Are You Ready for a Medical Emergency in Your Practice?

It’s Grade Three and you are just about ready for lunch. The fire alarm blasts and you struggle to remember what to do. When you hear the alarm questions flood your mind: Is this for real? Why do we have to have this? Who cares? Who is in charge? What should I do? Will it happen again?

Now look beyond elementary school and imagine a medical emergency situation in your dental hygiene practice setting. The same questions might apply but you, not the teacher, are now the person responsible for an immediate response. You must know what to do in the event of an emergency in your practice. A life could depend on it.

This article challenges you to consider your professional responsibilities regarding medical emergencies. “What competencies (knowledge, skills, attitude and judgement) do I need to safely and effectively handle medical emergencies?”
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“Governance is the process whereby societies or organizations make important decisions, determine whom they involve and how they render account.”

Tim Plumptre, Founder, Institute On Governance

CRDHA’s primary responsibility is to govern the dental hygienists profession in a manner that protects the public. The governing body of the CRDHA is the Council. At this time of year my thoughts turn to the election of CRDHA Councillors and the CRDHA Annual General Meeting (AGM) to be held on May 3, 2008 in Calgary. I am pleased that several regulated members have put their names forward to be considered for election to CRDHA Council. On behalf of the CRDHA, I thank each of them for demonstrating their interest and offering their knowledge, experience and commitment to serve their profession. I encourage every CRDHA member to return your election ballot which must be received by closing April 30, 2008. Election results will be announced at the AGM.

During my years as a Councillor and two years as President I have learned a lot about governance; the College’s duty to serve the public interest; and the value of the Council speaking with one voice.

The Health Professions Act (the HPA), Part 1, 3(1) states that the role of a college is to:

(a) carry out its activities and govern its regulated members in a manner that protects and serves the public interest,

(b) provide direction to, and regulate the practice of the regulated profession by its regulated members,

(c) establish, maintain and enforce standards for registration and continuing competence and standards of practice of the regulated profession, establish, maintain and enforce a code of ethics and

(d) carry on the activities of the college and perform other duties and functions by the exercise of the powers conferred by this act.”

The HPA also requires that twenty-five per cent of the members of a college council be drawn from the public. I am grateful for the contribution of our public members and the broad perspective they bring to our meetings. Debbie Hubbard and Jean Fraser have served three years as public members and we were pleased to receive notice of their reappointment last fall. Arlaine Monaghan was appointed as our third public member in November 2007.

Come to the Annual General Meeting to meet your Council and to learn more about the governance of the CRDHA. See you in Calgary!
Medical Emergencies and the Dental Hygiene Process of Care

The Dental Hygiene Process of Care can be used as a model to address medical emergencies in your practice setting. This article considers medical emergencies using the ADPIE (Assessment, Diagnosis, Planning, Implementation and Evaluation) model used in the CRDHA Practice Standards and Self-Assessment package. Other models like PARTS (Problem, Assessment, Prescription, Treatment, Strategy) or SOAPIE (Subjective data, Objective data, Assessment, Plan, Intervention, Evaluation) could also be used.

Consider the following scenario:

A registered dental hygienist (RDH Blue) has recently been employed at ABC Dental Centre owned and operated by Dr. Purple. Staffing consists of one other registered dental hygienist (RDH Violet) two dental assistants (RDA Green and RDA Orange) and the receptionist, (Receptionist Yellow). During RDH Blue’s orientation to the practice RDH Blue asks RDH Violet about ABC Dental Centre’s protocol for medical emergencies.

When RDH Violet reaches for the office policy manual she remembers that the medical emergencies section is outdated and that updating it is on the “To Do” list, so she approaches Dr. Purple about revising it. Dr. Purple agrees that this is a valid concern and asks RDH Violet to look after it. Dr. Purple says they have been fortunate so far that they have not experienced a medical emergency in the practice and asks the staff to cooperate with RDH Violet.

RDH Violet meets with the staff and Dr. Purple and they agree that a medical emergency plan will help reduce the risk of harm to their clients and reduce their risk for liability. RDH Violet and RDH Blue both recognize that although Dr. Purple owns the practice, the registered dental hygienists are responsible for the care they provide to clients and in the event of an emergency they must respond appropriately.

Practice Standards

Practice Standards address professional responsibilities in the context of the Dental Hygiene Process of Care. Specifically, CRDHA Practice Standards indicate that a dental hygienist will:

1.19. Respond to emergency situations.

1.20. Ensure that emergency care is available by:

1.20.1. Establishing or knowing the practice setting’s emergency protocols.

(a). These protocols must have regard to any guidelines for the type of care provided in the practice setting (e.g. if nitrous oxide/oxygen conscious sedation is provided, the guidelines in CRDHA Guidelines for Prescribing and Administering Nitrous Oxide/Oxygen Conscious Sedation in Dental Hygiene Practice must be considered.)

