

Mission Statement

*The College of Dental Hygienists of Nova Scotia,
in the best interest of the public, regulates members, promotes excellence
in care and advances the profession.*

Developed by the 2009 NSDHA/CDHNS Working Group

DATES TO NOTE

April is
National Oral Health Month

National Dental
Hygienists Week™
April 10-16, 2011

CDHA Conference
June 9-11, 2011
Halifax, NS

CDHNS AGM
June 12, 2011
Halifax, NS

From the Desk of the Registrar



CDHNS Membership

2011 Licence Renewals as of November 1, 2010

Practicing Licensed members= 606

Non Practicing members =36

Cancellations =28

Struck from register = 5

Registration Certificates

Official certificates of registration were issued to all members during the 2011 membership renewal period.

Members are encouraged to frame and display them in a

suitable location. As well Self Initiation Certificates were issued to all members who are authorized to Self Initiate by the CDHNS.

AGM

Plan now for the 2011 CDHNS AGM Sunday June 12 following the national CDHA Conference June 10 and 11 in Halifax!

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 IMPORTANT 

REMEMBER TO APPLY FOR S-I!

Once you have completed your self-initiation course and received a certificate from CDHA, you must submit the certificate to CDHNS with a request to be authorized to self initiate. You may submit your certificate and request by email (info@cdhns.ca), fax(902-444-7242) or by mail.

The South Shore Dental Hygienists' Study Club had its first official meeting Nov 15 in Bridgewater and developed Terms of Reference. Next meeting will be March 21, 2011 from 7-9 in Liverpool. Location TBA Contact Sara 543-4954 for further information. or check www.cdhns.ca for updates.

Halifax Regional Metro Society
Feb 6th location and time TBA.
check www.cdhns.ca for updates

[continued from page 1 From the Desk of](#)

Council Meeting:

Council met in October to proceed with developing the policy governance model and begin the process with our coach/ facilitator Susan Rogers.

Continuing Competency Cycle Audit

Plans and a schedule have been put into place to conduct the first Continuing Competency cycle audit of members whose Continuing Competency cycle ends on December 31, 2010.

An external auditor has made the random selection and those members selected will be notified to submit their completed Continuing Competency Record form and all supporting documentation to the CDHNS. The Continuing Competency Committee will meet in February to complete the audit process

*On behalf of the CDHNS and myself
I extend holiday greetings to all members and sincere wishes
for a happy and healthy New Year!*

Patricia Grant.
Patricia Grant Registrar



Please notify us if your address,
email or phone number changes.
Check the website regularly for bulletins and updates
as well as access to documents.
www.cdhns.ca

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For previous and current issues
Left Tab Members, Publications
and click on Issue.

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AD RATES

2" x 3.5" \$25.00
1/4 pg. \$50.00
1/2 pg. \$95.00
Full pg. \$145.00

Rates are subject to change.

Publication of an ad does
not necessarily imply that
the CDHNS agrees or
supports the claims therein.

We welcome your ideas,
articles and letters.
Submit to the
Editor at
unisonnews.cdhns.ca

NEXT DEADLINE
FOR SUBMISSIONS
MARCH 1 2011

Editorial

Do We Really Need Yearly CPR Re-Certification?

Let This Help You Decide!

Up to 45,000 cardiac arrests occur each year in Canada.

If bystander CPR is not provided, a sudden cardiac arrest victim's chances of survival fall 7 to 10% for every minute that passes without CPR.

- From The Heart and Stroke CPR Statistics 2010 -

CDHNS Mission Statement

The College of Dental Hygienists of Nova Scotia, in the best interest of the public, regulates members, promotes excellence in care and advances the profession.

CDHNS Vision Statement

The College of Dental Hygienists of Nova Scotia operating in the best interest of the public is a self-sustaining regulatory authority whose members are recognized by the public as essential health care providers. The College supports an environment of interprofessional collaboration, professional advancement and equitable access to health care for all Nova Scotians.

