

Dakota Hygiene Impact

Volume 29 Number 3

President's Message by Judy Bernat

Happy summer,

It seems like just a short time ago that we were celebrating the New Year but now July is already upon us. My term as President is winding down and we've arrived at my final President's Message for this Newsletter. The world around us appears to be in a state of chaos politically, socially, and in the dental and healthcare arenas. Your Board of Trustees along with myself want to assure you that while change often leads to a state of chaos, as we leave the past behind and move forward, we promise to always lead with our members at the forefront. Your views, ideas and feedback are valued by the Board. It is you who will guide us and add value to everything we do.

Your BOT will continue to focus our leadership efforts on sharing practical ways to better utilize our resources and platforms to make a difference – professionally and personally. I was able to supply testimony on our members' behalf during the Health Services Committee Hearing in April. That testimony in turn has resulted in the Board of Dental Examiners' revisiting the expanded restorative functions to allow for the placement of a class II restoration, along with the previously allowed class I and V. Ultimately this testimony brings us closer to the possibility of becoming certified in expanded restorative functions. I would encourage you to watch for administrative rules changes on the NDBODE website and voice your opinions and concerns during the public comment period.

Together we have achieved so much over this past year. We have formed creative partnerships with supportive organizations such as the North Dakota Community Action Partnership. We successfully opened and shared our spring continuing education with other healthcare providers. Because of that connection and collaboration, Angie Stone was able to share her presentation with key nursing home individuals across a four state region; thus promoting the message that dental hygienists are and should be an essential component of the healthcare team. NDDHA will continue to support the transformation of our profession.

Another area of focus for the Board is the upcoming transition of association leadership. At our September meeting we will present a slate of candidates who hope to lead the association during the next few years. The success of this association depends on the willingness of volunteers to step up and get involved. Everyone has something of value to contribute. The difference is in who is willing to share their skills, ideas, and expertise to help us grow and improve. If this sounds like something you would like to do, please contact myself, our immediate past president, or other BOT members.

And lastly, I would like to remind you that whether or not you are currently a member of NDDHA, you are a member of the dental hygiene profession. If you had a membership in the past and let it lapse or maybe you have not tried a membership yet, the future of dental hygiene is dependent on a strong association which needs the support of its members. Joining is easy and assures we have a voice, we are valued, and we are better together!

Warm regards,

Judy Bernat

NDDHA President



2015-2016
NDDHA DIRECTORY

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NDDHA Mission Statement

To improve the public's total health, the mission of the North Dakota Dental Hygienists' Association is to advance the art and science of dental hygiene by increasing the awareness of and ensuring access to quality oral health care, promoting the highest standards of dental hygiene education, licensure and practice, and representing and promoting the interests of dental hygienists.

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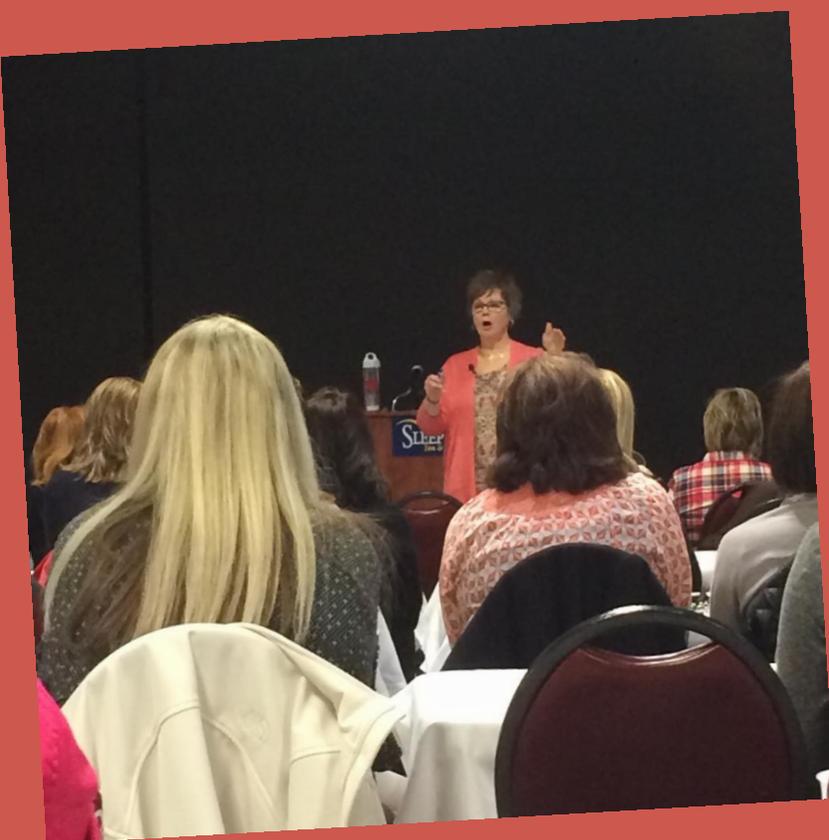
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Spring Review:

It isn't any wonder that Angie Stone, RDH, BS, has been called "The Oprah of Dental Hygiene." She presented two enlightening courses for our Spring meeting that left many attendees leaving with excited chatter and new products to test. Our morning began with "My Favorite Things..Dental Hygiene Style" where Angie's passion for improving the lives of hygienists was evident. She presented eleven HyDuctions (a deduction that has improved the lives of Dental Hygienists and their patients) which included instrumentation, ergonomics, periodontal protocol, fluoride and xylitol. Angie presented each topic with enthusiasm and not only introduced attendees to her favorite products but distributed generous samples of many of the products discussed. Angie's afternoon presentation was a ground-breaking event as it was NDDHA's first-ever inter-professional educational experience where nursing professionals joined dental hygienists to learn about solutions to effectively reduce dental biofilms as well as increase quality of life. Angie's book "Dying From Dirty Teeth: Why the Lack of Proper Oral Care Is Killing Nursing Home Residents and How to Prevent It" provided the case studies associated with this presentation and gave many insights on ways all healthcare professionals can implement positive changes to arrest this epidemic. We had 82 total attendees and during the lunch hour our ADHA District 7 Trustee, Matt Crespin gave a presentation on "ADHA and You" which outlined ways that ADHA benefits you as a member and why ADHA membership is so important for the advancement of the Dental Hygiene profession.

Megan Jacobsen, RDH



NDDHA Call for Nominations

As an organization we like to take the opportunity to recognize the hard working and innovative dental hygienists in our state. Many of us work hard to provide optimal care to our patients and volunteer time in our communities and throughout our great state educating people on the importance of good home care, regular dental visits and the link between oral health and overall health. While NDDHA is involved in some of these outreach events, we are not involved in everything so we ask for help from our fellow dental hygienists to keep us in the loop and bring these huge accomplishments to our attention so we can recognize these hygienists. Every year NDDHA accepts nominations for the following awards:

Outstanding Hygienist of the Year

Nominations are accepted for individuals who have made a positive impact within the dental hygiene field and/or in their communities. When nominating please provide information on the contribution(s) they have made and the impact it has made in the profession/community/state. **This does not have to be a NDDHA member.**

Outstanding Young Professional

Nominations are accepted for individuals who have graduated from an accredited Dental Hygiene Program within the past 7 years and have displayed a level of enthusiasm and professionalism for the dental field. When nominating please provide information on any project or contribution they have made and the impact it has held in their community. **This does not have to be a NDDHA member.**

NDDHA Distinguished Service Award

Nominations are accepted for individuals who are **members of NDDHA** for their commitment, dedication and service to our organization and the field of dental hygiene. When nominating please provide information on the contributions they have provided our organization (i.e. any positions held within NDDHA, Collaborations they have been involved in, Professional Accomplishments they have achieved, ect)

Oral Health Hero Award

Nominations are accepted for individuals who are **not** members of the **dental profession** who have made a significant contribution to oral health care in North Dakota. When nominating please provide information on the contributions they have provided for oral health.

Nominations or any questions can be submitted to NDDHA Immediate Past President, Rachelle Gustafson, by emailing rgustafson2@hotmail.com or feel free to call or text (218) 791-2592.

Thank you I hope to hear from many of you soon!

Rachelle Gustafson, RDH

Nominating Chair NDDHA



www.ndhealth.gov/ndquits

1.800.QUIT.NOW

Welcome to NDQuits!

The North Dakota Department of Health would like to announce the new name, logo and website for its tobacco cessation services.