1.20.2. Supplying or knowing the location of emergency cart or kit.

If you need a current copy of CRDHA Practice Standards, go to www.crdha.ca » CRDHA Members » Registrants Handbook or contact the CRDHA office.
Assessment

During the assessment phase, RDH Violet, the rest of the staff and Dr. Purple considered these questions about medical emergencies:

• What are the knowledge levels of personnel in our office? Does everyone know how to use the emergency equipment? How confident are we with our abilities to handle a medical emergency?

• Who do we treat? What sort of medical emergencies could we encounter? What special needs might we encounter?

• What medical emergencies were encountered in the past? How did personnel in the office respond?

• How well is the facility equipped to provide emergency support services? What medical emergency equipment, supplies and resources are available? Are these up to date and functional?

• What is the physical layout of the office? What challenges, if any, does the physical layout present when dealing with medical emergencies?

• How well are we meeting our legal/ethical responsibilities regarding medical emergencies?

• Where could we improve?

Assessment Example:
Staff provided the following information to RDH Violet:

• Written office policies and procedures regarding medical emergencies are not current.

• Emergency equipment has not been tested or updated.

• A medical emergency drill to include new staff has not occurred in the past year.

• An automatic external defibrillator is available in the office.

• Emergency telephone numbers are posted by each telephone.

• The registered dental hygienists have current CPR for health care providers, including education in the use of the Automatic External Defibrillator and Bag Valve Mask.

Diagnosis

Diagnosis is defined as “a means to identify the nature or cause of something, especially a problem or fault.” (Encarta dictionary).

Diagnosis Example:
Dr. Purple and RDH Violet analyzed and interpreted the data from the assessment and formulated a diagnosis which became the foundation for the planning, implementation and evaluation of the medical emergencies protocols at ABC Dental Centre. Following are the needs related to medical emergencies in this office that had the highest priority:

• Updated written medical emergency policies and procedures specific to this office are needed.

• Staff has not practiced a medical emergency drill in past year. This drill is needed.

• Emergency equipment has not been routinely tested and some of the drugs in the emergency kit are outdated. There is a need for testing equipment and replacement of outdated drugs.

Planning

RDH Violet proposed a plan that was developed using information from Dr. S. Malamed, an expert on medical emergencies in the dental offices. He suggests an accessible emergency kit, staff training, a team approach, and practice drills to keep the facility ready for any medical emergency.*

They created the following goals and actions that were specific, measurable, attainable, realistic and timely and which allowed them to select interventions to address the needs. All personnel were involved in the planning process and other professionals were consulted. Evaluation methods were also included as part of a plan. Dr. Purple and the staff agreed on the following plan using the assessment data and diagnosis. (see next page)

Dr. Purple and the staff agreed on the following plan:

Planning Example:

**Need 1:** Written medical emergency policies and procedures specific to this office are needed.

<table>
<thead>
<tr>
<th>Goal and Actions</th>
<th>Timeline</th>
<th>Person responsible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal 1: Develop a policy and procedures document based on current research</td>
<td>3 months</td>
<td>RDH Violet coordinates the project and works with other staff</td>
</tr>
<tr>
<td>Action: Purchase Dr. S Malamed’s DVD Medical Emergencies</td>
<td>1 week</td>
<td>RDA Green</td>
</tr>
<tr>
<td>Action: Staff watch DVD</td>
<td>1 month</td>
<td>Each individual</td>
</tr>
<tr>
<td>Action: Staff discuss how content of course can be applied to ABC Dental Centre</td>
<td>2 months</td>
<td>RDH Violet leads discussion</td>
</tr>
<tr>
<td>Action: Compile and type the policies</td>
<td>2.5 months</td>
<td>Receptionist Yellow</td>
</tr>
</tbody>
</table>

**Need 2:** Staff has not practiced a medical emergency drill in past year. This drill is needed.

<table>
<thead>
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<th>Goal and Actions</th>
<th>Timeline</th>
<th>Person responsible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal 2: All staff will participate in an in-office workshop and drill which will be facilitated by an outside resource person.</td>
<td>4 months</td>
<td>Dr. Purple coordinates</td>
</tr>
<tr>
<td>Action: Contact the facilitator and organize the workshop</td>
<td>2 months</td>
<td>Dr. Purple coordinates</td>
</tr>
</tbody>
</table>

**Needs 3 and 4:** Emergency equipment has not been routinely tested and some of the drugs in the emergency kit are outdated. There is a need for testing equipment and replacement of outdated drugs.

<table>
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<th>Timeline</th>
<th>Person responsible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal 3 and 4: Ensure that all emergency equipment is tested and drugs in the emergency kit are current</td>
<td>1 month</td>
<td>RDA Orange coordinates</td>
</tr>
<tr>
<td>Action: Test the oxygen machine. Contact supplier to arrange for on-site inspection and calibration of the machine</td>
<td>1 week</td>
<td>RDA Orange</td>
</tr>
<tr>
<td>Action: Replace emergency drugs</td>
<td>1 week</td>
<td>Dr. Purple</td>
</tr>
<tr>
<td>Action: Develop equipment maintenance schedule and logbook</td>
<td>1 month</td>
<td>RDA Green</td>
</tr>
</tbody>
</table>
Implementation

The plan which includes educational, consultative and preventive services in order to achieve the specific goals was put into action. The implementation process was broken down into smaller prioritized steps. When the plan was put into place, each staff member had a role to play, actions to complete and was accountable to Dr. Purple, the employer, for follow through.