CDHNS Values

- Accountability to the public
- Excellence in care
- Ethical decision-making
- Professional integrity
- Interprovincial and national collaboration
- Accountability and support to members
- Equitable access to health care
- Sound resource management
- Interprofessional and interagency collaboration

In 2009, we were granted the privilege of self governance. One of the assurances we made to stakeholders, (stakeholders include but are not limited to; the government of Canada and NS, the people of NS, other health professions in Canada and NS and our own members), was that we could protect the public and serve our own profession as well if not better, than a licensing authority made up primarily of non-members. This makeup not only ensures stakeholder advocacy but a voice for our own members. The NSDHA membership convened and elected a Council from among its own members, who we entrusted to do the work of re-creating a professional body of dental hygienists in NS. The task our elected Council was given was to translate a self serving members board, into a council whose primary goal must be public protection. That responsibility automatically comes with the privilege of self-governance. In order to keep the privilege of self-governance and the confidence of the public, the elected council must be developing policy that is compatible with the legislation of public protection laid out in the Dental Hygiene Act 2007.

The trend is for organizations to become increasingly accountable to stakeholders and general public alike. The Enron scandal is the largest most recent case that led the public protection trend to pick up momentum, as a result of a few self serving members benefiting unjustly to the hardship of all other stakeholders. Legislation mandating First Aid training, of which CPR is a priority, is slowly but surely being addressed. Recent changes to the Labour Code - Occupational Health and Safety section have been put in place to ensure offices have at least one employee with up to date training on site during operational hours. The Canadian and American Heart & Stroke Foundation leaders in the field of public protection, advocate yearly re-certification. It is reasonable for the public to expect that as health care providers dental hygienists would meet this standard. It is likely that we will soon see all professions adopt the yearly if not more frequent, CPR re-certification, before it becomes mandated by legislation. Many professional organizations, in the spirit of transparency and public protection, are already adopting that recommendation. Every dental hygiene regulatory authority in Canada requires current CPR and several require annual recertification. Almost all of 9 Nova Scotia District Health Authorities have already adopted the yearly re-cert as policy for its employees who have direct contact with patients.

Adopting progressive policies promotes confidence in our abilities to others as well as our to own members. Many dental hygienists in Nova Scotia want to meet the challenges of providing dental health care to Nova Scotians in new ways. As a "College" of professional members, we can benefit from setting our standards high. By adopting progressive policies, we promote a feeling of confidence in Nova Scotia dental hygienists. We can no longer wait for others to dictate to us. We must be the masters of our own profession and embrace the tenants of public protection in the process. In this way we will earn and deserve the respect of those we wish to serve.

Ralph Waldo Emerson, a renowned 19th century lecturer who promulgated ideas such as individuality, freedom, and the ability for man to realize almost anything, said:

"Do not go where the path may lead, go instead where there is no path and leave a trail."

We should appreciate that we have elected members who will take into account the best interest of the public and the, whole membership rather than the wishes of only a few whose desires may be simply self serving and short sighted. It's a lot like buying disability insurance, or workman's compensation. It's tough to pay the premiums, and you hope you never need to use it, but when you do you're glad you're up to date!

NOTICE: CDHNS NOMINATIONS AND ELECTION INFORMATION

Five members of the CDHNS Council have terms coming to a close on June 12, 2011.

This is a call for nominations to elect members to fill the vacant positions on the College Council.

General Information

The Council consists of 9 elected members of the CDHNS and three public representatives appointed by Governor in Council. The Council elects annually from amongst its members an executive committee. The Council meets a minimum of three times per year to conduct business. Council deliberations are guided by CDHNS Vision and Mission statements as well as a Strategic Plan. (all available on our website under Members Tab).

The College has adopted Policy Governance as their governance model. Policy governance is meant to enhance role clarity, operational transparency and guard the right of an organization to be faithfully served according to the organization's goals or end statements. Creating a positive future for the profession is rewarding work. If you or someone you know would like to contribute experience and wisdom, through an elected position on the Council, please submit a nomination. The CDHNS is committed to ongoing education of Council members and orientation will be provided for all new councilors.

Members should consider those who have:

- » An interest in serving the professional regulatory body.
- » Integrity and good personal judgment
- » The ability to put the public interest first and only subject to that the interest of the profession
- » Effective interpersonal and communication skills
- » A willingness to share opinions and ask questions
- » The ability to listen to all perspectives without bias
- » The willingness to commit time and energy

Election Process

- Following receipt of the nominations a Nomination Slate will be sent with the March 2011, Unison.
- Election of the CDHNS Council nominees will take place at the June 12th, 2011 AGM in Halifax NS.
- Members will be provided with a voting card upon check in. Please remember to bring your membership (wallet) card or personal identification with you.
- Mail ballot: If you are unable to attend the AGM and wish to vote on the nominees you may request a mail in ballot from the College at info@cdhns.ca or by calling 902 444-7241.
- Mail ballot envelopes will be numbered and must be received by the College by a date to be specified on the form.
- Mail ballots will be counted prior to the AGM and the results sealed until the day of the election.

