Alberta Registered Dental Hygienist Opens Independent Practice


Dental hygienists, regardless of their practice setting, must be registered on the General Register of the College of Registered Dental Hygienists of Alberta (CRDHA) to practice dental hygiene in Alberta. Members must abide by the Health Professions Act, Dental Hygienists Profession Regulation, CRDHA Bylaws, Practice Standards, Code of Ethics and Continuing Competence Program.

On October 31, 2006 the Dental Hygienists Profession Regulation under the Health Professions Act (HPA) came into effect. The HPA allows dental hygienists to practice to the full extent of their competencies in a variety of practice settings including independent practice.

This Regulation created the opportunity for Carmen Smith to make her dream become a reality. After concentrated reflection, thorough research and detailed planning Carmen launched her independent dental hygiene practice in Red Deer on February 5, 2007. We congratulate Carmen on her bold venture!
InTouch is published four times a year.

ADVERTISING
To place an advertisement, send camera-ready-art or typed text to:

Editor, InTouch
#206, 8657 51 Avenue NW
Edmonton, Alberta
T6E 6A8
Phone: (780) 465.1756
Fax: (780) 440.0544
E-mail: info@crdha.ca

Ads/graphics must be submitted as camera ready artwork in high resolution pdf format, eps or tiff formats with a minimum resolution of 300 dpi. Text only ads may be submitted in MS Word.

InTouch advertising rates are as follows:

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<thead>
<tr>
<th>Type</th>
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<tr>
<td>Full Page</td>
<td>7.2” x 9”</td>
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<td>Half Page</td>
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SUBMISSIONS
Story ideas, articles and letters are welcome. Send your submission to the Editor at:
info@crdha.ca The Editor reserves the right of edit content, format and length.

Submission Deadlines
March 2, June 2, September 2, December 2

For more information, visit our website at:
www.crdha.ca

Inside InTouch

Message from the President 1
Front & Centre 2
Message from the Registrar 6
You’ve Been Asking 9
Continuing Competence 10
Websites to Visit 13
Notice Board 14
Classifieds 15

Publisher: College of Registered Dental Hygienists of Alberta

Want to get InTouch with your CRDHA Council members?

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president@crdha.ca

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Vice President
Fort McMurray
(780) 715-0319
councillor@crdha.ca

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Past President
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(780) 463-0724
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Councillor, CDHA Representative
Edmonton
(780) 461-6830
councillor@crdha.ca

DENTAL HYGIENE:
ACCESS-ABILITY
May 4 and 5, 2007 – Mark your calendar now! Be sure to attend two full days of access to renowned speakers.

2007 CRDHA Annual Continuing Competence Event
Delta Edmonton South Hotel and Conference Centre, Edmonton, Alberta

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Message from the president

Recent changes in legislation for the dental hygienists profession means that Albertans can now access dental hygiene services in a variety of practice settings including independent practice. To me this looks like both Albertans and practitioners have more options ... so it’s time to celebrate! Join your colleagues at a special event on May 4, 2007 at the Annual Continuing Competence Event (details below).

Jacki Blatz, RDH

Official Notice

This is official notice, in accordance with Bylaw 12.4.1, of the Annual General Meeting of the CRDHA.

Meeting Agenda

President’s Address & Welcome
Call to Order
Proof of Meeting Notice
Announcements
Approval of Agenda
Approval of minutes for May 1, 2006
Annual Report
Report of Nominations Committee
New Business

Saturday, May 5, 2007
Delta Edmonton South Hotel and Conference Centre
4404 Gateway Boulevard
Edmonton, AB
7:30 – 8:00 am
Registration and Breakfast
8:00 am
Annual General Meeting

Health Professions Act Information sessions hosted by CRDHA via Alberta Health and Wellness Teleconference Network in videoconference format were presented at two host sites and 11 remote sites throughout the province. A record 520 people attended these interactive sessions.

By the time that you receive this newsletter, seven in-person Continuing Competence Workshops will have been held in various locations; another three are planned. To date, 463 CRDHA members have attended these sessions. Congratulations to members who showed their support of these initiatives.

I would like to express my appreciation to the CRDHA staff who arranged and facilitated these videoconference and in-person sessions. I would also like to thank the volunteer hosts and facilitators who made these popular and informative sessions possible.

On behalf of the CRDHA Council I invite each CRDHA member to attend the President’s Reception immediately after Annual Continuing Competence (ACC) Event sessions on Friday, May 4, 2007. This will be a time for all CRDHA members to celebrate the proclamation of the Health Professions Act for the Dental Hygienists Profession.

Members are also invited to breakfast with CRDHA Council at the CRDHA Annual General Meeting on Saturday, May 5, 2007. Hear from the CRDHA Council and the CRDHA Registrar about the exciting developments in the dental hygienist profession in Alberta. Be introduced to newly elected CRDHA Councillors.

Registration for the Annual Continuing Competence Event is not required in order to attend either the President’s Reception or the CRDHA Annual General Meeting; however, we hope that you will RSVP so that we can plan for refreshments and a room to accommodate everyone. To RSVP please indicate on the CRDHA ACC Event registration form that you will attend the President’s Reception and fax the form to the CRDHA office (780) 440-0544.

I look forward to meeting many of you at these events.

The College of Registered Dental Hygienists of Alberta (CRDHA) exists so that Albertans will receive safe, high quality dental hygiene care and the profession of dental hygiene is advanced.
Carmen Smith reports that she is well prepared and up to the challenge of operating an independent practice. She believes she has the passion, experience, education, business acumen, and maturity necessary to succeed. Carmen is a person who enjoys the challenge of new endeavours and believes passionately in providing dental hygiene services in a caring and cost effective manner.

Carmen was first introduced to working independently when she was a dental therapist in Saskatchewan in the 1970’s. Since completing her dental hygiene education in 1984 at SIAST, Carmen has worked in a variety of practice settings, including periodontal and general practice in Saskatchewan and Alberta.

