**AKDHA Fall Newsletter 2016**

**President’s Letter**

Dear Friends and Colleagues,

Winter is just around the corner and so is our Fall CE/Business meeting being held Nov 12th at our new location in the Gorsuch Commons at UAA. Our business meeting will be followed by a guest speaker Karol Fink who will be discussing the Grant received by the Oral Health Program and Obesity Prevention Program in Alaska focusing on Alaska children. She will be facilitating a discussion about current policies and practices around sugar drinks. She will also be collecting input from those in attendance at the discussion.

We are also approaching our license renewal period in February 2017! Make sure you have obtained your needed 20 CE credits before that time and that your BLS is current.

Thank you to those who attended the successful Anna Pattison CE in August at UAA. 16 CE credits were obtained over the 2 day event and we learned new information, instrumentation, and techniques. It was extra special knowing that Anna offers CE in just a few locations each year, and Anchorage was one of them for 2016!

We had a successful turn out at our BIG Community Event this past April 29-30th during the Alaska Dental Mission of Mercy at the Dena’ina Center in Anchorage. The hygiene team consisted of 115 RDH volunteers and we performed 405 prophys/debridements. Overall, the event boasted 1,016 volunteers, $1,154,000 in donated services. Thank you to everyone who helped to make this a successful event! You should have received your 2 CE credit certificate via email. If you have not, please contact me. It is unknown when the next event will be at this time.

I’d like to take this opportunity to thank all of the wonderful dental hygienists across our state for helping to improve the oral health of so many and making such a positive impact in people’s lives. I’d also like to thank the dedicated volunteers who comprise AKDHA, CIDHA, and MSDHA for your commitment to our profession and to our state and local dental hygiene associations! Your energy and knowledge are inspiring and I am proud to be a part of this association.

We are looking for hygienists who are interested in getting involved in our association or serving on a committee; fresh ideas are welcomed! We have a few positions coming open at our Fall 2016 meeting and there is a brief description about each position posted at the end of this newsletter. We are also looking for a few members for our Social Media committee to help with our Facebook Page and someone to help with our Website. Remember to check out our website at www.alaskadha.org or find us on Facebook under the name Alaska DHA! I look forward to seeing you on Nov 12th at our CE and business meeting at UAA! Warm Regards, Sandy Pelto, President, Alaska DHA
Alaska Dental Hygienists’ Association
Fall CE/Business Meeting
Saturday Nov 12th, 2016
UAA GORSUCH COMMONS ROOM 107, 3700 SHARON GAGNON LANE, ANCHORAGE AK
Free Parking at the Willow Lot off of Elmore
FAIRBANKS LIVE STREAMING: MARGARET MURIE BUILDING ROOM #107 982 N KOYUKUK DR,
FAIRBANKS AK 99709
CE Presenter: Linda Miller

November 12, 2016
8:15am Registration
9:00am – 12:00pm CE: Sharpening and Instrument Ergonomics
12:00-2:30pm Lunch/Business Meeting/Guest Speaker

COURSE TITLE: Sharpening and Instrument Ergonomics
COURSE SYNOPSIS: Studies show 40-70% of dental professionals have chronic hand and wrist pain or carpal tunnel syndrome. We must be proactive with instrumentation to avoid this. Starting with the evolution of hand instruments, we will look at new instrument designs and angulation that is more comfortable for the practitioner as well as the patient. Since the ergonomic health of the practitioner and the quality of patient care depends on a sharp blade, we will have a hands on sharpening course. Every attendee should be able to sharpen curettes and scalers and understand sharpening when they leave the program. We will even address implant maintenance.

After completing this program, the dental professional should be able to:
• Understand the evolution of Perio and Hygiene Instrumentation
• Recognize ergonomic instrumentation that will allow greater comfort for them as well as their patients
• Be aware of new instrument designs that are available
• Know how to accurately access a blade and sharpen it