The NDQuits program now offers a "one-stop-shop" approach to quitting tobacco. Tobacco users can visit the website at www.ndhealth.gov/ndquits and find information about where to get FREE help with quitting. People are able to get help via:

- ◆ **PHONE** – by calling **1.800.QUIT.NOW (1.800.784.8669)**
- ◆ **ONLINE** – by logging on to nd.quitnet.com
- ◆ **MOBILE** – by logging on to nd.quitnet.com on their mobile device

Individuals can use all of the NDQuits services in any combination to get the maximum benefit. All services are completely private and confidential. Enrollees in NDQuits will benefit from:

- Free nicotine patches, gum or lozenges to help with the quitting process for qualified enrollees.
- Access to professional cessation counselors.
- Assistance in designing a personal quit plan.
- Online support from other quitters all over the world 24/7/365.
- QuitTips e-mail messages that will offer tips about staying quit.
- An audio library featuring prerecorded messages about the quitting process.

No single method of quitting works for everyone. Tobacco users can find the way that fits for them at NDQuits.

NDQuits is part of the North Dakota Department of Health's Tobacco Prevention and Control Program and is funded by the legislature through funds received in the Master Settlement Agreement with the tobacco industry.

For more information about NDQuits, contact:
Tobacco Prevention and Control Program
Division of Chronic Disease
North Dakota Department of Health
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200
701.328.2367 or 800.280.5512 (toll-free) / www.ndhealth.gov/tobacco



NORTH DAKOTA
DEPARTMENT of HEALTH



ADHA's Center for Lifelong Learning (CLL) and House of Delegates (HOD) was June 8th -14th in Pittsburgh, PA. Your NDDHA delegates were Dana Schmit, & Rachelle Gustafson and alternates were first time attendees Jessy Briedenbach & Megan Jacobsen.

Our week was started with a fun networking event hosted by Young Dental at Howl at the Moon. It was great seeing our friends from across the nation and introduce our first timers to everyone. Thursday kicked off the CE for the weekend and the highlight of the day was the inaugural Institute for Oral Health (IOH) 5K event that evening followed by the After Glow party. It was so much fun to see all the Districts, many in costume, and the camaraderie between everyone involved in the 5K. ADHA's IOH raised over \$53,000 and District 7 came in second for the fundraising teams. Friday began with the Crest Oral B breakfast followed by the opening of the Exhibit Hall and more CE. The IOH Benefit and President's Reception was on Friday night. Saturday concluded the CLL and started the transition into HOD, which was full of good discussion and brings us the opportunity to see things from another perspective. Many of the PBY and PRs were simple clean up or clarification but a few interesting ones were also introduced regarding teledentistry. These were referred to committee for further review and recommendations as they were submitted at the first HOD on the floor. I look forward to hearing the discussion that occurs next year on this subject!

During CLL we were given the opportunity to access many of the staff at ADHA to help us to answer questions and give us information to continue to move our profession forward in ND. We were able to have a sit down with Jason Nippa, our contact at Governmental Affairs, and touch base with what is going on in ND as well as new successes across the nation. The greatest of those being the success in Vermont, the latest state to authorize dental therapists! Many other states continue to expand access to care and we were reminded again how important our alliances are to helping to change the barriers in place for access to care. Jessy was able to attend the membership workshop hosted by staff at ADHA and is excited to come back with new ideas to try in ND to help increase our membership.

This year the mega issue discussion during the business meetings was focused on the Governance Structure of ADHA. We looked at many different models that will help to move ADHA forward to be able to operate at best practices and efficiently. This is a discussion that has been going on for awhile and will continue until the best outcome is found. As we all know our organization is run on volunteer basis, and while at the national level there is staff to help with the day to day processes, all of our officers are elected by our membership. While ADHA has been working hard to develop leadership skills within our membership the national level of offices are feeling the same strain that our state organizations have been dealing with for quite some time. There simply are not enough people able to dedicate the time and energy needed to have a deep bench of leaders to serve in these roles. This was evident again this year in the fact that there was one candidate for each of the positions up for election whereas in previous years there almost always were two candidates to choose from. At our state level we have had many times there have been struggles to fill our BOT positions and we often times see the same people working hard to keep our organization going and moving forward. The hope with this Governance Design Study ADHA will find a better way for us to operate without the struggle to need to fill unnecessary positions. For more information feel free to reach out to any of your Delegates or to ADHA. The information that we reviewed is also available on the ADHA website in your membership portal. You will find it under the House of Delegate resources within the member resources, as well as all of the other materials we had to review. All members have access to these resources so please feel free to review them.