In 2004, Carmen approached Deborah Kowalski, a registered denturist in British Columbia who was interested in relocating to Alberta, about opening up a denture and dental hygiene clinic. Deborah was very receptive to the idea, so they went to look for office space. When they found a suitable location, Carmen’s husband, Darrell, built the office with 2 bays, one for the denturist and one equipped to install dental hygiene equipment. Millennium Denture Centre opened its door to the public December 1, 2005. Carmen’s intention was once legislation changed to allow a dental hygienist to practice independently she would open Millennium Hygiene Centre in conjunction with the denturist practice. Carmen’s inviting office is located in a busy professional building in downtown Red Deer. The physical space comfortably accommodates the equipment required for providing both dental hygiene and denturist services.

Clients

When her practice first opened Carmen was the topic of a front page newspaper article in the Red Deer Advocate. She also initiated a limited print and radio advertising campaign that same week. Although her signage was not even up yet clients who heard of Carmen through advertising, word of mouth or direct referral from other health care providers were making appointments. Carmen has started booking re-care appointments and does not anticipate the demand slowing down.

For a large part Carmen provides dental hygiene services to people who might not routinely seek out care in a traditional dental office. These people visit a denturist for care and can be referred to Carmen who helps them maintain their remaining teeth.

Carmen’s clients also include the younger set, 18-25 year olds, who are looking for preventive dental hygiene care. Some of them also want mouthguards for sports activities or whitening trays which the denturist can fabricate.

One of Carmen’s clients, Dawn Hanson, sent a letter to Carmen:

“I would like to share with you my thoughts and feelings in regard to my recent visit to your office. Previous dental visits have been very stressful causing me anxiety attacks. I found you Carmen, to be very patient, understanding and gentle throughout my entire cleaning. I was very impressed that you contacted me the very next day to make sure I was okay. From now on I will look forward to my hygiene visits. Thank you.”

Sincerely,
Dawn Hanson

Carmen has also been approached by long term care facilities and individuals asking if she can provide oral health services in a facility or an individual’s home. Recognizing that she needs to stick to her initial plan for a while; that’s not a step that Carmen is taking yet. But... she’s not ruling it out for the future, either.
Services provided

Carmen provides dental hygiene services in accordance with the dental hygiene process of care. Clients receive an initial assessment including taking a comprehensive health history and establishing a drug profile, examination of hard and soft tissues and recording of periodontal status. She formulates a dental hygiene diagnosis and in consultation with the client develops a dental hygiene care plan to suit the client’s needs. Then Carmen carries out the care plan which might include periodontal treatment, oral health home care education and/or referral to a general dentist, periodontist, oral pathologist, oral surgeon, physician and pharmacist. Carmen evaluates the outcomes of the treatment and suggests a re-care schedule for the client.

Currently, Carmen has one employee, Sharon Van Oene. Carmen works three – four days a week with clients and will make arrangements for after hour appointments upon request. Carmen does the book-keeping, and other administrative work herself. She can see the day when she might need some additional help but for now she is happy to be “chief cook and bottle washer”. Carmen comments that she feels little stress and is happy to be doing her work her own way and having fun along the way.

Commitment to learning

As well as being well grounded in clinical practice, Carmen has also prepared herself to be business wise. She has taken business and office management courses and has been instrumental in managing the denturist clinic for the past several years. Carmen is computer literate. Although she practices independently, Carmen recognizes that she does not know it all and that she needs advisors. Carmen works with legal counsel, a financial advisor, and an accountant. Carmen’s closest ally in the business is her husband, Darrell. He supports her and gives advice when she asks for it.

Highlights

Carmen identified these as highlights of being in practice for herself:

“My goal is to educate clients and provide them with the highest quality of care. As caregivers we want to provide the best care possible according to the clients’ needs and financial affordability. I take the time to listen and to understand what the client wants; then I will give the client all the options, so that the client can make an educated decision to suit his or her life.”

“I try to encourage each client to believe that his or her smile is worthwhile and that a dental hygienist can be a valuable partner in maintaining that smile.”

“FREEDOM, FREEDOM, FREEDOM, to practice dental hygiene the way I wish...”

“It’s not a job anymore, it’s a pleasure...”
Nomination for the Election of FOUR Members of CRDHA Council

A number of Council positions expire on June 30, 2007. In order to stagger the term of Councillors, for this year only nominations will be accepted for:

- One Councillor for a one-year term on CRDHA Council and
- Three Councillors for a three-year term on CRDHA Council.

Regulated Members on the General Register and in good standing are eligible to sit as a Regulated Member Councillor.

To be valid, nominations must be returned to the Nominations Committee no later than sixty (60) days prior to the date of the Annual General Meeting. Nominations must be endorsed by at least three (3) Voting Members, together with the written consent of the person nominated.

At the next meeting of Council held after the Annual General Meeting, to be held on or before June 30, Council shall elect a President and Vice-President from among those persons who will be Regulated Member Councillors as of July 1.

We encourage you to submit your nomination or consider nominating a registered dental hygienist colleague for a position on the CRDHA Council.

Mail a completed nomination form to:
CRDHA Nominations Committee
206 8657-51 Avenue
Edmonton, AB T6E 6A8

Nominations must be received by closing time, March 5, 2007 to be accepted.

For more information contact:
Nominating Committee Chair
c/o CRDHA (780) 465-1756 or info@crdha.ca

Council Member Role and Responsibilities

CRDHA Councillors, as members of the governing body of the College of Registered Dental Hygienists of Alberta are collectively responsible for:

- providing governance and leadership to the College
- determining appropriate Ends/goals
- developing and monitoring Council policies
- furthering the mission of the CRDHA

Council members are required to attend Council Meetings and the Annual General Meeting. Council meetings are held 4 to 5 times per year including two 2-day meetings for orientation and planning. The Annual General Meeting is held in conjunction with the CRDHA Annual Continuing Competence Event in April/May.

Major Challenges

- Continuously changing political, economic and health care systems introduce elements of instability that present unique challenges for strategic planning.
- The key role of a CRDHA Councillor is to provide strategic leadership to the College with the emphasis on the future and proactive measures.
- Councillors ensure that the planning process is a dynamic process that translates the CRDHA mission into specific Ends/goals and objectives.
- Councillors must be willing to occasionally chair or serve on an ad hoc committee of the Council and work to recruit qualified candidates.