Linda J. Miller
Current business: PDT, Inc. aka Paradise Dental Technologies 2000-Present Linda founded PDT in 2000 in her two car garage with a passion to increase the comfort, efficiency, and ergonomics for the dental professional as well as make dentistry less traumatic, faster and healthier for the patient. She purchased a mill and a punch press to make the dies and machines required to manufacture dental hand instruments. She set up the quality assurance system necessary for medical device manufacturing. As many company founders, Linda did budgeting, purchasing, design, manufacturing, sales, human resources, and accounting. Looked at the current designs and changed the handles to be larger, lighter, tactile sensitive, easy to control, and anatomically color-coded for efficiency. Reviewed blade usage and created instruments with better balance and anatomical fit to the tooth. PDT continues to develop new innovations to address the changing needs of oral health and is active in educating others to understand that oral health is systemic and affects your overall health. Linda developed metallurgy treatment so these hand instruments hold their edge two to seven times longer than any other instruments on the market. PDT quickly rose to be the #2 dental hygiene/perio instrument in North America. Sold in 48 countries, PDT continues to grow and employ more Montanans. While other instrument companies take their manufacturing overseas, PDT is committed to manufacture in the USA. PDT supports over 400 missions throughout the US and the world. PDT, Inc. is ISO 13485 certified.
Guest Speaker during Business Meeting:
Karol Fink, MS, RDN
State of Alaska Obesity Prevention and Control Program Manager
Section of Chronic Disease Prevention and Health Promotion

The Oral Health Program and Obesity Prevention Program received a 2-year grant from the CDC Division of Oral Health to work on activities to reduce sugary drink consumption – focus on Alaskan children. There are two main aspects with the grant: 1) tie in and expand on existing public service announcements/media efforts to highlight the issue with the public (both for obesity and dental disease); and 2) involve and collaborate with dental professionals in addressing the issue. Due to the fact that most of the patient screening, education, and counseling is being done by dental hygienists’ in the private dental practice setting – they want to ensure they are developing resources that dental hygienist think would be useful. Karol will be facilitating a discussion about current policies and practices around sugar drinks. She will also be collecting input from those in attendance at the discussion.

Be sure to check out the wonderful items available at the AKDHA Silent Auction!!

This year we would like to collect items for the Beans bags that Royann assembles and donates to Beans Café during the holiday season. Please bring any of the following items and receive a ticket for a chance to win a gift card!
Hotel size shampoo & soaps, razors, hand towels, socks, hats, travel size toothpaste, tooth brushes, and other items you feel would be appropriate & useful (please bring new, unused items on Nov 12th.)

Legislative News

There are no bills before the legislature that directly impact dental hygienists, however, cuts to Medicaid continue to be a concern. This can have significant impact on reimbursement for services, especially Adult services. I encourage everyone to be aware of the impact that budget cuts will have not just for practice revenue, but for access to care for those who need it most.

Around the country...3 STATES NOW HAVE Advanced Dental Therapists.

Minnesota: Advanced Dental Therapist, (Signed into Law, 2009)
Hygiene-based -Masters degree or may be dually licensed as a RDH and ADT -may perform all the services a dental therapist provides and the following procedures, pursuant to a written collaborative management agreement with a dentist; oral assessment and treatment planning, routine, nonsurgical extractions of certain diseased teeth.

Maine: Dental Hygiene Therapist, (Signed into Law, 2014)
Hygiene-based Education – RDH + post-secondary dental therapy program-Preventive and restorative scope-Direct supervision by a licensed dentist and a written practice agreement is required Dually licensed as DHT and RDH ADTs may be dually licensed as RDHs

Vermont: Dental Therapist (Signed into Law, 2016)
Hygiene-based Education – RDH + CODA-approved dental therapy education program. General supervision by a licensed dentist and collaborative agreement is required. Preventive and restorative scope Licensure required-Must be dually licensed-ADT –RDH
Ten states are currently pursuing a version of the Dental Therapist (ADT, ADHT, ADHP, DHP) including Connecticut, Georgia, Kansas, Massachusetts, Michigan, New Mexico, North Dakota, Ohio, South Carolina, Washington.

What’s next on the horizon for Alaska? Increase use on Collaborative Practice to increase access to care, increase restorative practice, and advances in scope of practice. Look for a survey coming out requesting information on what you see as the future of DH in AK and where you want us to go!

Nicki Bennett RDH, MHA, CPH.
Legislative Chair, AKDHA

**Collaborative Practice News**

We have started a Collaborative Practice Project at Prestige Care and Rehabilitation Center in Anchorage. The facility has approximately 85 residents. We are working with the healthcare non-profit organization Christian Health Associates and the project is called ‘Healthy Smiles Forever’. This will be a one year prototype to evaluate processes and successes. If successful, the goal is to expand to other long term care facilities. The dentists are Dr. Kim Self and Dr. Guy Ingrim. The hygienists' are Royann Royer RDH, MPH, Valerie Truncali, RDH BSDH, Nicki Bennett RDH MHA, and our dental assistant is Jackie Bauzon. Prestige has provided a permanent operatory for the clinicians to utilize and so far we have seen approximately 30 residents, many of whom have complicated needs. The equipment and supplies are being obtained through donations and a small grant from the Rasmussen Foundation. Future projects would likely utilize portable equipment since it is less expensive and easier to provide access in smaller facilities.