Our newly elected officers at ADHA national level are as follows:

Michele Braerman, Vice President

District VII own Tammy Filipiak, President Elect

Carolyn Robertson, Speaker of the House

Next years CLL and HOD will be held in Jacksonville, FL June 14-20, 2017. I hope you all consider taking the time to attend this great opportunity for CE and networking. I promise once you go you will be hooked! If you are interested in serving as a Delegate or Alternate Delegate for NDDHA please reach out to Rachelle Gustafson or any of the BOT members.

Dana Schmit, RDH



Are you interested in becoming more involved with the Dental Hygiene profession? Consider becoming a member of the NDDHA BOT. NO EXPERIENCE NEEDED we have current and past BOT members ready to mentor and guide you. The ND Dental Hygienists' Association has the following positions opening on our Board of Trustees Starting in September 2016.

President Elect

- Three (3) year term, progressing from President Elect to President to Immediate Past President
- * As President Elect you Chair the Legislative Committee, attend ADHA's Center for Lifelong Learning and House of Delegates as an Alternate Delegate from our state and work with the President and Past President to learn the workings of our Board of Trustees.

Secretary

- * Two (2) year term
- * Records and maintains NDDHA BOT meeting minutes
- * Chairperson for community outreach activities

Resource Trustee

- * Two (2) year term
- * Responsible for creating and implementing fundraising opportunities for the NDDHA

Newsletter Editor/Social Media Manager

- * Two (2) year term
- * Designs the newsletter four times a year
- * Maintains the NDDHA facebook pages
- * Photographer at NDDHA CE Sessions and any special event hosted by the NDDHA

Non-Board of Trustee Positions up for Election

ADHA Delegate

- * Requires previously serving as an Alternate Delegate for eligibility
- * Serves as NDDHA's Lead Delegate to ADHA's Center for Lifelong Learning and House of Delegates (June 14-20th 2017 in Jacksonville, FL)
- * Prepares updates for the NDDHA newsletter regarding the meetings and communicates with the Board of Trustees as needed.

ADHA Alternate Delegate

- * Serves as NDDHA's second Alternate Delegate to ADHA's Center for Lifelong Learning and House of Delegates (June 14-20th 2017 in Jacksonville, FL)
- Helps to prepare updates and communicates with the Board of Trustees as needed

For more information on any of the positions please contact NDDHA Immediate Past President, Rachele Gustafson, RDH (218) 791-2592 or rgustafson2@yahoo.com



**North Dakota Dental Hygienists' Association
Fall Annual Session
September 16-17, 2016
Civic Center, Bismarck, ND**

Friday, September 16th

7:30-8:00 am Registration

8:00-11:00 am Sherry Burns, RDH, MS

“Partners in Perio-Hand Instruments & Ultrasonic Scalers” 3 CE’s
(hands-on course, materials provided)

11:00-1:00 pm NDDHA Business Meeting, Lunch Provided

1:00-2:00 pm Shawnda Schroeder, PhD

“North Dakota Oral Health” 1 CE

2:00-4:00 pm Dianne Testa RDA, RDH, BSDH

“OSHA and Infection Control: Staying on Top of Disinfectants & Room Clean up”
2 CE’s