Before opening a dental hygiene practice Carmen suggests:

**Know yourself.**
Determine if you have an entrepreneurial spirit and the aptitude and attitude for establishing and running a business.

- use tools, quizzes to guide you
- know your personal strengths
- know your personal weaknesses

**Develop a detailed business plan.**
Research all aspects of your intended business.

- use resources to guide you
- evaluate your business regularly and revisit the plan as required
- who your competitors are
- who your team members will be
- what services you will provide
- what equipment and technology you will need
- what resources are available
- what is the right timing
- how you will provide services
- how you will handle payment of fees
- how much time you have to invest
- how much money you will need to get started
- how you will finance the business
- how you will learn about the legal aspects and business arrangements
- where you will find support

**Have clarity of purpose and focus.**
Determine:

- why you want to be in business (motivation)
- who you want to serve; your niche market

**Build relationships and network.**
Invest time in finding the right mentors, advisors and referral sources.

- clients
- other health professionals
- accountant
- lawyer
- media
- be involved in the community

**Communicate with your market.**
Decide how to get your message out and follow-up for a sustained period to reinforce your message.

- word of mouth
- press releases
- purchased advertising
- printed resources like business cards, signs, introductory brochure or letter

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Characteristics and Personality Traits of an Entrepreneur

The term “entrepreneurship” has many definitions, but usually refers to the undertaking of new initiatives that are innovative and creative. Of course, you can be self-employed without being an entrepreneur, but if you’re willing to take the risks of going it alone, and revel in the idea of challenge after challenge, you probably have some of the characteristics of a true entrepreneur.

Research into the entrepreneurial personality has shown that most successful entrepreneurs share a definite group of personality traits. Generally, entrepreneurs view the world with a positive spin, seeking new challenges and opportunities. Entrepreneurs are often the change agents of society and can be seen as tomorrow’s leaders.

People with strong entrepreneurial qualities and skills tend to enjoy the challenges, hard work and the success of self-employment. Successful entrepreneurs are usually described as having the following traits: self-confidence; commitment; achievement oriented; innovative; self-reliant; flexible and versatile; energetic; initiators; positive thinkers; and moderate risk takers.

As well, research shows that an entrepreneur:

- Isn’t motivated by money
- Has a varied work history
- Works long and unusual hours
- Takes charge – likes being the boss
- Is creative – always thinking of ideas
- Often works out of the home
- Is a leader, not a follower
- Sees the glass as half-full
- Doesn’t give up
- Has support from family and friends

Starting up and running your own business requires special skills such as careful planning, research, risk assessment, commitment and patience. Taking courses, reading books, and perhaps working with a mentor are all ways of filling gaps in business knowledge.

An assessment of your personality traits is a great starting point in identifying whether or not self-employment is for you. An honest review of your strengths and weaknesses and an action plan for overcoming your weaknesses is a great next step. Spending the necessary time to determine whether or not there is a market need or demand for your product or service will help you decide if it is the right time to proceed with your business. And last, but certainly not least, is taking the time to develop a proper business plan.

Source: Excerpted from a Karen Martin Article, “Characteristics and Personality Traits of an Entrepreneur”, which you can find at www.mybdc.biz/resources/default.html.

Karen Martin is a certified business counselor who teaches Effective Business Communications in the Business Basics Program offered through the Business Development Centre at Niagara College. Writing assistance from Kiera Newman, a freelance writer and graduate of the Genesis program. For more information, call 905-641-2252, ext 4456.

Are You The Entrepreneurial Type?

Self Evaluation Questionnaire

www.potentielentrepreneur.ca/client/questionnairenewsection1en.asp

Here is a tool to help better measure your entrepreneurial potential. This questionnaire includes 50 statements, and will take about 15 minutes to complete. There are no correct or incorrect answers. Your honest rating is what counts.

This questionnaire was prepared on the basis or research and observations of the characteristics of Canadian entrepreneurs in all industry sectors. What these results will do is allow you to compare your answers to those of a group of entrepreneurs, and to note where they are the same and where they are different.
Message from the registrar

Our move to regulation under the Health Professions Act has created many questions and calls from members seeking clarification and guidance on a wide variety of issues ranging from authorization to perform restricted activities, to continuing competence reporting periods and establishment of a dental hygiene practice. I believe the items below will be of interest to all members.

Registrant’s Handbook

I’m sure many of you are wondering what has happened to the registrant’s handbook that we talked about during member consultation meetings. We are currently waiting to receive the Minister’s comments and recommendations regarding our Code of Ethics and Practice Standards and Guidelines. Once received, final revisions will be made to the documents and a registrant’s handbook will be provided to every member. The handbook will be a valuable reference source regarding legislation, bylaws, practice guidelines, ethical dilemmas and continuing competence. Handbook updates will be provided whenever any bylaws, policies or rules are amended.

Continuing Competence Reporting Period

Correspondence sent to each registrant in October 2006 included information about the College’s new continuing competence program reporting period. However, given the number of phone calls we’ve received lately, I’m guessing some of you haven’t had time to read the October mailing in its entirety or you just want further clarification.

Once more, for the record.... Under the new Dental Hygienists Profession Regulation, the College’s continuing competence program will run on a three (3) year cycle. Everyone whose registration was transferred from the ADHA Active Register to the CRDHA General Register on October 31, 2006 has a new reporting cycle which began November 1, 2006 and will end October 31, 2009. Credits earned under the old ADHA continuing education program are not carried forward into the new CRDHA continuing competence program. All members are deemed to have started fresh with zero program credits on November 1, 2006.

New CRDHA registrants will start their continuing competence reporting period on the November 1 following their initial registration as a General member. Therefore, for example, if you registered with CRDHA on December 4, 2006 your continuing competence reporting period would begin on November 1, 2007.

As part of the continuing competence program, a General member must obtain

1. a minimum of 45 program credits in each 3-year period, and
2. a minimum of 600 practice hours in the 3-year period

New reporting forms will be included in the registrant’s handbook. Until you receive the handbook, please continue to use the ADHA forms.