I will be giving a small presentation on our Collaborative Project at our Fall Business Meeting on November 12th. Hope to see you there!! Royann Royer, RDH, MPH

**Component News**

**Membership:**
MSDHA currently has 40 members!

**Board members:**
President: Chloe Allen
Vice President: Julie Hughes
Immediate Past Presidents: Melissa Davis & Katie Bellant
Secretary: Lacey Taylor
Treasurer: Camille Hynson

**Fall Health Fairs**

September 10th we helped for the 6th year with Fairbanks Families Partnership Youth Health fair. We, along with Dr Young and Dr Woller, were able to provide dental screenings and education to kids ages 0-8. This is a free event that we love helping with!

Volunteers interested in future events please contact us at midnightsun.dha@gmail.com  We are
working with the State to get our new logo in compliance.

**Fall CE**
We are planning a CE with Dr. Melissa Webster in October one evening after work.

**RDH After 5**
We will be starting up again soon. Date TBA

Thank you AKDHA CE Committee for making the November CE available in Fairbanks
Cook Inlet Dental Hygienists’ Association

Board Members:
President: Whitney Just
Vice President: Liisia Putnam
Secretary/Treasurer: Donna Smith
Immediate Past President- Nicki Bennett

We are updating the requirements for our $1000 CIDHA Scholarship. We are hoping to get student involvement with CIDHA and AKDHA from the very beginning, and we have admittedly been a bit lax on the requirements to attend board meetings. Previously, the scholarship winner only needed to attend association meetings after receiving the award. We have changed this to require attendance to meetings as part of the application process, in addition to the required attendance to meetings after winning the scholarship. We will present this to the first year students and schedule meetings to give them enough time to attend meetings before the applications are due in March 2017.

This spring the UAA students held a table clinic presenting projects they had been working on for school and we were able to provide one free CE credit to everyone who attended. We received positive feedback on this and hope to do this again!

CIDHA’s board positions will be up for election in 2017. If there is anyone interested in getting involved please get in touch with us! We are always looking for new people and ideas to keep our association moving forward!

**Next CIDHA meeting:**
Wednesday, November 2, 2016 @ 6:30pm
Location: Don Jose’s
2052 E Northern Lights

Whitney Just, RDH, BSDH
President, CIDHA

**Contact Information:**
CIDHA c/o AKDHA
PO BOX 240247
Anchorage, AK 99524
Cidha.ak@gmail.com

**Membership**

AKDHA would like to thank you for renewing your membership for 2016. We look forward to working for you to provide services you need. We are providing more CE courses in combination with CIDHA and MSDHA, along with our biannual CE course offerings.

One of the most important benefits of being a member is to connect with your colleagues, enjoy each others’ company at events, and network with others throughout the State. We hope to see you and hear your feedback and any concerns at our Board meetings, CE events, or connecting on our website www.alaskadha.org and our Facebook Page Alaska DHA.

AKDHA is currently at 165 members. If you are a member of ADHA, our National Organization, you are automatically a member of AKDHA. Alaska typically holds the highest membership of any state in the nation per licensed RDH’s, with Hawaii in a close second. We have approximately 750 licensed dental hygienists in our state and we encourage more non-members to join. Remember that ADHA is our only Professional Organization representing the interests of dental hygienists across our nation. The cost of membership is $251 annually or $63 per month (which breaks down to $21 per month). Many states have around a 10% membership rate, so we are very proud to have
so many members and thank each and every one of you who have joined and who have remained members all these years!

What is your membership fee used for?
A portion of your ADHA membership supports your component; the Alaska Dental Hygienists’ Association (AKDHA). Your Professional Membership renewal is critical in providing the AKDHA the ability to continue to offer:

- Organizing and lobbying to increase services/responsibilities for hygienists in our state. i.e. restorative functions, collaborative agreement, Local Anesth under general supervision
- Scholarships to local University of Alaska Anchorage (UAA) dental hygiene students
- Discounted continuing education (CE) courses
- The means to organize community service events in which you can volunteer your services to help community members in need.