Implementation Example:

Implementation of Goal 1

• Each staff member viewed the DVD individually or with a co-worker.
• Staff provided written feedback to RDH Violet about questions they had from the DVD and suggestions about how to customize the content to ABC Dental Centre.
• RDH Violet and RDH Blue developed draft policies with Dr. Purple’s input.
• Receptionist Yellow typed, formatted and printed the approved policies and organized them into a binder.

Implementation of Goal 2

• Dr. Purple consulted with Dr. Black, a colleague who has specialized education in medical emergencies, to ask him to present a full day education event. Receptionist Yellow made the arrangements with Dr. Black.
• All staff attended the full day education event.

Implementation of Goals 3 and 4

• RDA Orange and RDA Green worked together on the maintenance side of the project by getting the equipment checked and setting up the maintenance schedule.

Evaluation

The staff was involved in evaluation of the implemented plan to determine the extent to which the goals were attained, to provide recommendations in regard to the future steps, and to evaluate their own professional competence. Staff met after the all day workshop to talk about the experience. The evaluation is ongoing and based on the following questions:

Evaluation Example:

Evaluation of Goal 1

• Were updated medical emergencies policies written within 3 months? If so, how effective are they?
• What, if any, revisions should be made to the policies?

Evaluation of Goal 2

• Did a medical emergency drill based on the policies and procedures occur?
• How beneficial was the drill for the staff? Any suggestions for improvement?
• How confident are the staff members and Dr. Purple now with handling medical emergencies?
• How frequently should medical emergency drills be held? 3 months? 6 months?

Evaluation of Goal 3

• Are any additional equipment or supplies necessary?
• Is the maintenance schedule being adhered to?

Prevention of Emergencies

Oral health care providers must be completely familiar with each patient’s (client’s) comprehensive Health History and current condition to provide care safely and prevent harm.

The most important aspect of preventing a life-threatening emergency may just be in knowing all potential risks, taking precautionary steps, and preparing for the worst case scenario.

www.adha.org/CE_courses/course2/preventing_emergencies.htm
Medical Emergency Kit

It is not necessary for the oral health practice to have the drugs, equipment and skill found in an emergency room, but it is necessary to have available all equipment that a reasonably prudent person would be expected to need and use in the type of practice carried out in a particular facility.

In the book, *Medical Emergencies in the Dental Office*, Malamed states that the emergency kit need not be complicated since drugs are not necessary for immediate treatment of most emergencies. Malamed advises, that when one is in doubt, never medicate.1 One should remember that the primary management of all medical emergencies is Basic Life Support.

Alberta legislation does not provide specific recommendations regarding emergency drugs and equipment that must be available in your on-site emergency kit.

“Drugs in your emergency kit should only be in dosage forms that you are comfortable with and competent to administer. Typical routes of administration for these drugs include oral (ASA), inhalation (salbutamol), and subcutaneous (epinephrine). Sublingual administration may be used for situations such as angina (nitroglycerin) or anaphylaxis (epinephrine).”

Specialty groups, such as the American Dental Society of Anaesthesiology have instituted guidelines for the use of sedation and general anaesthesia, which does dictate the emergency drugs that must be readily available if sedation or general anaesthesia is utilized in your practice. Additionally, the Alberta Dental Association and College has published guidelines and recommendations for emergency kit items for all modalities of sedation and general anesthesia (2000)3. The CRDHA has published guidelines and recommendations specifically for Prescribing and Administering Nitrous Oxide/Oxygen Conscious Sedation in Dental Hygiene Practice.4

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2. College of Registered Dental Hygienists of Alberta: CRHDA Elements of Prescribing: A Pharmacy Refresher Course for Dental Hygienists, Draft March, 2008)
4. College of Registered Dental Hygienists of Alberta: CRDHA Guidelines for Prescribing and Administering Nitrous Oxide / Oxygen Conscious Sedation in the Dental Hygiene Practice (CRDHA 2007)
Learn More About Medical Emergencies

In person courses

CRDHA Annual Continuing Competence Event
May 1-3, 2008 includes a session on:

Health History and Medical Emergency Risk Management
The health history review is considered the most important exercise to identify risks during provision of oral healthcare services and to prevent a medical emergency during treatment. Interpretation of vital sign measurements plays a significant role in identifying potential medical risks during treatment. This course will discuss clinical implications for a variety of questions that appear on a health history.

Contact: CRDHA (780) 465-1756
www.crdha.ca

Jasper Dental Congress
May 24, 2008 includes a session on:

Medical Emergencies in the Dental Office/What Do You Do When Your Patient Turns Blue?
Someone unconscious on your waiting room floor does not have “syncope” written on their forehead; the discussion will follow the format of emergency case presentations and what every office should know to do, what they should have on hand, and when to call for help.