Members wishing to transfer from the non-practicing register to the practicing register will have to provide evidence of continuing competence program credits and
practise hours completed in the three years immediately preceding their application for transfer. If they do not meet the continuing competence program requirements they will be required to complete a Council-approved refresher course. Similar transfer requirements also existed under the previous legislation.

**Registration of Radiation Equipment**

Under the *Health Professions Act*, proclaimed in force October 31, 2006, dental hygienists can provide their services in a wider variety of settings than ever before. New settings and practice models include independent dental hygiene practice and practice in association with another person or another regulated health professional.

Owning and operating a dental hygiene practice may include ownership of dental radiography equipment, including lasers used for periodontal therapies or bleaching procedures. Pursuant to the *Radiation Protection Act*, all dental radiography equipment, including digital radiography systems and Class 3B and Class 4 lasers, are designated as “radiation equipment” that must be registered prior to use.

The University of Calgary is the accredited Radiation Health Administrative Organization designated to ensure that dental hygiene owners of dental radiation equipment are in compliance with the *Radiation Protection Act* and Regulation. If you have made arrangements to purchase or acquire radiation equipment for use in your dental hygiene practice, you must contact the CRDHA office for further information about the equipment inspection process and registration with the designated Radiation Health Administrative Organization.

Failure to be in possession of a valid registration certificate from the University of Calgary prior to the operation of your radiation equipment is a contravention of the *Radiation Protection Act*. In accordance with the Act, the penalty for this offence is a maximum fine of $15,000 and/or six months imprisonment. Operation of unregistered radiation equipment would also be considered unprofessional conduct under the *Health Professions Act*.

**Use of Botox and Other Injectable Fillers**

We have recently received calls from both dental hygienists and their employers enquiring whether injection of Botox and other fillers is an authorized restricted activity for dental hygienists.

Please be advised that the use of Botox and other injectable fillers is considered a medical procedure and does not fall within the scope of practice for dental hygienists. The Alberta Dental Association and College also confirmed that this procedure is not within the scope of practice for general dentists – see page 9 of the ADA&C’s February 2007 *Updater*, volume 6, issue 2.

**Have a Question??**

We encourage you to call whenever you have questions. Our contact information is inside the front cover of every *In Touch* newsletter and on the website at www.crdha.ca.
January 23, 2007 - Edmonton - Despite a wealth of evidence on the dangers of smoking, the biggest users of tobacco are still young adults - those between 15 and 24. It is therefore fitting that a new program to fight nicotine addiction will target students first at the University of Alberta.

“We recognize that young adults have the highest smoking rates of any age group in the province, and there’s a reason for that,” said Les Hagen, executive director of Action on Smoking and Health, alluding to the aggressive marketing campaigns of big tobacco companies. “We have to work hard to address that issue. I’m pleased to know this program is offered to the entire population free of charge, if the goal is to increase student participation.”

The Tobacco Cessation Program was launched by the U of A’s Department of Dentistry Tuesday, January 23, 2007 to coincide with National Non-Smoking Week. Groundbreaking for the Edmonton area, it will offer free one-on-one counselling, assistance, support and follow-up for anyone interested in quitting the chewing or smoking habit.

“Dentistry and dental hygiene are in a unique position in the health-care system, because we see patients on a regular basis,” said the program’s co-director and clinical professor of dental hygiene, Barbara Gitzel. “Dental hygienists especially spend a fair bit of time with patients, up to an hour at a time, and they have the time to actually discuss tobacco issues and concerns.”

Gitzel pointed out that dentists and dental hygienists are often the first to see damage from tobacco. “The portal of entry is the mouth. We see a lot of lesions, tissue changes that we can show to the client, and it can be motivational for them. When they see the pictures, of a lesion in their mouth getting fibrous or red, that brings the habit to consciousness.”

Studies show that “even a few minutes from a caring health professional to talk about smoking” has a marked effect on getting people to quit, said dean of medicine and dentistry Dr. Tom Marrie.

The cessation program is available to anyone, said Gitzel, but the primary focus will be university students and staff, and patients or clients of university health clinics. It will offer face-to-face counselling, behaviour modification and nicotine replacement therapies to clients, but also provide health-science students with a better understanding of nicotine addiction and introduce them to tobacco cessation techniques.

“It is an amazing experience to watch people battle through nicotine addiction and finally leave tobacco behind,” said co-director Steven Patterson. “I give ex-tobacco users great credit - it is a major step towards health that they have taken in their lives.” About 3,400 people die each year because of tobacco-related disease. One-third of all cancers and three-quarters of oral cancers are caused by tobacco use.

The U of A’s Tobacco Cessation Program is sponsored by the Alberta Alcohol and Drug Abuse Commission (AADAC), the Alberta Tobacco Reduction Strategy and the U of A Department of Dentistry.

Dr. Steven K. Patterson
Clinical Professor,
Faculty of Medicine & Dentistry
Director, Interprofessional Initiative,
Health Sciences Council
Co-director,
Tobacco Cessation Program

Barbara Gitzel
Clinical Professor and
Student Advisor
Co-director,
Tobacco Cessation Program
Program of Dental Hygiene
A bright smile reflects more than just a sunny personality. Strong teeth and healthy gums are integral components of overall good health, clear speech and personal confidence. Alberta’s dental hygienists can help you with your quest for a healthy smile.

Dental hygienists must be registered with the College of Registered Dental Hygienists of Alberta (CRDHA) in order to practise in Alberta. The CRDHA sets the professional requirements and standards that registered dental hygienists must meet in Alberta.

Dental hygienists involve you, the client, in the assessment and treatment of your oral health conditions. Through the use of therapeutic procedures, education and preventive measures, we can help you keep your smile for life. We counsel children and adults about effective oral health techniques, food choices, eating habits and the effects of tobacco use – all of which affect the health of teeth and gums. Dental hygienists perform complex treatments such as scaling and root planing for treatment of periodontal disease.