Please renew your ADHA and AKDHA Professional Membership today. The value you receive from your ADHA and AKDHA Professional Membership far exceeds the monetary cost that can be billed quarterly for your convenience. Your membership renewal is important. You are helping to shape the future of Dental Hygiene in your State and the Nation!

Please let us know if you need assistance renewing your membership.
ADHA CLL Annual Session June 14-20th, 2017 Jacksonville, Florida

Again, I thank all of you and please feel free to contact me anytime.

Royann Royer RDH, MPH
Membership Chair, AKDHA
rroyer@mtaonline.net

Lisa Bryant RDH, BSDH
Membership Committee, AKDHA
lbryant_rdh@yahoo.com

Fall 2016 News!

THANK YOU AKDHA for the student luncheon and presentation!! UAA appreciates your support of our students and program.

School is off to a good start. Both classes seem a bit stressed as they get into the swing of school and the high expectations and heavy course load. They will rise to meet the challenges, we are sure!! The students are selling candles made with essential oils, so if you are interested, please let them know for ordering.

With some of the last “carry-over” funding we may get for a while, we were able to purchase a periodoscope. We are very excited to use it in clinic to demonstrate residual calculus left after treatment. Faculty were trained over the summer and found there is a steep learning curve in using it!
Carri Shamburger is trying to offer the restorative course as much as possible (~2x/year for now) to meet demand. We recognize many hygienists would like to take the course and just know that we are doing the best we can! It would be helpful to hear how RDH’s are using the certification in practice, along with salary ranges for restorative hygienists.

Sandy Pence is now a site visitor with the Commission of Dental Accreditation. Through reviewing other programs, she is learning how they function and getting new ideas on how we might be able to do some things differently at UAA. Being able to see other programs also reaffirms to us that UAA’s program is a high quality one!

UAA Dental Hygiene Class of 2017

UAA Dental Hygiene Class of 2018

Thank you for all your support!

Sandy Pence and Carri Shamburger, UAA Dental Hygiene Program

Alaska Board of Dental Examiners (BoDE) Report

Fall 2016
BY GAIL WALDEN AND PAULA ROSS

The following bullet points highlight some key information for you to be aware of.

- **License Period**—The current licensing period will run until February 28, 2017. Online renewal will be available for most dental hygiene licensees (only exception we are aware of is if you have a restorative function endorsement). A postcard will be mailed sixty days in advance of the end of the renewal period to all current licensees with the information for online renewal. It is our understanding that no additional notice will be sent—so be on the lookout and get your continuing education done if you haven’t already! You need 20 contact hours of continuing education completed between February 28, 2015 - February 28, 2017. Also, check to make sure your CPR is current.

- **New Licensing Examiner**—Stacia Erkenbrack is no longer with the BoDE. A new licensing examiner, Jedediah Smith, has been selected and will start November 1st.

- **Sedation/Anesthesia Regulations**—The BoDE reviewed all the public comments that were submitted and has made numerous changes based on those comments and additional comments submitted by the Department of Law. A second notice will be sent out to all licensees for another round of public comment once the board finalizes the revisions. The regulations cover general anesthesia, deep sedation, moderate sedation, and minimal sedation (including nitrous oxide for dental hygienists). The notice will guide licensees to the
BoDE website for access to the regulation document. Please take the time to review and provide input to the board.

- **Investigations**—Any questions, concerns, or complaints that you may have regarding regulated dental professionals in Alaska can be directed to Jasmin Bautista by calling (907)269-8026 or by emailing: jamsin.bautista@alaska.gov.

**DELEGATE UPDATE ADHA ANNUAL SESSION JUNE 2016**

93rd ADHA Annual Session - CLL in Pittsburg, PA June 2016

**Clinical Practice: Standards for Clinical Dental Hygiene Practice** – The primary purpose of these Standards is to assist dental hygiene clinicians in the provider-patient relationship. In addition, dental hygienists in other professional roles such as educator, researcher, entrepreneur, public health professional, and administrator — as well as those employed in corporate settings — can use these standards to facilitate the implementation of collaborative, patient-centered care in interprofessional teams of health professionals. This collaboration can occur in a variety of practice settings. The secondary purpose of these standards is to educate other health care providers, policy makers, and the public about the clinical practice of dental hygiene.