Contact: ADA&C (780) 432-1012
www.abda.ab.ca

On-line Courses

American Dental Hygienists Association
www.adha.org/CE_courses/course2/index.html

On-line Courses

Medical Emergencies in the Oral Health Care Setting
The purpose of this continuing education course is to provide an overview review of the prevention, recognition, and management of the medical emergencies most likely to occur in the dental office.

DVD

Dr. Stanley Malamed
www.healthfirst.com/ProductDetails.aspx?productId=5

Emergency Training DVD
This is an Interactive DVD directed and narrated by Dr. Stanley Malamed.

Print

Medical Emergencies in the Dental Office (Paperback)
Dr. Stanley Malamed
A Mosby Title; 6 edition (Feb 20 2007)
This full-color text prepares dental professionals to promptly and proactively recognize and manage medical emergencies that may occur in the dental office. It details how to anticipate potential emergencies and what resources must be on hand to deal effectively with these situations. The book is arranged in eight sections concentrating on topics such as prevention of emergencies through patient evaluation (medical history) and specific types of more common emergencies that practitioners may encounter.

metlife Quality Resource Guide

Medical Emergencies: Preparation & Management
This resource developed by Stanley Malamed, DDS, addresses how to prepare a dental office, the assignment of responsibilities to various members of the dental team and the essential drugs and equipment that should be readily available to manage emergency situations.

Dental Hygiene: Theory and Practice Darby and Walsh
Michele Darby and Margaret Walsh, A Saunders Title; 2 edition (Jul 29 2003)
This is an all-encompassing dental hygiene text helps readers not only master clinical skills, but also review the theory behind the dental hygiene care process. It guides the reader through the dental hygiene care process based on the human needs model, beginning with foundational information, addressing all aspects of client care, including individuals with special needs - and concluding with leadership and management roles of a dental hygienist.
Message from the registrar

Reporting Blood Borne Infections to the CRDHA

All health care workers with a history of human immunodeficiency virus (HIV), hepatitis B virus (HBV) or hepatitis C virus (HCV) positivity have an ethical obligation to report to their professional regulatory authority for referral to the Provincial Expert Review Panel if they perform any exposure-prone procedures. Exposure-prone procedures performed by dental hygienists include scaling, root planing and injection of local anaesthesia.

Access to the Provincial Expert Review Panel is through referral from a health care worker’s regulatory authority.

Registered dental hygienists who have tested positively to HIV, HBV or HCV should contact the CRDHA Registrar, Brenda Walker, in person or by telephone at 1-877-465-1756 for further information and referral to the Expert Review Panel.

General Notice
Practicing in Alberta when registration is cancelled is professional misconduct and a breach of the Health Professions Act subject to sanctions by the hearing tribunal, including fines. The Crown can also prosecute for breaches of the Act and impose fines for violation of the Act.

Notice of Cancellation of Registration and Practice Permit
The registration and practice permits of the following individuals have been cancelled in accordance with section 43(1) of the Health Professions Act for failure to apply for a practice permit and default in payment of any applicable fees or assessments under the Act. These individuals are no longer authorized to practice dental hygiene in the Province of Alberta.

2501 Breedon, Tyna Mary North Bay, ON
0059 Caine, Janey Lynn Crossfield, AB
2042 Cranston, Kelly Anne Canmore, AB
0781 De Mars, Donna Redwood Meadows, AB
2484 Gardinetti, Melissa Edmonton, AB
2340 Gregson, Shaun Edward Vancouver, BC
2388 Hall, Jenna Marie Calgary, AB
2287 Kaufmann, Desiree Lynn Fort McMurray, AB
1466 MacArthur, Susan Jane Wheatley River, PE
2150 Martens, Mandy Dawn Edmonton, AB
1418 Oppenheim, Jennifer Lynlee Calgary, AB
2363 Quinlan, Jessica Lynn Calgary, AB
1839 Ritchie, Tonda Marie Edmonton, AB
1116 White, Darby Spruce Grove, AB

Notice of Cancellation of Non-Regulated Membership
In accordance with section 8.8.1 of the CRDHA Bylaws, the following individuals have been cancelled from the non-regulated member register for failure to submit an application for renewal of membership. As a non-regulated member, these individuals were not authorized to practice dental hygiene in Alberta.