Now, new regulations enacted under Alberta’s Health Professions Act allow dental hygienists to provide these services in a variety of practice settings in addition to a dental office. This means we can bring expertise to the homebound, to institutionalized individuals, to First Nations communities and to seniors’ lodges. Dental hygienists will also be able to prescribe a number of drugs used in dental hygiene practice.

Alberta dental hygienists make a lasting impression, so go ahead and flash that smile!

BRENDA WALKER
Registrar and Chief Administrative Officer, College of Registered Dental Hygienists of Alberta
“What’s appealing is the variety – I meet people from all over the place, and I do something different every day.”
— Karie Wilson

Today’s dental hygienists are more than “teeth cleaners”; they are health professionals whose focus is preventive oral health care.

Karie Wilson exemplifies the diversity of preventive oral health services provided by registered dental hygienists. Karie can often be found in a dental office providing care to her clients, but she can also be found working at the ringside of a wrestling match or at a community arena in Okotoks or High River making impressions of young athletes’ teeth in order to fabricate mouth guards. The High River mother of two has made more than 200 personalized mouth guards on-site for teams that include the University of Calgary wrestling and women’s field hockey teams.

In addition, Karie also spends time at the town’s long-term care hospital unit working at two programs that she initiated. Once or twice a month, Karie travels to the hospital to provide palliative oral health-care services to long-term care residents, and once a year, she volunteers her time to run an oral health screening clinic.

“I’ve been in this profession for 29 years,” Karie says. “What’s appealing is the variety – I meet people from all over the place, and I do something different every day.”

It is this variety that makes a career as a dental hygienist so rewarding. “It’s really so much more than cleaning teeth and teaching clients about flossing,” says Brenda Walker, Registrar and Chief Administrative Officer for the College of Registered Dental Hygienists of Alberta, which represents 1,900 professionals in the province.

After graduating from the University of Alberta’s three-year diploma program or four-year BSc degree program, dental hygienists in Alberta work as part of a health-care team that may include dentists, dental assistants, physicians, pharmacists, nurses, dietitians, occupational therapists and speech language pathologists.

Whether they are working in an office or in the community, the dental hygienist’s role is to assess their client’s oral health. As part of an oral assessment they look for lumps or any suspicious lesions, periodontal (gum) disease or caries (tooth decay). They make a dental hygiene diagnosis and work with clients to develop an individualized care plan that may include referral to another health professional. Dental hygienists

ALBERTA’S DENTAL HYGIENISTS: Your partners in oral health care
also work with regional health authorities, initiating and supporting programs with a focus on disease prevention and health promotion.

“Being a part of the health-care profession was what initially attracted me to dental hygiene,” says Monika Kun, Clinical Educator at the University of Alberta’s Dental Hygiene Program. “It has provided me with a variety of challenging and rewarding employment opportunities over the course of 25 years.”

Monika splits her time between teaching and supervising students at the university and working at a dental office. As a clinical educator, she enjoys sharing her knowledge and experience with the new generation of student dental hygienists. “I take great pleasure in helping to prepare the students for their future role in the dental hygiene profession.” I also enjoy the client connection,” she says. “You have an opportunity to make a difference in a person’s life.”

“A dental hygienist needs to be caring and compassionate, able to soothe fears away for children and adults alike,” says Greg Fode from his home in Raymond. “Explaining what procedures are and why they’re being done is part of making clients active participants in their oral health regime, and helps calm nerves. It’s very satisfying if I can help them have a lifelong positive association with dental hygiene practice,” says the father of five.

After 15 years as a dental hygienist, Greg remains passionate about his work, dividing his time between Raymond and Claresholm each week. In addition to working with clients, a typical day could include meeting with dental and pharmaceutical company representatives, figuring out a client’s insurance coverage, ordering supplies and making follow-up calls.

Brenda Walker says changes in legislation governing dental hygienists, which took effect last October, will open new possibilities for people in the profession. “It means dental hygienists can practise to the fullest extent of their competencies,” she says. “We’re hoping that will lead to increased access to dental hygiene care and increased choice for Albertans.”

Better access could mean healthier Albertans: recent studies have shown links between periodontal disease and diabetes, heart disease and pre-term or low birth-weight babies. By educating the public and helping them maintain good oral health, dental hygienists play a vital role in improving the health of Albertans.
QUICK FACTS
Learn more about Alberta’s Dental Hygienists

1. Dental hygienists have practised in Alberta since 1951 and have been self-regulating since 1990.
2. CRDHA regulates dental hygiene practice in accordance with the Health Professions Act through entry and re-entry-to-practice requirements; standards of practice; a code of ethics; a mandatory continuing competence program; and a complaint and discipline process.
3. Dental hygienists must fulfill the requirements of a mandatory continuing competence program to renew their annual Practice Permit.
4. In 2005/2006 there were more than 1,900 dental hygienists registered to practice in Alberta.
5. Dental hygienists perform a number of restricted activities that have been identified in the Dental Hygienists Profession Regulation, and CRDHA establishes the educational and clinical qualifications required for authorization to perform those activities.
6. Dental hygienists who meet the CRDHA criteria can provide local anaesthetic and nitrous oxide/oxygen conscious sedation, and can prescribe the drugs used in dental hygiene practice.
7. In Alberta, dental hygienist diploma and degree education is offered at the University of Alberta in Edmonton.
8. Dental hygienists have specific competencies (knowledge, skills, attitude, and judgment) that differentiate them from other oral health professionals. Dental hygienists have depth and breadth of knowledge in the areas of clinical practice, decision-making, critical thinking and research utilization relevant to the assessment, diagnosis, planning, implementation and evaluation of care provided to clients.
9. Dental hygienists provide educational, consultative, preventive, esthetic and therapeutic services.
10. Dental hygienists work in a variety of practice settings as clinicians, educators, researchers, administrators, health promoters and consultants.

WEBSITES TO VISIT
COLLEGE OF REGISTERED DENTAL HYGIENISTS OF ALBERTA
www.crdha.ca
Learn more about the dental hygienists profession in Alberta.

GOVERNMENT OF ALBERTA: HEALTH PROFESSIONS ACT
www.health.gov.ab.ca/professionals/about_HPA.pdf
Read about legislation regarding Alberta’s health professions.

