The Diary Of a Dental hygienist....... 

By: Jennifer Turner, RDH
Learning Outcomes

- Analyzing a typical dental hygiene day in private practice.
- Demonstrating proper instrument techniques and choices available to the dental hygienist.
- Review of smoking cessation, oral cancer and medical histories with linked common medications.
- Creating awareness on addictions that our clients may have.
- Understanding the dental hygiene appointment from a “clients perspective”. 
What do we struggle with on a daily basis?

- Maintaining Effective Instrumentation
- Applying Evidence Based Theory Into The Dental Office.
- Insurance Driven Treatment
- Client Education and Comfort
- Job Pressures on Production and Timing
Mr. Jones, aged 75 commented, why does the dental hygienist always turn around and write down stuff and vaguely pays attention to me?

Does she know how this makes me feel?
But it Starts With Us....

- When was the last time you did something special for you?
- What keeps you happy and healthy?
- Last vacation?
- Last book you read?
- Last time you went to the gym?
- Have you lost yourself somewhere along the way?
Did You Know?

- Sports, accidents and fights are the leading cause of tooth loss in people under the age of 35.
- Play it safe and wear a mouth guard.
- Is your office only promoting mouth guards to children?
- What sports should be wearing a sportsguard?
- Baseball incident!
Did you know?

- Americans spend $100 billion per year on hair care products – and only $2 billion a year on dental care products. What good is great hair without a great smile?

- 83% of people believe their teeth are more important to their appearance than hair and eyes but why are they spending more money on hair care products than dental products??

- www.roperasw/reachmax.com
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<th>Question</th>
<th>Answer</th>
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<td>Do you portray yourself as a professional everyday?</td>
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<td>How is your appearance?</td>
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<td>Your language?</td>
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<td>Does your operatory reflect your image?</td>
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<td>Do you talk more than you listen all day long?</td>
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<td>Do you portray empathy towards your clients?</td>
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<td>Are you present at work?</td>
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<td>Are you a dental hygienist that everyone wants to see?</td>
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<td>If so, why do you think that is happening?</td>
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Self initiation in Ontario for dental hygienists

- Myth or Fact??
- Self initiation is just for those dental hygienists who wish to practice without a dentist.

www.cdho.org
Self initiation answer

- Self initiation is for dental hygienists who are confident in their ability to determine when they should proceed with their authorized act of “scaling teeth and root planing, including curetting surrounding tissue”.

- The fee for self-Initiation is $75.00

- 34% of RDH’s in Ontario are self-initiated

www.cdho.org
CDHO Mentorship Program

CALL FOR MENTORS

The Peer Mentorship Program
Who’s business is it anyway?

- Why does it matter if I want to work on my boyfriend/girlfriend/spouse or partner?
- Better yet, who will know?
- What will happen to me if I am doing this or if I know of a Dental Hygienist that is doing this?
Bill 70 amends the sexual abuse provisions of the Regulated Health Professions Act to allow individual Colleges, by regulation, to exempt the treatment of spouses from all or part of the sexual abuse provisions.

It only becomes law for CDHO after the government passes a regulation.

The bill has just passed it’s third reading.
Nothing has changed for CDHO registrants at this time.

You will be receiving an e-brief from CDHO on this matter shortly.

The *Regulated Health Professions Act, 1991* (RHPA), mandates development of a sexual abuse prevention plan. Under the RHPA, sexual abuse of clients is an act of professional misconduct.
The professional relationship with the client must be terminated, if the dental hygienist wishes to embark upon an intimate relationship with that person.

When in doubt call Robert, Cathy or Jane, your practice advisors for help at the CDHO at 1-800-268-2346
How to check for bad breath?

1. Lick your wrist, let it dry for 10 seconds, then smell it.
2. Scrape some of the coating from the back of the tongue and then give it a sniff.
3. After flossing, smell the floss to see if it carries an odour.
4. If they were dentures, remove them and smell them directly.
5. If desperate, ask a close friend.
Medical histories of 2013

- Diabetes
- High Blood Pressure
- High Cholesterol
- Dementia
- Allergies
- ADHD/OCD
- Dehydration
- Unsure of medical concerns or their medication
- Autoimmune Diseases- MS, Crohn’s Disease, Colitis, Irritable Bowel
- Joint Replacements
Whitening Products

- Do you offer your client’s a variety of whitening choices in your office?
- What products are you using and why did you pick those products?
- Day/Night Products or In Office Systems
Kyla Smith, aged 18 arrives for her dental hygiene appointment today with you.

After you complete her medical history, Kyla is happy to announce that she has gotten a tongue ring since her last visit.

How do you respond?
Effects of oral piercings

Are you using your intra oral camera to educate your clients everyday?
Did you know?

- If flossing properly, the average person should use 122 yards of floss per year. Twenty-eight percent of people claim to floss daily, but annual sales data shows only an average of 18 yards of floss are sold per person.

- I think someone’s fibbing……
Difficulties with scaling

- Accessing in all areas of the mouth, “I can’t see.” My wrists and back hurt by lunch time so my body is in a compromising position.
- Keeping my instruments sharp all the time.
- When the client is so nervous during scaling it makes me nervous.
- Waiting for local anesthesia takes so much time of my scaling appointment.
- We are not allowed to purchase new instruments regularly, once per year in January if we are lucky.
A 14 year old female presents with localized aggressive periodontitis. The first molars have severe vertical bone loss with mobility.