2062 Collins, Janelle Vancouver, BC
1937 Demers, Io Whitehorse, YT
0883 Elson, Solomon D. Morinville, AB
0251 Lautar, Charla J. Carbondale, IL, USA
2000 Leavitt, Emily Catherine Coquitlam, BC
2170 Lucan, Jessica Dawn Sarnia, ON
2321 MacLeod, Brenda Lee Vancouver, BC
1797 Murzello, Valerie F. Toronto, ON
1845 Reimer, Deborah Mae Kelowna, BC
Notice of Cancellation of Registration and Practice Permit on Request

In accordance with section 43(5) of the Health Professions Act, the registration and practice permits of the following individuals have been cancelled at their own request. These individuals are no longer authorized to practice dental hygiene in the Province of Alberta.

| 2179 | Ambrozaitis, Judith | Mississauga, ON |
| 0585 | Birch, Sharon | Calgary, AB |
| 1482 | Block, Jennifer | Kamloops, BC |
| 2093 | Boruah, Partha Pratim | Calgary, AB |
| 0784 | Carter, Linda | Newmarket, ON |
| 1703 | Clow, Lana Dawn | Cornwall, PE |
| 1130 | Dahlseide, Paulette Marie | Cold Lake, AB |
| 1800 | England, Dawn Marlea | Red Deer, AB |
| 2328 | Evans, Joanne Lynn | Edmonton, AB |
| 2123 | Fellner, Janine Tanace | Bengough, SK |
| 2436 | Feltham, Arnie Elizabeth | Calgary, AB |
| 1273 | Greenlaw, Kelly Lyn | Glen Haven, NS |
| 0859 | Hamilton, Germaine J. | Westbank, BC |
| 1212 | Heggie, Tamara Lynn | Cardston, AB |
| 0704 | Hilland, Teresa C. | Calgary, AB |
| 1982 | Hoffman, Stephanie Anna | Coldstream, BC |
| 2408 | Leonard, Daniellle Rene | Parkhill, ON |
| 2138 | Linderman, Andrea Jacqueline | Rossland, BC |
| 2458 | MacKay, Hayley Elizabeth | Nelson, BC |
| 2235 | MacLachlan, Lori Rae | Grande Prairie, AB |
| 2390 | Maksymiw, Jamie Grace | Regina, SK |
| 1179 | Moore, Marilyn E. | Calgary, AB |
| 2550 | Munch, Dallas | Dawson Creek, BC |
| 1691 | Navarro, Sandra Paola | Winnipeg, MB |
| 2334 | Nguyen, Elizabeth | Richmond, BC |
| 0900 | Nix, Carol A. | Belleville, ON |
| 0441 | Spiller, Lori-Anne | Calgary, AB |
| 1930 | Tax, John Peter | Bowmanville, ON |
| 1174 | Testa, Megan Mercedes | Beaumont, AB |

Notice of Cancellation of Non-Regulated Membership on Request

In accordance with section 6.3 of the CRDHA Bylaws, the following individuals have been cancelled from the non-regulated member register at their own request. As a non-regulated member, these individuals were not authorized to practice dental hygiene in Alberta.

| 1195 | Barbeau, Catharine C. | Calgary, AB |
| 2035 | Brush, Allison Margaret | Langley, BC |
| 0642 | Burns, Sharon | Chilliwack, BC |
| 1882 | Chibry, Michelle Ann | Okotoks, AB |
| 0908 | Davidson, Roma | Sardis, BC |
| 2144 | Dickson, Alisyn Rae | Salt Lake City, UT, USA |
| 1234 | Dubois, Josee Marie | St-JeanSurRicheLieu, PQ |
| 1713 | Goodman, Jade | Eagle Mountain, UT, USA |
| 2038 | Gumina, Emily Patricia | Baden, Switzerland |
| 0724 | Harding, Sara Jane | Bridgewater, NS |
| 1223 | Hung, Frances | Menomonee Falls, WI, USA |
| 1754 | Lowe, Sharlene Frances | Kelowna, BC |
| 0933 | McCaig, M. Linda | Regina, SK |
| 0898 | Mitchell, Carol Lee | Alexandria, VA, USA |
| 0309 | Murray, Bea I. | St. Albert, AB |
| 1880 | Pelletier, Rolanda Jalyynn | Lorette, MB |
| 1948 | Savard, Caroline | Alouette, PQ |
| 1030 | Shillabeer, Kelly Lorraine | Westerose, AB |
| 1881 | Skelton, Nichole Marie | Lethbridge, AB |
| 1131 | Sommer, Leann | Spruce Grove, AB |
| 1373 | Zuback, Penne Jilane | Luzern, Switzerland |
Notice Board

The Fund For Dentistry

General Information
A major role of THE FUND FOR DENTISTRY is to stimulate and support research by the profession at large. All dental and related personnel involved in oral health services or education are eligible to apply for research funding. The intent is to support research in Alberta, whether in private practice, the universities or other appropriate centers. Research proposals may be basic or applied in nature and will be evaluated by the Allocations and Management Subcommittee of THE FUND FOR DENTISTRY.

For more information on applying for research funding in connection with THE FUND FOR DENTISTRY, contact Ms. Pat LaPointe, Department of Dentistry, University of Alberta, Edmonton, AB T6G 2N8; phone 492-8041; or Email plapoint@ualberta.ca

The deadline for application is October 15, 2008.

Client Resources
Proctor and Gamble: Scientific American
www.dentalcare.com/soap/products/index_promotion_sa.htm
Enjoy this special supplement of Scientific American compliments of Crest and Oral-B. It’s a first step on the journey as they work together to uncover the most important and factual information there is regarding the important role good oral health can play in achieving whole body wellness. This supplement includes explicit graphics to illustrate the relationship between oral health systemic health.

