CLARIFIED PRACTICE HOUR REQUIREMENTS**

The College of Dental Hygienists of Manitoba recognizes that a traditional 40 hour work week in a clinical setting may not always be possible or desirable for its members who hold a practising registration with CDHM. The Board of Assessors undertook the task of developing Guidelines to assist those members who wish to maintain their practising registration but who wish to do so in an alternative method. Post-graduate education and volunteer hours may count towards the currency requirement of practice hours.

The following documents can be found on the CDHM website, <http://www.cdhm.info/legislation-resources/practice-guidelines/>

- Practice Hours (Currency Requirement)
- Using Education Hours Towards the Currency Requirement (Hours of Practice)
- Using Volunteer Hours Towards the Currency Requirement (Hours of Practice)

## **Practice Hours**

### **Why do I need to report hours of practice?**

Recent practice is one of the factors that allows a registered dental hygienist to maintain current practice skills. As per section 9 (1)(d)(i) of *the dental hygienists regulations*, practice hours are a requirement to practice the profession of dental hygiene in Manitoba.

### **How many hours of practice are needed for initial registration or renewal with the CDHM?**

You must have worked 600\* hours in the 3 years immediately prior to the registration year that you apply for registration, unless you have:

- graduated from an accredited dental hygiene educational program within the past 12 months or
- hold a current unrestricted practice certificate from a body with statutory authority to license or regulate dental hygienists in a Canadian jurisdiction other than Manitoba.

### **When do I need to report hours of practice?**

You will be asked to report your hours of practice when you apply for registration and each year after that when you apply for renewal of registration. You must also report hours of practice if you apply to transfer your registration from non-practising to practising.

Hours of practice are considered to be worked hours. Worked hours **include**: paid overtime hours, paid education leave, and worked statutory holiday hours.

Worked hours **exclude**: paid leave such as vacation leave and unworked statutory holidays, lunch break time, unpaid leave of absence, and unpaid sick leave.

### **How do I provide proof of hours of practice?**

When you first apply for registration, you must ask each of your employers in the past three years to send documentation to CDHM that states that you were employed as a registered dental hygienist and specifies the number of hours that you worked. For annual renewal of registration, you will be asked to report the number of hours you have worked in the past year.

### **Can I count hours of volunteer work towards the currency requirement?**

Not for initial registration, but you may be able to use volunteer hours to meet the currency requirement for annual renewal of registration. To be eligible, volunteer hours must:

- be pre-approved by CDHM
- clearly be the practice of dental hygiene and
- be recognized as such by both the employer (supervisor) and the clients

A formal log of volunteer hours, signed by the employer/supervisor, must be submitted to CDHM. See "Using Volunteer Hours towards the Currency Requirement Fact Sheet" for more information.

## Identification of and Intervention in Post-Partum

As members may be aware, a case last summer of serious post-partum depression resulted in a tragic outcome in the death of a mother and 2 children. Just before Christmas, the Chief Medical Examiner referred this matter to the College of Physicians and Surgeons of Manitoba and after careful consideration it became apparent that all health care professionals need to be aware of the identification and intervention in post-partum depression.

In discussion with the Manitoba Alliance of Health Regulatory Colleges, the Winnipeg Regional Health Authority, the Mood Disorders Association, The College of Registered Psychiatric Nurses of Manitoba and the College of Registered Nurses of Manitoba, The College of Physicians and Surgeons created a similar notice as follows:

It is important that all registered dental hygienists be aware of the insidious nature of post-partum depression. The following internet links present various materials that registered dental hygienists may provide to their clients. It is very important that all registered dental hygienists be aware of the potentially tragic results that can occur when a mother who has serious post-partum depression slips through the cracks or intervention is not started early enough. Post-partum depression may become a serious life threatening illness.

### **Please read the following material and consider it carefully:**

#### **Key Messages on Post-Partum Mental Health Awareness for Health Care Regulatory Colleges**

##### **Goals**

1. To create awareness amongst health care professionals about post-partum mental health.
2. To stress the importance of early recognition of symptoms of post-partum depression, anxiety and psychosis.
3. To support health care professionals in finding the tools and resources needed to best serve their patients.

##### **Key Messages**

1. Attention to perinatal and post-partum mental health is crucial to the well-being of both mother and child.
2. Awareness and early recognition is essential because postpartum mental health issues can be silent. Helpful treatment options include counselling, medication and support.
3. Health care professionals must work together to provide comprehensive care to women and children during the perinatal and post-partum periods.



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## Identification of and Intervention in Post-Partum Depression, continued...

4. You can find resources to support your practice in the following places:
  - WRHA Perinatal Quick Reference Guide for Health Care Providers: [http://www.wrha.mb.ca/healthinfo/prohealth/files/MentalHealth\\_Perinatal.pdf](http://www.wrha.mb.ca/healthinfo/prohealth/files/MentalHealth_Perinatal.pdf)
  - Mental Health Resource Guide for Winnipeg: [www.cmhawpg.mb.ca/resources.htm](http://www.cmhawpg.mb.ca/resources.htm)
  - Fact sheet for public education on postpartum depression: [www.heretohelp.bc.ca/publications/factsheets/postpartum](http://www.heretohelp.bc.ca/publications/factsheets/postpartum)
  - Fact sheet for public education on postpartum depression: [www.heretohelp.bc.ca/publications/factsheets/postpartum](http://www.heretohelp.bc.ca/publications/factsheets/postpartum)
  - Culture of Wellbeing: Guide to Mental Health Resources for First Nations, Metis and Inuit People of Winnipeg [www.wrha.mb.ca/aboriginalhealth/services/resources.php](http://www.wrha.mb.ca/aboriginalhealth/services/resources.php)
  - [www.postpartum.org](http://www.postpartum.org)
  - [www.postpartum.net](http://www.postpartum.net)
  - Women's Health Clinic (204) 947-1517
  
5. Crisis resources are available in the following places:
  - Crisis Services: <http://www.gov.mb.ca/healthyliving/mh/crisis.html>

This document has been adapted with permission from the College of Physicians and Surgeons of Manitoba. Mr. R. Guse, Registrar of the College of Pharmacists of Manitoba, was as a key advisor in the creation of this article.