After a periodontal and radiographic assessment, a treatment plan was completed. Oral hygiene instructions are given. The patient will have quadrant periodontal debridement followed by periodontal surgery. Additionally, the patient will be placed on an antibiotic.
How would you explain the rationale for the antibiotic?

The client asks how long will it be before she can expect to see a clinical result from her treatment. How would you respond to her?
USTI Course

Dentsply- York PA
July 2010
1st Canadian Dental Hygiene Educator Invited

Just when you thought you might know a lot…..
Advanced Instrumentation Courses
Small groups of 16-20 participants
Fabulous way to make your life as a dental hygienist better
We get set in our ways but it is important to reflect on our own dental hygiene skills in order to improve.
Sharpening Options

- How often should you be sharpening?
- How often are you sharpening?
- I find some dental hygienists are embarrassed to say they need help with sharpening.
- rdhu offers a great webinar on sharpening at www.rdhu.ca
Dental Hygienists ask:

- How long should my ultrasonic tips last?
- How do I know when it is time to purchase new tips?
What does Magnetostrictive mean?

- **Magnetostrictive**
- 18,000 to 45,000 cycles per second.
- Movement generated by electrical current passing over a stack of metal strips or a metal rod which is attached to the insert.
- The insert/tip movement may be linear or elliptical.
- All surfaces/sides of the insert tip are active.
**Piezoelectric**

- 25,000 to 50,000 cycles per second.
- Movement generated by electricity passing over crystals in the handpiece.
- The insert/tip movement is linear.
- Two sides of the insert/tip are active.
5 A’s for smoking cessation

- Ask- about the status of smoking at every visit
- Advise- clear, non-judgemental and personalized suggestions for quitting
- Assess- each client’s readiness to quit
- Assist- with a specific smoking cessation plan
- Arrange- follow up visits
So what is “hpv”?

- In simple terms, HPV is the Human Papilloma Virus.
- It is the most commonly contracted sexually transmitted infection.
- What should we be looking for at a dental hygiene appointment on every client?
To obtain printed copies of the document (limit of 50 copies per order), contact publications@hc-sc.gc.ca.
Definition of addiction

- Addiction is a persistent, compulsive dependence on a behavior or substance.
  
  1. **Substance addictions** (for example, alcoholism, drug abuse, and smoking)
  
  2. **Process addictions** (for example, gambling, spending, shopping, eating, and sexual activity).
It’s Time To Quit

- Smokers Helpline- smokershelpline.ca
- 1-877-513-5333
- Your Regional Public Health Department
- Oral Cancer Foundation
- Canadian Cancer Foundation
Smoking Facts

- Smoking kills more than 45,000 Canadians a year.

- That is more than the total number of deaths from AIDS, car accidents, suicides, murders, fires and accidental poisonings combined.

- There are over 4,000 dangerous chemicals in cigarettes, cigars and pipe smoke. [www.lung.ca](http://www.lung.ca)
Drug addiction is a dependence on an illegal drug or medication, you may not be able to control your drug use and you may continue to use the drug despite its harm that it causes.

Drug addiction can cause intense cravings for the drug.

They may want to quit but they cannot do it on their own.
What is Methadone?

- Methadone is an opioid pain reliever, similar to morphine.

- It reduces withdrawal symptoms in people addicted to heroin or other narcotic drugs without causing the “high” associated with drug addiction.

- Methadone is used as a pain reliever and as part of a drug addiction detoxification and rehabilitation program.
The young adult subtype accounts for 32% of alcoholics in the US. They are young adults who rarely seek help for their addiction. They are 24 years old and become alcoholics at 20 years old. They may drink less often but they are binge drinkers.
2. The young antisocial type comprises 21% of alcoholics.

- They are 26 years old on average and have an anti-social personality disorder.
- They tend to start drinking at 15 and are alcoholics by the age of 18.
- They are more likely to smoke and use pot.
3. The functional alcoholic accounts for 19% of alcoholics.

They are generally middle aged working adults who tend to have stable relationships, more education and higher income than other alcoholics.

They tend to drink every other day and consume more than 5 or more drinks.
4. The intermediate familial subtype makes up 19% of alcoholics.

Nearly half have close family relatives who are alcoholics.

Alcoholics in this subtype begin drinking at age 17 and are alcoholics in their early 30’s.
Types of Alcoholics

The chronic severe subtype is the rarest subtype and makes up 9% of alcoholics.

- This subtype mainly is men, has the highest divorce rate and frequently induces users of illicit drugs.
Gambling Addiction

How would we know inside the dental office if our client has a gambling addiction?

Does it matter to us if he/she does?

Traits include conversation, sports, Las Vegas, horse racing, hockey pools, etc..
Ephedrine

- An appetite suppressant
- Used in Chinese medicine
- Sold in 50, 8 mg tablets.
- Label states 1 tablet every 6-8 hours
- Maximum daily dose is 4 tablets
- Have you seen this medication on a medical history before?
- Well I have a story to share.....
How many partners have you had?

What's your number?

According to a survey of adults aged 20 to 59, women have an average of four sex partners during their lifetime; men have an average of seven.

About 1 in 10 married couples sleep alone at night.

Source: National Center for Health Statistics
Remember to take care of you!
Thank You!

- Toronto Academy of Dentistry
- rdhu
- To Synca/Exam Vision Loupes-416-574-9077 and speak with Hapi or email hapi.r@synca.com

Jennifer Turner- jturner@therdhnetwork.com