[https://www.adha.org/resources-docs/2016- Revised-Standards- for-Clinical- Dental-Hygiene-Practice.pdf](https://www.adha.org/resources-docs/2016- Revised-Standards- for-Clinical- Dental-Hygiene-Practice.pdf)

**White Paper** – This document showcases the evolution of the dental hygiene profession, the need to enhance and refocus the dental hygiene curriculum to help address the public’s changing health care needs — and the critical role dental hygienists have in providing care within an increasingly integrated health care system.


Revised National Dental Hygiene Research Agenda – The revised National Dental Hygiene Research Agenda (NDHRA) reflects the culmination of the Council on Research’s two-year collaborative effort among ADHA, key stakeholders in the U.S. and international dental hygiene research community and graduate-level dental hygiene program directors. The revised NDHRA will help ADHA gather the data necessary to continue the transformation of the dental hygiene profession as well provide a framework that can be easily used by novice researchers.

[https://www.adha.org/resources-docs/7111_National_Dental_Hygiene_Research_Agenda.pdf](https://www.adha.org/resources-docs/7111_National_Dental_Hygiene_Research_Agenda.pdf)

**Governance:**
- ADHA’s governance structure has not changed since the beginning of the organization. Essential elements of the project are to determine a governance structure that would engage more members, while being mindful of the time constraints professionals face today and in the future. In addition, the structure needs to allow more nimble decision-making and to take into account modern ways to communicate and meet.
- 10 step process to change governance structure that began June 2015 and will continue until June 2017
- 3 different models were discussed during the Mega Issue meeting in PA

[https://www.adha.org/resources-docs/GOT_HOD_Mega_Issue_Backgrounder.pdf](https://www.adha.org/resources-docs/GOT_HOD_Mega_Issue_Backgrounder.pdf)

Please feel free to contact your AKDHA State Delegates, Minna Allen and Liisia Putnam, with any questions. Thank you
ELECTIONS
AKDHA POSITIONS UP FOR ELECTION Fall 2016

Vice-President/President-Elect, Secretary, Delegate
TERM: Fall 2016-2018

Vice-President/President-Elect. The Vice-President/President-Elect shall: assist the President as requested; fill the unexpired term of President should the office become vacant; will serve as first alternate delegate for the ADHA Annual Session, and perform other duties as may be appropriate to the office of Vice-President/President-Elect, or as directed by the Executive Board, or these Bylaws.

Secretary. The Secretary shall: take minutes of all business of Alaska DHA and the Executive Board which shall become the official record of proceedings of Alaska DHA; maintain an accurate and up to date roster of the members of Alaska DHA; and call roll at meetings when requested; serve as custodian of all records, reports, and documents of Alaska DHA and the Executive board; search minutes for information at the request of officers or members; when the minutes have been approved, write “approved” and the date of approval, and sign the minutes; bring to each meeting a copy of the Bylaws, and rules and regulations of Alaska DHA and the ADHA; perform other duties as may be appropriate to the office of Secretary, or as directed by the Executive Board, or these Bylaws.

Delegate. The Delegate shall: become familiar with the reference materials including the file materials from previous delegate(s), transactions of previous years, ADHA Bylaws, ADHA Policy Manual, ADHA Scopes Manual and Roberts’ Rule of Order (current edition); thoroughly study the current ADHA Delegate’s Manual prior to the Annual Session, consult with the Alaska DHA President on pertinent issues; review Annual Meeting material with Alaska DHA Executive Board, and/or membership; attend the opening session, all House of Delegates Meetings, all District XII Caucus meetings, all Reference Committee Hearings, and such other meetings and functions essential to the proper representation of Alaska DHA, during ADHA Annual Session; maintain communications with Alaska DHA members and officers, District XII Trustee, ADHA central office, and other delegates, as necessary, report to the President, within reasonable period of time following return from the Annual Session, a review of the proceedings and actions of the House of Delegates; submit a full written report of activities of the House of Delegates at the next Alaska DHA Annual Meeting, maintain a file of material, including copies of all correspondence, for current use and for the use of succeeding delegates, and to serve as chairperson of the delegation if so appointed by the President.

NOTE: Candidates may only be considered for one AKDHA Board position; Delegate is an elected position, but not a Board position. Please contact me if you have any questions or are interested in serving on one of our committees. Sandy Pelto 907-748-4789 thepeltonator@aol.com