Practice Resources
Proctor and Gamble
www.dentalcare.com/soap/products/index_promotion_sa.htm
These resources while not eligible for CRDHA Continuing Competence Program Credit provide tools that you could adapt for use in your practice.
Be aware that some of the references are to USA legislation.

Alberta Milk

Snacks for a Healthy Smile and Child
Provides information about the importance of snacks and their relationship to dental health. It includes ideas for nutritious snacks that help promote healthy teeth.

The CRDHA has partnered with Alberta Milk to develop a new snack brochure that emphasizes dental health. The new brochure titled “Snacks – for a healthy smile and child” is written for parents, to help them make good snack choices for their children. It is also a great resource for dental professionals to hand out in their offices or at school visits.

Here is an overview. Children need energy and nutrients for proper growth and development. They need to eat more often than adults – about every two or three hours. Snacks are like mini-meals that help them meet their nutritional needs, but some snacks are better choices than others for children’s teeth. Snacks that are high in sugar can cause cavities, especially if they stick to teeth or are eaten too often. This brochure provides guidelines for making healthy snack food choices.

Choosing nutritious snacks, limiting sweets and sugary food, and proper dental care will help to ensure a healthy smile and child!

A limited supply of the brochures is available from the CRDHA office. More copies can be ordered directly from Alberta Milk.
www.albertamilk.com/nutritioneducation/_pdf/23920%20ABMilk%20NutCat.pdf
1-877-361-1231 (toll free in Alberta)
Continuing Competence

In Person Learning Opportunities

April 12, 2008

CALGARY
CRDHA Self Assessment Workshops
University of Calgary, MacEwan Ballroom
Contact: CRDHA office
1-877-465-1756

April 18, 2008

EDMONTON
CALGARY
Calgary and District Dental Society
Annual Mini-Lectures and Exhibit Day
Contact: CDDS
(403) 239-1465
e-mail: cdds@telus.net

April 19, 2008

EDMONTON
CRDHA Self Assessment Workshops
Sherwood Hotel and Conference Centre, Sherwood Park, AB
Contact: CRDHA office
1-877-465-1756

May 1 - 3, 2008

EDMONTON
IV Sedation – Session III - Registration Deadline – December 3, 2007
Contact: U of A Dept of Dentistry Con. Ed.
Trish (780) 492-5391

May 1, 2 & 3, 2008

CALGARY
CRDHA ACC Event
Building a Culture of Safety
Contact: CRDHA office
1-877-465-1756

May 3, 2008

CALGARY
CRDHA Annual General Meeting
Contact: CRDHA Office
1-877-465-1756

May 14, 2008

EDMONTON
Ortho Theory Exam - Registration Deadline – February 14, 2008
Contact: U of A Dept of Dentistry Con. Ed.
Trish (780) 492-5391

May 24 - 26, 2008

JASPER
Jasper Dental Congress
Contact: ADA&C office
(780) 432-1012

May 30 - June 1, 2008

EDMONTON
Ortho Clinical - Registration deadline – May 16, 2008
Contact: U of A Dept of Dentistry Con. Ed.
Trish (780) 492-5391

May 30 - June 1, 2008

HALIFAX
Canadian Association of Public Health Dentistry
Halifax, Nova Scotia
www.caphd-acsd.org/AGM-

June 9 - 12, 2008

EDMONTON
Dental Hygiene Clinical Refresher Course
for more information
Contact: U of A Dental Hygiene Program
(780) 492-4479

June 14, 2008

EDMONTON
Nitrous Oxide/Oxygen Conscious Sedation Course
Contact: U of A Dept of Dentistry Con. Ed.
Trish (780) 492-5391

June 26 - 28, 2008

EDMONTON
53rd Annual Canadian Academy of Periodontology (CAP) Scientific Meeting
Register online: www.cap-acp.ca,
Contact: tdebevc1@telus.net
CAP central office (613) 523-9800

September 26, 2008

EDMONTON
Northwest Dental Expo
Contact: EDDS
Phone: (780) 642-8270
e-mail: eddsconnect@hotmail.com

October 21, 2008

EDMONTON
Update of Oral Health Care Products
Speaker: Jan Pimlott
Contact: U of A Dental Hygiene Alumni
www.uofaweb.ualberta.ca/alumni-chapters/dentalhygiene.cfm
Workshop: Tobacco Cessation Interventions for Oral Healthcare Professionals

The workshops are being conducted as a component of a research grant from the Alberta Tobacco Reduction Strategy, Alberta Alcohol and Drug Abuse Commission (AADAC). Workshops will be facilitated by Sharon Compton and team including Barbara Gitzel, Laureen Best and Jan Ritchie.

Where:

Red Deer
May 10th, 2008 (9-12 noon) Red Deer Lodge

Calgary
June 7th, 2008 (9-12 noon) Sheraton Suites Eau Claire

Lethbridge
June 14th, 2008 (** 8:30 -11:30 am) Lethbridge Lodge

Course Description:
In this interactive workshop you will examine and improve your interventions for tobacco cessation in oral healthcare practice. Tips for engaging clients in dialogue about their addiction, information on tobacco cessation resources and nicotine replacement therapy will be provided.