Saturday, September 17th

8:00-8:30 am Registration

8:30-11:30 am Sherry Burns, RDH, MS

“Biofilms-The Clinical Application of the Scientific Evidence” 3 CE’s

11:30-1:00 pm Lunch on your own/visit the exhibit hall

1:00-4:00 pm Sherry Burns, RDH, MS

“Exploring the Myths of Clinical Concepts” 3 CE’s

Hotel Information

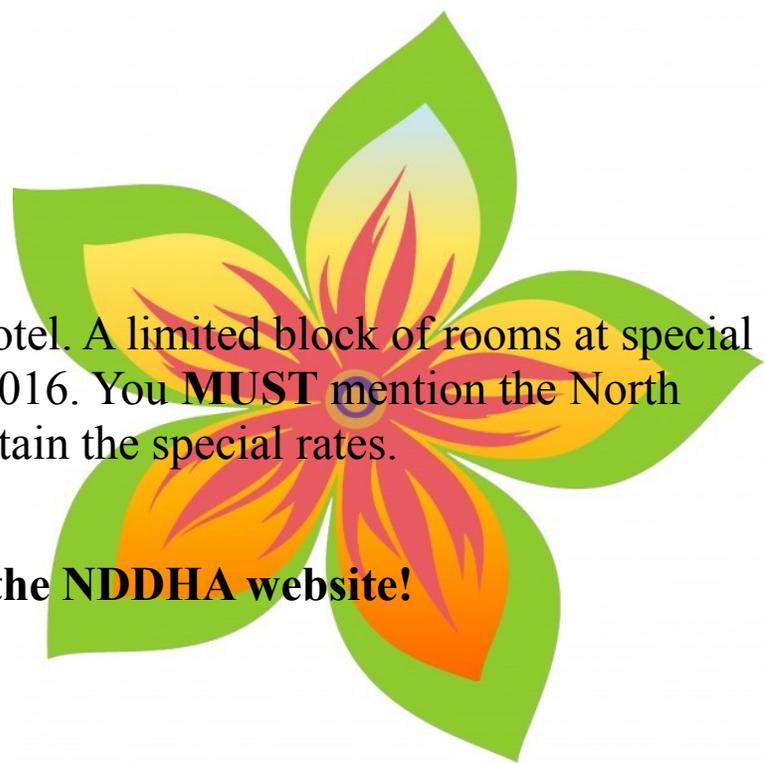
Radisson

605 E Broadway Ave

Bismarck, ND 58501 (701) 255-6000

Please make reservations directly with the hotel. A limited block of rooms at special room rates are available until August 19th, 2016. You **MUST** mention the North Dakota Dental Hygienists' Association to obtain the special rates.

Please register online at the [NDDHA website!](#)



SHERRY BURNS, RDH, MS

Sherry is the Global Education Consultant with Hu-Friedy Mfg. Co., LLC. Her distinguished career started with a B.S. degree in Dental Hygiene from the University of Michigan in 1967 and a Master's Degree in Dental Hygiene Education from UMKC in 1972. Her extensive professional career includes experience as a private practice clinician, educator, researcher, and author and community health dental hygienist. Sherry has gained international recognition as an expert on instrument design, sharpening and clinical techniques. She has collaborated with Hu-Friedy on numerous instrument designs and holds a U.S. patent. She is the originator of the design concept for the After Five® curettes and the simplified sharpening strategy known as "It's About Time to Get On the Cutting Edge". Her most recent creative efforts contributed to the innovative concept of the Swivel™ Ultrasonic Insert and the Gracey 17/18 curette. Sherry has lectured extensively around the world and authored numerous articles and textbook chapters.

PARTNERS IN PERIO — HAND INSTRUMENTS AND ULTRASONIC SCALERS

Clinical skills required for providing periodontal therapy effectively and efficiently may be enhanced and strengthened by viewing all instruments as a total unit rather than as separate entities. This workshop presents innovative instrument designs and solution-driven approaches to meet the inevitable challenges of mechanically treating "invisible" root surfaces. Discover practical alternatives that work in the most difficult, frustrating situations. Examine the design characteristics of a variety of hand instruments and power scalers (both magnetostrictive inserts and piezoelectric tips). This workshop will provide practical principles for confronting clinical complications with dexterity, skill, and confidence. The appropriate selection of hand instruments combined with ultrasonic scalers will help to maximize performance, minimize stress, and enhance the quality of care.

BIOFILMS — CLINICAL APPLICATION OF THE SCIENTIFIC EVIDENCE

During the past 20 years, the terms "dental biofilms" and "oral biofilms" have become prominent in the literature, and we have gradually incorporated these terms into our professional vocabulary, perhaps combining the words "dental plaque biofilm" or totally replacing the term "dental plaque". But, actually the terminology and concepts of biofilms have been utilized in the scientific community for over 40 years. Join us for this interactive course to learn why "biofilms" best describe the oral microbial communities, identify the characteristics and behaviors of biofilms, and, most importantly, understand how the scientific evidence of biofilm impacts our treatment options and choices in our quest to provide optimal care for each of our individual patients. This course, designed for dentists and dental hygienists, is presented as a half day seminar. We will explore the research on oral and dental biofilms which has significantly improved our understanding of the pathophysiology of periodontal diseases and has led to new paradigms for therapeutic procedures.

EXPLORING THE MYTHS OF CLINICAL CONCEPTS

This course will encourage participants to examine some long-standing beliefs about clinical concepts, instruments, and techniques. In the format of an informal, interactive discussion, some of the most popular "urban legends" of dentistry will be explored and probed. Some concepts or statements, dutifully memorized as students, and subsequently incorporated into daily practice routines may actually be "urban legends" that have been around for decades and have infiltrated the hallowed halls of dentistry to a significant degree. Some of these "traditional teachings" are so prevalent that the scientific basis for the concept is never questioned. Dispelling some of these myths, misconceptions, and misunderstandings will leave the participant thinking: "WOW, that's not what I learned!" Confronting what may have been confusing challenges in the past will encourage the clinician to perform certain clinical procedures with clarity, comfort and confidence.