CANADIAN DENTAL HYGIENISTS ASSOCIATION
www.cdha.ca
Explore this site for information about the profession and oral health issues.

REGIONAL HEALTH AUTHORITIES
www.health.gov.ab.ca/regions/RHA_map.html
Search the websites of the provincial health authorities to find out about oral health related programs in your vicinity.

CALGARY HEALTH REGION
www.calgaryhealthregion.ca/hecomm/oral/
Community oral health provides preventive service and education in targeted schools, daycares and community groups.

CAPITAL HEALTH (Edmonton)
www.capitalhealth.ca
Use the search function to find oral health related information.

CANADIAN HEALTH NETWORK
www.canadian-health-network.ca/
A reliable source for overall health information, including oral health.

MAYO CLINIC
www.mayoclinic.com
Health resources on many topics, including oral health.

AMERICAN ACADEMY OF PERIODONTALOGY
www.perio.org/consumer/4a.html#
Take the test to learn if you have periodontal disease.

NATIONAL MATERNAL AND CHILD ORAL HEALTH RESOURCE CENTRE
www.mchoralhealth.org/openwide/
Find early childhood care and prevention of oral disease information.

NATIONAL INSTITUTE OF DENTAL AND CRANIOFACIAL RESEARCH
www.nidcr.nih.gov/HealthInformation/SpecialCareResources/
Find information on special care in oral health.

SUBSTANCE ABUSE INFORMATION
www.corp.aadac.com/
Information about tobacco and street drugs and programs sponsored by AADAC.

Did you know?
Recent studies have shown links between periodontal disease and diabetes, heart disease and pre-term or low birth-weight babies.
What is the CRDHA doing to raise awareness of the dental hygienist profession in Alberta?

The CRDHA recognizes the need for Albertans to be aware of the dental hygienists profession so we are exploring communication options that will be timely, effective and affordable.

CRDHA has recently developed a supplement in the spring issues of the Calgary Health Region’s Apple magazine and the Capital Health Authority (Edmonton and area) Your Health magazine. The supplement, which informs readers about the dental hygiene profession, is included in this issue of InTouch and is posted in pdf format on the CRDHA website, www.crdha.ca. Copies will also be available in limited quantities from the CRDHA for CRDHA members.

Apple magazine draws on the expertise of the Calgary Health Region’s 20,000-plus health care professionals to produce an insightful, informative, and engaging magazine that helps it’s readers to take command of their own health. Reaching over 330,000 people in Calgary through its free distribution in doctor’s offices, hospitals, and Calgary Co-op pharmacies.

Your Health is a bimonthly magazine delivered, free-of-charge, to: Capital Health doctors’ offices, hospitals and medical centers, major retail grocery chains, pharmacies, health clubs and recreation facilities, a targeted list of households via the Edmonton Sun. Developed in conjunction with the medical experts at Capital Health, Your Health promotes an active, healthy lifestyle that encourages readers to take preventive measures in their lives and educates them about health issues facing people in their community. It focuses on current health issues affecting the public and outlines health services available in the Capital Health region. Your Health reaches 120,000 people Edmonton and region per issue.

CRDHA is using other creative ways to inform the public about our profession and the CRDHA. As well as the print resource, CRDHA is updating its promotional display and has created two rollup banners which members can use at various community presentations and events. The CRDHA maintains a website which provides valuable information about the dental hygienists profession for the public and members alike.

Members also have a significant role to play in regard to informing the public about the dental hygienists profession. Members are the profession’s greatest advocates. You can introduce yourself by name and title, registered dental hygienist, to each client. CRDHA will provide each member with a Registered Dental Hygienist identification pin that we hope you will wear with pride. Be sure to display your Practice Permit in a spot visible to your clients. These might conversation starters with your client about the roles, responsibilities and competencies of each individual within your practice. Keep a copy of this newsletter on hand so that clients can read the insert to learn more about dental hygienists and the CRDHA.
Continuing Competence

During January - April, 2007, CRDHA hosted Continuing Competence Program (CCP) workshops throughout the province. Each workshop included an opportunity for members to use the CRDHA Self-Assessment Package which will aid regulated members in determining individual learning needs and developing a learning plan to maintain competency.

Roundtable discussions at the workshops accentuated the diversity of learning opportunities that members would like to access. It is the Regulated member’s responsibility to determine his/her specific continuing competence learning needs and to pursue activities that meet these identified needs. CRDHA can provide some courses but cannot create learning resources for each competency and practice setting. CRDHA can provide some in-person courses via on-site or videoconference format and an Annual Continuing Competence Event. CRDHA can also refer members to other sources such as on-line resources.

The CRDHA Continuing Competence Program Policies describe the program and criteria for allowing and assigning program credits. The policies will be sent to each member as part of the Registrant’s Handbook which CRDHA is developing, in the meantime you can access the Continuing Competence Program Policies at the CRDHA website: www.crdha.ca “for CRDHA members”. You are advised to keep the policies in mind as you select learning opportunities.

In Person Learning Opportunities

Friday, April 20, 2007
CALGARY
Calgary District Dental Society (CDDS) - Calgary Dental Expo Exhibitors & Mini-Lectures
Contact: (403) 239-1465

Friday & Saturday, May 4 - 5, 2007
EDMONTON
College of Registered Dental Hygienists of Alberta (CRDHA) - Annual Continuing Competence Event & CRDHA Annual General Meeting
Contact: (780) 465-1756

May 24 – 27, 2007
JASPER, ALBERTA
CDA/ADA&C
Jasper Dental Congress 2007
Contact: Alberta Dental Association and College (780) 432-1012

July 19 - 21, 2007
TORONTO, ONTARIO
International Federation of Dental Hygienists Symposium
Contact: 1-613-224-5515

July 19 - 21, 2007
TORONTO, ONTARIO
CAPHD/ACSDP Annual General Meeting and Scientific Conference
Contact: info@caphd-acsdp.org

Friday, September 21, 2007
EDMONTON
Edmonton and District Dental Society Northwest Dental Expo
Contact: (780) 459-1275