Registration limit: 25 participants

Fee: No registration fee as the workshops are fully funded by AADAC.

Registration: Phone or e-mail Dr. Sharon Compton at (780) 492-6331 or compton@dentistry.ualberta.ca. Leave your name and contact information.

What is the TEACH Project?

Are you interested in building more skill in motivating and counseling your clients to quit tobacco? The Training Enhancement in Applied Cessation Counseling and Health (TEACH) project is a program designed to enhance the knowledge and skills of health care professionals in the delivery of intensive tobacco cessation interventions. Participants attend a three day workshop for the core TEACH training and additional two day workshops are offered to enhance skills in tobacco counseling for special populations. Developed as part of the Smoke-Free Ontario initiative, TEACH is presently offered in Toronto but soon it may be offered in BC and Alberta. Stay tuned!

Jan Ritchie and Barbara Gitzel from the Tobacco Cessation Program at the University of Alberta completed the TEACH training in February, 2008. To find out more about the TEACH Project go to www.teachproject.ca. The prerequisite for TEACH is a free online course offered by The Ontario Tobacco Research Unit. The course is called Tobacco and Public Health: From Theory to Practice and takes about 6 to 9 hours to complete. To register for this free course go to http://tobaccocourse@otru.org.
As a dental hygienist, you have the opportunity to address tobacco use and cessation with your clients. It doesn’t need to take a lot of time.

Ask, Advise, Refer, funded by the Alberta Cancer Board, is a brief intervention program that minimizes the time you need to treat tobacco dependence among your clients ages 15 or older. It’s as easy as:

- **ASK** every patient about his/her tobacco use at every visit;
- **ADVISE** your patients to quit tobacco use because of the health risks associated with the addiction; and
- **REFER** patients interested in quitting to the Alberta Tobacco Cessation Program.

Tobacco Cessation Counseling at the University of Alberta

Why refer a person for tobacco cessation counseling?

If the client participates in a tobacco cessation program and uses nicotine withdrawal therapy, their success rate is typically 15 to 30%. Also the success of the quit has been shown to be dose dependant, that is, those who embrace more tobacco cessation treatment tend to have higher quit rates. In contrast, quitting “cold turkey” has a success rate of 3 to 5%.

The Tobacco Cessation Program at the University of Alberta was developed through a grant from AADAC and is sustained by the Department of Dentistry and the Program of Dental Hygiene. This program offers free individual counseling for people who have chosen to quit tobacco and accepts referrals from dental offices and health care workers in Edmonton. Contact (780) 492-2100.
Start with excellent speakers, add in your top 20 suppliers with their products, fabulous food, fantastic location and you have an experience to remember. You can even extend this great experience and visit Banff or Jasper at a great CAP special rate.

**Tuesday, June 26th**
- Dr. Julian Osorio
  - Hands on workshop: Full day Prosthetics Course (limited attendance)

**Friday, June 27th**
- Dr. Sonia Lezio & Dr. Brahman Miller
  - Perio/Prosthesis planning and treatment considerations.
- Dr. Doug Dederich
  - Laser in dentistry: Hype, promotion and applications.

**Saturday, June 28th**
- Dr. Jon Suzuki
  - Systemic implications of periodontal disease.
- Dr. David French
  - Periodontal scaling and root planing — instruments, positions, goals and objectives.
- Anna Pattison
  - Systemic implications of periodontal disease and women’s health.

**Exhibits all day Friday & Saturday morning.**

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<td>Lasers in dentistry: Hype, promotion and applications.</td>
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### Registration Before May 1st | After May 1st
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Periodontist CAP Member | $500 | $575
Periodontist Non-Member | $625 | $700
Dentist Per Day | $325 | $400
Hygienist Per Day | $125 | $200
Dental Auxiliaries Per Day | $100 | $175
Grad Student | $ | $
Spouse | $ | $

**Hands On Courses**

- Pre-Convention – Thursday - All Day — Sponsored by straumann... $495 | $550
- Pre-Convention – Thursday - All Day — Sponsored by ASTRATECH DENTAL... $495 | $550
- Anna Pattison – Saturday - All Day... $495 | $550

**Social**

**GALA Dinner – Friday, June 27, 2008**

| Gala Dinner | $100 | $100
| CAP Lunch/Business Meeting – Saturday, June 28, 2008 | $

**Register Today!**

**Online:**
[www.cap-acp.ca](http://www.cap-acp.ca) — you can register with a credit card or print off a registration form to mail in with your cheque.

**Phone:**
(613) 523-9800 — Canadian Academy of Periodontology

**Email:**
tdebevc1@telus.net — Dr. Teresa Debevc

Canadian Academy of Periodontology
#105, 1815 Alta Vista Drive, Ottawa, ON K1G 3Y6 — Phone: (613) 523-9800

For hotel reservations, call 1-800-257-7544. For CAP meeting attendees, there is a special before and after rate in Banff and/or Jasper.
Resources

CRDHA is pleased to provide two resources for purchase: The Informed Entrepreneur: A Primer for the Business of Dental Hygiene and The Employment Handbook for Dental Hygienists.