CDHNS
NOMINATION FORM

For Members to the College of Dental Hygienists of Nova Scotia Council

- ◇ While it is not mandated geographical representation throughout the province is encouraged and desirable.
- ◇ All nominees must be registered members of CDHNS in good standing.
- ◇ Nominations must be endorsed by two CDHNS members along with the consent of the nominee.
- ◇ Nominees must submit a biography form. (included)
- ◇ Deadline for completed nominations to be received at the CDHNS office is midnight February 28, 2011

We, being members of CDHNS in good standing, nominate _____
(PRINT NAME)

For the position of:

- ◇ CDHNS Councilor: Two Year Term (2011 – 2013)

Nominated By _____ RDH Signature _____
(Please Print)

Nominated By _____ RDH Signature _____
(Please Print)

CONSENT:

I, _____ RDH accept this nomination. _____
(Print Name) (Signature)

This form available for reprint on the CDHNS website under Members Tab.

Go to www.cdhns.ca

Nominations to be announced in the March/April issue of Unison
and posted on our website.

Return this completed form to:

CDHNS 26 – 2625 Joseph Howe Dr., Halifax NS B3L 4G4

see over for Part II of CDHNS Nomination Form →

Biography of Nominee for CDHNS Council Positions
To be returned completed with the Nomination Form

Name: _____ (Please Print)_

Address: _____

Telephone: Home _____ Work _____

Email: _____

Education:

Dental Hygiene Program/Institution: _____ Year of graduation: _____

Other Relevant Post-Secondary:

Dental Hygiene Professional Experience(s):

Please include practice settings and areas of responsibility.

Volunteer and/or Professional Activities:

Please include past or present volunteer experiences on Board(s), Council(s), or Committee(s)

Statement of Intent: Please write a brief statement on why you are standing for election to the Council you could include why you are interested in serving and what you hope to accomplish.

Results of Study on Professional Self Perception from Dalhousie University Bachelor of Dental Hygiene Students

A study was done by Bachelor of Dental Hygiene students Myrna DeAssis-Soares and Janet Munn at Dalhousie University earlier this year, which investigated the influence that certain factors had on the professional self-perception of dental hygienists. An online survey was sent to 50 randomly selected registered and active dental hygienists in Nova Scotia and was composed of a series of questions related to the dental hygienists' demographics, as well as, their perceptions on how their employers and clients viewed them as professionals in the dental field. These questions were then cross-tabulated with statements pertaining to the dental hygienists' self-perception as professionals, which determined their degree of professionalism. The objective was to determine whether demographics or the way clients and employers treat dental hygienists were significant factors which affect their self-perception as professionals.

A total of 16 responses were received during the 2-week period which the survey was available online. Results indicated that Nova Scotia Dental Hygienists generally have a professional self-perception. Highest scores of a positive professional self-image were the following:

- 94% of dental hygienists believed that their clients could trust them concerning their oral health.
- 100% of dental hygienists either agreed or strongly agreed that they consider and provide individualized care to their clients based on their oral health needs, and not based on their personal and/or their employers' interests.

In regards to how dental hygienists believe their clients view them, 14% of participants reported they felt that clients, although they acknowledge that the dental hygienist is a valuable member of the dental team, did not believe or understand how dental hygienists play an important role in improving their quality of life through the oral health care they provide.

Similarly, dental hygienists' perceptions on how their employers viewed them were generally positive. The highest negative result reported (20%) was in regards to their employers not knowing what dental hygienists' scope of practice was, nor respecting that scope. All dental hygienists either agreed or strongly agreed, however, that their employers believed that they play an important role in improving their clients' quality of life through the services they provide.

Although individual data supported that external factors affected the professional self-image of dental hygienists, the study was generally inconclusive due to a low response rate, therefore, no significant probability of correlation was generated. The highest probabilities that were achieved, however, was in relation to employers and demographics information.

Employers - It was found that there is an 80% probability that dental hygienists have a professional self-image if they feel their employers believe that they play an important role in improving their clients' quality of life.