## ORAL ANAESTHETIC, RESTORATIVE AND ORTHODONTIC ROSTER ALERT!!!

As per Section 2 of the *Dental Hygienists Regulations*, it is a requirement that all members of the College of Dental Hygienists of Manitoba apply to be added to rosters and registry with their regulatory body if the RDH has completed approved additional courses/modules. It is not sufficient for a member to just complete the approved additional courses/modules; s/he must apply to be approved on the applicable rosters with the CDHM. This is specific to: oral anaesthetic, orthodontic and restorative modules. Members who practice any of these new skill and who are not on the applicable rosters with the CDHM will be referred to the Complaints Committee.

Also, once a member reaches 3000 practice hours s/he may apply to be on the extended practice roster.

All additional courses/modules' declarations are reviewed by the Board of Assessors. (BOAs). If the BOAs deems that the member has met the requirements to be on the roster that s/he applied for, this skill will be approved by the BOAs and will then be added to the member's CDHM file as well as being added to the registry located on the CDHM website at: <http://www.cdhm.info/college-registers/register-of-dental-hygienists-practising/>

Please refer to our website at: <http://www.cdhm.info/registration-renewal/declarations/> for a description on how to apply to these rosters.



## Practice Hours (Currency Requirement), continued...

### If I am doing post-graduate studies, can I remain current without working?

If your course of study is directly related to dental hygiene, you will be able to get credit for some of the hours of study. To be eligible to count the hours, you must be on the CDHM Register of Practising Members while you are completing your education. Contact CDHM to determine if your course of study can be counted and for details on how to calculate hours. See "Using Education Hours towards the Currency Requirement Fact Sheet" at [www.cdhm.info](http://www.cdhm.info) for more information.

### What happens if I have not worked 600 hours in the past 3 years?

You may be required to complete a competency assessment that will allow you to demonstrate that you have the essential competencies of practice. Alternatively, the Board of Assessors has the authority to decide the outcome of each applicant/registrant on a case by case basis when the hour requirement is not met.

For more information, please contact CDHM at (204) 219-2678 or by email at [cdhm@cdhm.info](mailto:cdhm@cdhm.info)

Visit [www.cdhm.info](http://www.cdhm.info) for more information regarding the use of volunteer and education hours towards the currency requirement.

## MDHA Update

Hello! It is so nice to see that summer may finally be here!

I would like to take this opportunity to thank all of the MDHA members who attended the Annual Business with Breakfast meeting at the MDA Convention on January 24, 2014. It's always so nice to see so many familiar faces at our professional gatherings.

Our next gathering will be at our Annual General Meeting at the Victoria Inn, 1808 Wellington Avenue, Winnipeg on June 7, 2014. We are very excited to announce our keynote speaker; dental therapist, Sherri Scott. Sherri is the Acting Preventive Programs Coordinator of the First Nations and Inuit Health Branch with Health Canada. She will be speaking on various Oral Health Preventive Services, and her experience working with First Nation communities.

The doors will be open at 9 a.m. for sign in and mingling and breakfast will be served shortly after we begin the meeting. Registration is currently open and can be completed by contacting the MDHA office at [info@mdha.ca](mailto:info@mdha.ca) or (204) 981-7327.

I hope to see you all at our AGM on June 7, 2014!

Sincerely,

*Stephanie*

Stephanie Champagne, RDH  
MDHA President 2013-2014

### Top 5 Reasons to Join the

## Manitoba Dental Hygienists Association



Manitoba  
Dental  
Hygienists  
Association

Find out more!  
[www.mdha.ca](http://www.mdha.ca)

email: [info@mdha.ca](mailto:info@mdha.ca)  
[www.cdha.ca](http://www.cdha.ca)

1. **Reduced Fees on CE courses**
2. **Professional Updates & Communications**
3. **Membership has it's Benefits\***
4. **Stay Connected with Alumni**
5. **Give back to your Profession & Community**

\*Members have access to a comprehensive insurance program, designed specifically for hygienists, plus our growing partner discount with savings on technology, uniforms, personal & auto insurance and much more!

**Congratulations to the University of Manitoba School of  
Dental Hygiene Class of 2014!**



**A Fond Farewell to Dr. Joanna Asadoorian, the Director of the School of Dental Hygiene, (left photo: Dr. Joanna Asadoorian and Stephanie Gordon) (right photo: Dr. Joanna Asadoorian and Dr. Doug Brothwell)**



**CDHM Voice Messaging System**

When trying to reach our office, please leave a voicemail for the appropriate person/department.

We have 3 options in our voicemail system:

- General Mailbox-General inquiries and registration questions
- Registrar/Executive Director-Stephanie Gordon
- Continuing Competency Program Coordinator-Sheryl Slosower



**College of Dental Hygienists of Manitoba  
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Fax: 204-219-2679**

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Website: [www.cdhm.info](http://www.cdhm.info)  
Office Hours:  
Monday-Thursday, 9:00am-4:00pm**