



COLLEGE OF
DENTAL HYGIENISTS
OF MANITOBA

CONTINUING COMPETENCY PROGRAM – ACTIVITY CATEGORIES

July 2023

The CDHM Continuing Competency Program is an annual requirement of registration, as set forth in The Dental Hygienists Act. The objectives of the program include demonstrating an ability to self-reflect and assess ones' own learning needs, and to engage in evidence-based decision-making and client centred care.

CDHM CONTINUING COMPETENCY PROGRAM – Activity Categories

The CDHM Continuing Competency Program has six (6) activity categories. Registrants select activities that will enhance their individual dental hygiene practice and reflect self-assessed practice needs.

Activity categories include:

1. Reading a peer-reviewed journal article or dental hygiene textbook chapter (max. 2 hours per activity)

- This category will require a short (approx. 150-300 words) reflection, e.g., *Describe an example of what you learned from this activity; Of the knowledge/skills attained from this activity, provide an example of how this applies to your practice.*

2. Dental Hygiene Course/Lecture/Session/Workshop

- This category will require either uploading a Certificate of Completion/Attendance or Transcript OR providing a short (approx. 150-300 words) reflection.

3. Volunteerism (max. 4 hours per submission)

- This category will require a short (approx. 150-300 words) reflection, e.g., *Reflect on your volunteer experience and comment on how it has contributed to your professional growth as a dental hygienist.*

4. Professional AGM (max. 1 hour per submission)

- This category will require a short (approx. 150-300 words) Reflection, e.g., *What valuable information did you take away from this meeting?*

5. Indigenous Cultural Sensitivity Training

- This category includes either uploading a Certificate of Completion/Attendance or Transcript or providing a short (approx. 150-300 words) reflection.

6. Pre-Approved (hours determined on an individual basis)

- This category includes academic research, publications, etc. and requires a short (approx. 150-300 words) summary, e.g., *the knowledge/skills expected to be gained, and how they relate to your dental hygiene practice.*

If you are considering a dental hygiene Continuing Competency activity and are not sure which category would be appropriate, please contact the College office for assistance or complete and submit a CCP Pre-Approval Form to cdhm@cdhm.info.