Dianne Testa RDA, RDH, BS

Dianne Testa is a Registered Dental Assistant, Registered Dental Hygienist and received her BS in Dental Hygiene from the University of Minnesota. Dianne's background includes: clinical practice, director of a dental hygiene program, a clinical instructor, educator, a public speaker, and a consultant. She currently speaks throughout the country on many topics from OSHA and infection control, radiation safety, local anesthesia, Ethics and Jurisprudence and radiographic techniques. Dianne's lectures and customized trainings range in the areas of ultrasonic scaling and periodontal debridement, the use and placement of periodontal adjuncts, How to get your patients to health, treatment planning and case presentation and many more. Dianne works for GC America as their District Sales manager for Minnesota and North Dakota. Dianne has been published in the Illinois Dental News on her work in Infection Control, RDH magazine, Dental IQ, and Practical Dental Hygiene on her work with enzyme suppressing drugs used in periodontal therapy. Dianne has received awards for Minnesota's Outstanding Hygienist 2000, and the faculty Innovation Award 2001. She is listed in Who's Who Among American's Teachers. Her 30+ years in dentistry shows in the excitement she brings to each and every one of her lectures and training seminars. Each and every participant leaves with valuable knowledge and the understanding of her love for dental hygiene. Her enthusiasm is contagious and keeps the audience interested and entertained.

OSHA AND INFECTION CONTROL: STAYING ON TOP OF DISINFECTANTS AND ROOM CLEAN UP**Course Description:**

This course is designed to update you on the latest information from OSHA and the CDC. You will be informed about the newest regulations and recommendations. Dental professionals work in an environment that has potential risks for exposure to blood borne pathogens. Get the current information on HIV/AIDS and Hep C. Understand how to protect yourself exposure to Hazardous chemicals. If you want a new and fun way to look at OSHA and infection control, this is the course for you. This course is fun and factual.

Learning Objectives:

- Understand how to report an occupational exposure
- Identify work place hazards
- Learn the latest sterilization information
- Distinguish which disinfectant works for your office
- Master the art of "3 minute room clean up"
- Have fun

Table Clinics

Winners

**Sarah Sanborn, Rikki Schmidt,
and Instructor Stacy Owens.**



In April NDDHA had the honor yet again to judge the 1st year DH student Table Clinic presentations. The students are to have a visual aid and supporting material along with their verbal presentation. Typically they present in groups of two and must last around 7 minutes.

NDDHA Secretary and Student Liaison Amber Wulff was able to judge along with the help of area hygienists.

The judging is conducted based off the National ADHA format.

There were many new topics this year which always makes it more interesting and there were a couple that were very educational!

The winners receive a discount on their membership fee when it comes time to become an active member and also a \$25 NDSCS gift card to use as they please.

Great job again to the NDSCS DH students and thanks to the MN/DAK Study Club for including all of us again!

Respectfully, Amber Wulff NDDHA Secretary

Mark Your Calendar

Mark your Calendar:
NDDHA Annual Session 2016 September 16-17, 2016
 Civic Center, Bismarck, ND
 Accommodations: Radisson

NDDHA Spring Meeting
March 24, 2017
 Astoria Hotel, Dickinson, ND

NDDHA Fall Annual Session 2017
September 15-16, 2017
 Baymont Inn & Suites, Fargo, ND

ADHA CLL 2017/94th Annual Session
June 14-20, 2017
 Jacksonville, FL

Change of Name or Address? Notify the following:

ADHA Central Office
 444 N Michigan
 Chicago, Ill. 60611
member.services@adha.net

ND Board of Dental Examiners
 PO Box 7246
 Bismarck, ND 58507
www.nddentalboard.org

Chapter 43-20-12.2 of the ND Century Code. Notice to board of change of address. A licensed dental hygienist shall notify the secretary-treasurer of the board of dental examiners of any new address within thirty days of the address/name change. A licensed dental hygienist may not practice in this state for more than thirty days after the change of address without complying with this section.

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**FORWARDING AND ADDRESS
 CHANGE REQUESTED**



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