The Informed Entrepreneur: A Primer for the Business of Dental Hygiene

CRDHA members have asked for a resource about planning for and operating an independent dental hygiene practice. Do you have questions such as:

- What do I need to know about the business?
- How should I structure my practice?
- How do I address some day-to-day operational issues?
- How do I finance this business?
- What other resources are out there?

It is our pleasure to make this manual: The Informed Entrepreneur: A Primer for the Business of Dental Hygiene available for purchase for CRDHA members on a cost recovery basis.

Please send me ___________ copy(s) of the manual which is priced at $40.00 (forty dollars) per copy.

My cheque or money order in the amount of $__________ is enclosed.

(please print)

CRDHA ID # 

Name ____________________________

Mailing Address ____________________________

Phone (H): ___________ Phone (W): ___________

Email: ____________________________

Employment Handbook for Dental Hygienists

Have you wondered about overtime pay, general or statutory holidays, vacation entitlements, or pre-employment interview representations? The Employment Handbook for Dental Hygienists will walk you through employment issues, contract and self-employment facts, and legal workplace requirements. The Handbook is available at the cost recovery price of $20.00.

To receive a copy of the Employment Handbook for Dental Hygienists mail a cheque or money order for $20.00 and the completed form below to the CRDHA office.

CRDHA

#206, 8657-51 Avenue

Edmonton AB T6E 6A8

Please send me ___________ copy(s) of the manual which is priced at $20.00 (twenty dollars) per copy.

My cheque or money order in the amount of $__________ is enclosed.

(please print)

CRDHA ID # 

Name ____________________________

Mailing Address ____________________________

Phone (H): ___________ Phone (W): ___________

Email: ____________________________

Moving?

Change of Name and Address Notification

It is essential that members of the College of Registered Dental Hygienists of Alberta (CRDHA) ensure that their mailing address is always current. Incorrect or out of date addresses can lead to missed mailings which may include important notices and documents. Name changes must be submitted in writing. DO NOT SUBMIT YOUR ADDRESS OR NAME CHANGES ON YOUR REQUEST FOR CONTINUING COMPETENCE PROGRAM CREDIT FORM. Address changes are best submitted in writing and should include the following information:

Name (in full) ____________________________ CRDHA ID Number ____________________________

New Name (in full) ____________________________ Old Address ____________________________

New Address ____________________________ Home Phone ____________________________ Email ____________________________

Effective Date ____________________________ Signature ____________________________

Registrants are welcome to copy or cut out this name/address change card and use it to submit a new name change or address change. Please contact the College of Registered Dental Hygienists of Alberta if you require further information.

Telephone: Toll Free (Alberta) 1-877-465-1756 Fax: (780) 440-0544 or email: info@crdha.ca
Heritage Oak Dental Clinic

Dr. Ronn Gibb
2841-109 Street
Edmonton AB T6J 6B7

If you know a hygienist colleague or friend of yours who might be looking for a new place to call his/her professional home, please let him/her know we are looking for them.

We are a small private practice focused on comprehensive restorative, preventive and periodontal dental care. We have worked at building an atmosphere where employees feel fulfilled because they have all the tools they need to take the best care of their patients. From diagnostics (Diagnodent, digital x-rays, Velscope) to treatment (Waterlase MD, Diode laser, Periowave) we use the latest technology to help our patients attain dental health.

We currently have 5 hygienists who have been with us for many years. But, due to the success we are having with our preventive/perio therapy, we need to increase the amount of hygiene time we can offer. To do this we will soon be having a new dental partner and he will be needing to provide hygiene services as well. Our compensation package is competitive with bonus and benefits.

If you have a friend/colleague who we should meet, please have her call me at (780) 434-9442 (office), or my cell 965-4284.

Warm Regards,
Dr. Ronn Gibb

Have you considered the benefits of a personally owned disability insurance program?

A personal disability insurance policy will protect you from the financial hazards from an accident or illness with no risk to you of...

• the contract being cancelled by the insurer;
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• the premiums being increased.

We can explain the differences between the CDHA & CDSPI (group employee plan) and an individual policy. We will design a program specific to your individual needs.

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Suite 102, 718 - 12 Avenue SW
Calgary, AB T2R 0H7
Tel 403.265.5681
Cell 403.612.8772
1.877.217.1303
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If your dream is opening your own independent dental hygiene practice, we can help you make it happen! Allow us to show you how affordable it can be.
Offering lectures and clinical sessions for the 2007/2008 academic year:

**Implementing a Periodontal Program**
April 26, 2008  3 hour lecture

**Instrument Sharpening**
May 10, 2008  2 hour lecture/clinical session-maximum 10 participants per session

For more information or to register please call Bonnie Hoath at (403) 278-5446 (day), (403) 254-9421 (eve) or visit www.periodidensions.com

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