CRDHA members attended Health Professions Act information sessions via videoconference in 11 sites throughout Alberta during early 2007.
On-line Learning Opportunities

Following are some websites that offer a wide variety of online courses and which were accessible at the time this newsletter was printed. The following sites may assess a user fee and/or require registration with user name and password:

www.adha.org/CE_courses/index.html
The American Dental Hygienists Association offers online CE programs at a cost of $30 US for non-members. There are several courses available. Program instructions guide you through each step with easy-to-follow directions.
- Managing Side Effects of Medication
- Medical Emergencies in the Oral Health Care Setting
- Do You Know if Your Patients, Co-workers, Friends, Family, or You Have an Addiction?
- Automated Oral Hygiene Self-Care Devices: Making Evidence-based Choices to Improve Client Outcomes
- Burning Mouth Syndrome
- Dental Digital Radiographic Imaging
- Diet and Nutrition Implications for Oral Health
- Eating Disorders
- Understanding and Managing Dentin Hypersensitivity
- Mental Illness and the Dental Patient
- Oral Health and Older Adults
- Inflammation: The Relationship Between Oral Health and Systemic Disease

www.arcmesa.com
The types of activities that ArcMesa offers include monographs, live seminars and workshops, Internet-based courses and other multimedia formats. ArcMesa utilizes state-of-the-art technology to create innovative activities that will enhance the learning process and effectively support educational objectives.

www.cdha.ca
The Canadian Dental Hygienists Association offers the following online courses to CDHA members.
- Interpersonal Skills
- The Professional Role
- Help Your Clients to Stop Gambling With Their Health: tobacco cessation
- Work and Personal Life Balance
- Clinical Tobacco Intervention

www.dentalcare.com
www.dentalresourcenet.ca
These partner sites bring continuing education to you. Free of charge, no travel required. Classes start whenever you log on. You can complete a course in a single sitting, or at whatever pace best fits your schedule.

www.dentaldidactics.com
DentalDidactics provides online continuing education for dental professionals. Here are a few of the online continuing education courses available:
- Aids: HIV Vaccine Update 2001
- Alzheimer’s Disease
- Anorexia and Bulimia
- Antibiotic Resistance Concerns
- Bipolar Electrotherapy
- Cardiovascular Risks of Periodontitis
- Common Prescription Medications
- Dental Waterline Safety
- Latex Allergies in Dentistry
- Lysine Supplements for Herpes Labialis
- Tuberculosis in Dentistry

www.healthstudies.com
Health Studies Institute offers home study continuing education courses on dental implants, periodontics, nutrition, oral diseases, communicable disease and infection control, and many more oral health related topics. HSI is recognized by the American Academy of General Dentistry and numerous licensing boards in the USA and Canada.

www.worldwidelearn.com
Founded in 1998, World Wide Learn is a directory which highlights free courses and tutorials, computer training, corporate training, post-secondary education, professional development, personal development, and continuing education. The company is based in Calgary, Alberta.

www2.musc.edu/dentistry/top40/Headers/main6.htm (AGD)
Medical University of South Carolina offers “The Top 40 Prescribed Drugs” and includes references to individual prescribed drugs.

http://nursing.uvic.ca/distance
The University of Victoria has a new course available through distance learning, Nurs 484, Nursing with Aboriginal Peoples in Canada (1.5 units) which was developed by two community health nurses who saw a great need for this kind of material to be included in curriculums for health care workers. More information is found at the website http://nursing.uvic.ca/distance under the Post Diploma BSN Distance Program, Nurs 484.
Continuing Competence

Resources for Planning a Business

A business plan is for a business, what a flight plan is for an airplane en route to a distant destination. The fact is, “the more experienced the pilot, the more certain you can be that he/she will not make that flight without a detailed, well-researched flight plan.”

Source: www.cbsc.org/osbw Online Small Business Workshop (Planning Fundamentals) from The Canada Business Network website. This is a Web tool providing techniques and information on developing your business idea, starting, financing and marketing a new business or improving an existing business.

The Business Link is a not-for-profit organization proudly supported by the Government of Canada and the Government of Alberta. The Business Link provides information and advice about business start-up, incorporation, financing, loans, regulatory requirements, exporting, and product sourcing.

www.cbsc.org/alberta/main.cfm

COMING May 2007:
The Informed Entrepreneur: A Primer for the Business of Dental Hygiene

Watch for this resource developed by the College of Registered Dental Hygienists of Alberta to guide you in setting up an independent dental hygiene practice.

Private Practice – Is It For Me?
A Pre-Conference Workshop, May 3, 2007

If you’re looking for another good reason to attend this year’s CRDHA Annual Continuing Competence Event, this could be it! The CRDHA will be holding a pre-conference workshop entitled “Private Practice – Is It For Me?”

In support of the new legislation, CRDHA will be launching its latest publication entitled: “The Informed Entrepreneur: A Primer for the Business of Dental Hygiene”, authored by Grant Walsh. Grant will conduct a 3 hour pre-conference workshop where participants will walk through the new private practice manual and experience the business side of setting up and growing a private dental hygiene practice. Participants will receive a copy of the manual as part of their pre-conference registration.

With the new legislation, access to dental hygiene services has now been broadened. Dental hygienists can now offer dental hygiene services in a greater variety of practice settings. This opens the door to new and exciting career opportunities in the field of private practice. Being your own boss, making your own client care decisions, promoting your own dental hygiene philosophy and having a greater control over your financial rewards are all potential benefits of private practice. However, there are also challenges in achieving these desired goals.

This workshop will walk you through a step-by-step process about how to set up and grow your private practice. It will provide you with the business component basics of your professional practice and will allow you to make an informed decision – Is Private Practice For Me?

The workshop leader will also share with you his personal experience of guiding a speech-language pathologist into the world of private practice. From the start-up phase through years of steady growth to a position of business maturity where the owner of the private practice has now reached a life balance that she claims could never have been achieved previously.