Demographics - The two highest probability of correlation between dental hygienists' professional self-perception and their demographics information was the involvement in professional organizations, and the qualification to self-initiate.

Results showed that there is a 91% probability
that a dental hygienist feels professional if he/she is involved
in a professional organization.

In Nova Scotia, being qualified to self-initiate has recently become a mandatory requirement, a movement which, according to this study, will further enable dental hygienists to possess a professional self-image.

No probability of correlation between dental hygienists' perception of how their clients view them and dental hygienists' professional self-image was generated.

A national survey which will contain a larger sample size is being planned in order to obtain conclusive results.

For further information please contact Myrna at myrna.rebecah@hotmail.com

or Janet at janet_munn@hotmail.com

A special thanks to all participants who contributed to this research project and to the College of Dental Hygienists of Nova Scotia for allowing the survey to be sent through their e-mail list.

Note: The CDHNS sent the study survey to 50 randomly selected members for the two students last March.

Thank you to those who participated in furthering our knowledge about our profession.

Community Education Resource Centre

For many years the NSDHA made resources available to members who were involved in community education activities. Again, we thank Lisa Gouthro-McLean for her dedication as volunteer manager of the resource centre until this year. The resource centre is undergoing a few changes including a name change to the **Community Education Resource Centre** and is now located at the CDHNS office, in Halifax. We have toothbrushes, pamphlets, charts, and activity sheets to cover a multitude of activities that dental hygienists would need for community outreach and education. Active use of the Community Education Resource Centre by members will assist the CDHNS in meeting several of its primary goals such as:

- ☑ Increased recognition of the dental hygiene profession by the public
- ☑ Increased awareness of oral health among the public
- ☑ Out reach into the community through education and prevention
- ☑ Inter and intraprofessional collaboration

Over time we are hoping to increase the Community Resource Centre to have consultant developed curriculums and presentations available which target a wide variety of agencies and groups.

What is the Community Education Resource Centre?

As part of the CDHNS mandate of promoting oral health, the dental hygiene profession, and being visible in the community, we maintain a resource centre that is available to all dental hygienists in Nova Scotia.

We have a fully stocked supply of:

- | | |
|-----------------------------------------------------------------------------------------|--------------------------------|
| Children's and adult's toothbrushes | Sulcabrushes |
| Children's videos (VHS) | Dry mouth care kits |
| Children's and adult's floss | Proxabrush handles and refills |
| Smoke-free NS information for children in grade 4-6, as well as information for adults. | |
| Pamphlets and information sheets that contain information on brushing and flossing. | |

We can add to this list as demand dictates and finances allow so ask.

How to request items

- All requests must be made in writing to info@cdhns.ca and must include :
 - type of presentation
 - your target audience and number in the group
 - items needed,
 - date of the presentation (two week advance notice requested)
 - where you would like your items shipped
 - any other information needed to make the request.

Items will be shipped to members throughout Nova Scotia. Members within HRM are requested to pick up items and supplies at the CDHNS office to reduce shipping costs.

Continuing Competency Credits

Presenting in your community allows you to earn continuing competency credits.

If you volunteer your time to make a presentation to your community, you will be eligible for 1 credit per hour of presentation and 1 credit for preparation of the presentation in Category 2. Forms will be available on line to record your participation.

Volunteer Roster - Join the Community Education Resource Team we need your help!

The College is looking to create a roster of volunteers that would be interested in presenting information and education throughout Nova Scotia. This would assist the CDHNS in addressing requests for speakers and presentations. We can sometimes work with the community health dental hygienists to assist with certain requests but many Community Health Boards no longer can fulfil this mandate. If you would like to be a member of our Community Education Resource Team, please inform us either through email, info@cdhns.ca, or call us at (902) 444-7241.

If you present in the Community as a member of the Community Education Resource Team you can use your Continuing Competency points under Category 3 Professional Promotion and Responsibilities.

Oral Health Month Community Education Challenge!

April is Oral Health Month

And

April 10 to 16 is National Dental Hygienists' Week

We challenge as many members as possible to use the **Community Education Resource Centre** during this week or month. Get out into your community and represent your profession. Find a Brownie group, a prenatal class, approach the elementary school or a Parenting Fair. Anywhere you can spread the word. What an excellent opportunity to participate in your community and promote your profession.

Call early while supplies last!