CRDHA Annual Continuing Competence (ACC) Event
May 4 and 5, 2007

Grant Walsh, author of The Informed Entrepreneur will host a pre-event workshop, “Is Private Practice for Me?”, on May 3, 2007, 6:00 pm – 9:00 pm. Grant will also present a one hour session at the ACC event the following day. For details see your CRDHA ACC Event Registration flyer which is also accessible at www.crdha.ca.
**Dental Hygienists Profession in Alberta**

**College of Registered Dental Hygienists of Alberta**
www.crdha.ca

**Connect with Colleagues**

RDH Forum
www.rdhforum.ca

This Canadian website will encourage, motivate, inspire and keep you focused by networking with your peers across the country. Brainstorm solutions to problems and offer fresh ideas. Stay excited and remain enthusiastic about your profession. That enthusiasm carries over into everything we do.

• Learn from your network of fellow dental hygienists!
• Share information
• Find out methods for using new products
• Help with co-worker issues
• Daily Practice Issue Discussions
• Get answers to your questions from your colleagues.
• Feeling isolated?
• Check it out
• Job opportunities

**Resources to Use With Clients**

**Canada’s Food Guide**
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

There have been significant changes to Canada’s Food Guide. Eating Well with Canada’s Food Guide - A Resource for Educators and Communicators provides background information, tips and tools to complement each recommendation in Canada’s Food Guide.

This resource can be used to:
• Write and talk about the importance of eating well.
• Develop or advocate for nutrition policies.

Create new tools and resources. You can order a print copy or download the Canada’s Food Guide and the Resource for Educators.

**Center for Active Living**
www.centre4activeliving.ca

Access resources for keeping physically fit at work.

**Health Quality Council (HQCA) Health Report to Albertans**
www.hqca.ca

On January 23, 2007 the HQCA released a report with tools and information to help Albertans become active partners in their medication safety.

• News Release
• Health Report to Albertans
• Personal Medication Checklist Insert
• Health Report to Albertans Feedback form

**Canadian Council for Tobacco Control**
www.cctc.ca

This site will provide you with evidence based resources about tobacco use and cessation.

**Capital Health**
www.capitalhealth.ca/NewsAndEvents/Features/2007/Spit_tobacco

Smokeless does not mean harmless posters featuring Edmonton Oiler, Ethan Moreau. Call (780) 413-7647 to request yours.

**Healthy U**
www.healthyalberta.com

This Web site has been developed to give Albertans access to current, evidence-based information about healthy choices and factors that affect health. The site is designed to help visitors find reliable health information and encourage them to live healthier lifestyles.
Notice Board

The Statistics on Tobacco:

- Tobacco contains about 4000 chemicals. Many of these chemicals cause cancer and illness.
- 3,400 Albertans die each year due to tobacco related disease.
- 1/5 of all cancers and 3/4 of oral cancers are caused by tobacco use.
- 2/3 of spit tobacco users have health problems due to their addiction.
- Many Albertans have quit smoking. There are now as many people who have quit as there are current smokers.

**IT IS NEVER TOO LATE TO QUIT TOBACCO.**

**THE TOBACCO CESSATION PROGRAM CAN HELP.**

Tobacco Cessation Program
Room 2043 (Waiting Room)
Dentistry/Pharmacy Centre
University of Alberta
Edmonton, Alberta
T6G 2N8

tobacco.cessation@ualberta.ca
(780) 492-2100
www.dentualberta.ca/TCP

**Location of Dentistry/Pharmacy Centre**
This building is next to the LRT “University Station” and the bus “University Transit Centre.” Refer to the website link for directions and a map.

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. Address changes are best submitted in writing and should include the following information:

<table>
<thead>
<tr>
<th>Name (in full)</th>
<th>CRDHA ID Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Name (in full)</td>
<td>Old Address</td>
</tr>
<tr>
<td>New Address</td>
<td>Home Phone</td>
</tr>
<tr>
<td>Effective Date</td>
<td>Signature</td>
</tr>
</tbody>
</table>

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: (780) 465-1756 Fax: (780) 440-0544 or email: info@crdha.ca
University of Alberta Dental Hygiene Program Refresher Course

Dental hygienists who either want to upgrade their skills; or who require continuing competence program credits and/or program hours for registration with the College of Registered Dental Hygienists of Alberta; or who want to transfer to General Member status in Alberta are eligible for the Dental Hygiene Refresher Course which will be offered by the Dental Hygiene Program at the University of Alberta (U of A) on April 30 - May 3, 2007.

The Dental Hygiene Refresher Course includes a 4 day refresher course. The first day will be comprehensive didactic and pre-clinic review on the process of dental hygiene care. The remaining 3 days will include clinical practice with hands-on instruction on progressively challenging patients.

The U of A Dental Hygiene Program will supply the patients and the instruments. Registrants will be required to present proof of current CPR certification; proof of previous registration as a dental hygienist in Alberta; the name of the program attended and year of graduation.

For details of this Refresher Course please contact: Brenda Walker, CRDHA Registrar (780) 465-1756 E-mail: brenda.walker@crdha.ca

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

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CE Sharpening Courses available
Edgemate Sharpening System – easy to use! Great results every time! Sharpness that lasts!
Trade-in Program – Trade in old handles and receive new instruments for less money
Re-tipping/Customization of tips/Sharpening Services available
CDHA members receive discounts and specials – Visit the online CDHA Boutique!
Scrubs Couture – Canadian made – customized high end attire at affordable prices for the medical professional

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Fax: 905.331.5803
Email: info@dsharp.ca
www.dsharp.ca
www.scrubscouture.com

CRDHA INTOUCH APRIL 2007
There's a new EDGE in re-tipping

- 3 options in working end widths
- 3-5 day in-shop turn around time
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- Hygienist owned and operated

Re-tip or order customized instruments

Enjoy 3 re-tipped instruments for the price of 1 new brand name instrument...without compromising quality.

For more information, please contact
Heidi Tritscher-Nellis RDH
Tel: (403) 880-7526
Fax: (403) 912-2400
www.progressiveedge.ca

HAVE YOU CONSIDERED THE benefits?

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;
- any provision of the contract being altered;
- the premiums being increased.

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