



# 2018 Symposium For Oral Healthcare Professionals

# REGISTRATION FEES

	1 Day	2 Day	BLS Certification
ADHA Members	\$225	\$334	\$40
Non-Members	\$300	\$395	\$50
Student Members	\$140	\$225	\$40
Retired Members	\$140	\$225	\$40

No frills one course option (excludes Luncheons & Keynote Speakers)

	Up to 3.5 CEUs*
Friday	\$95
Saturday	\$95

\*This year we are offering an option to register for either one (1) Friday or Saturday course worth 3.5 CEU or two (2) 1.5 CEU courses for \$95.

Symposium Registration Cancellations: The fee, less a \$60 administrative processing charge, will be refunded if cancellation is made by 4pm on 4/9/18. WDHA charges a \$45 returned check fee for all returned checks. For all Credit Card refunds or changes, there is an additional \$5 charge per transaction.

## QUESTIONS?

Contact the WDHA Central Office

Phone: 425-771-3201

E-mail: [wsdha@comcast.net](mailto:wsdha@comcast.net)

Website: [www.wsdha.com](http://www.wsdha.com)

**Register Online at [www.wsdha.com](http://www.wsdha.com)**

# HOTEL REGISTRATION INFORMATION

## Embassy Suites by Seattle Hilton Bellevue

3225 158<sup>th</sup> Avenue SE, Bellevue, WA 98008 | [Map](#)



King Suite \$149\*

Queen/Queen Suite \$169\*

Amenities included:

- Complimentary, cooked-to-order breakfast
- Evening reception
- Free parking and Wi-Fi
- Fitness Center and Indoor Pool

Phone Reservations 425-644-2500 (Mention WDHA 2018)

[Book Online](#) Using Group Code X99

Hotel reservations/rate availability are not guaranteed after the room block is full or after  
**March 21, 2018.**

\* Additional \$15 charge is applied for each guest over double occupancy. This rate does not include a 14.4% lodging and sales tax.

# SCHEDULE-AT-GLANCE

## FRIDAY, APRIL 13

### 8:00 AM - 12:00 PM

- Seniors & Boomers: How to Treat the Most Medically Complex Generation
- CHRONIC INFLAMMATION: Medical and Dental Professionals Working Hand in Hand to Extinguish it!
- Opportunities Beyond the Operatory - Broadening Your Hygiene Horizons
- Oral Care for Life
- Student Forum: ProSmile Rx- The Value of Being Prescriptive

### 12:00 PM - 1:30 PM

- Luncheon & Keynote Speaker: Ignite the Power of Story

### 1:30 PM - 5:00 PM

- Tobacco Trends and e-Cigarettes
- CHRONIC INFLAMMATION: The Bale Doneen Method's "EDFROG" Medical Model Goes to the Dentist
- Tongue Tied: A Story NOT Silenced by Oral Cancer
- Restorative Dental Hygienist - How to Expertly Treat Your Patients & Impress Your Doctor

### 5:30 PM - 7:00 PM

- Basic Life Support for Healthcare Providers

## SATURDAY, APRIL 14

### 8:00 AM - 12:00 PM

- There's NO Business like Story Business
- Position Yourself for a New Opportunity - Developing Your Professional Potential
- Team Synergy: Creating Practice Balance

### 8:30 AM - 12:00 PM

- CHRONIC INFLAMMATION: Hands-On Experience: Name It, Claim It, Treat It! Hands on Experience with Tools and Technologies to Detect and Eliminate Inflammation (*Limited to 35 participants*)

### 12:00 PM - 1:30 PM

- WDHA Awards Luncheon & Speaker on UW Oral Health Workforce Study

### 1:30 PM - 5:00 PM

- Dental Therapy: Past, Present and Future

### 1:30 PM - 3:00 PM

- HPV, Cancer Risk, and Cancer screening
- Compounded Medications for Your Dental Practice
- Periodontal Medicine and the Expanding Role of the Dental Hygienist

### 3:30 PM - 5:00 PM

- Yes, HPV Causes Cancer! Now What?
- Women's Health - As We Age
- Let's Talk Tongue!

# FRIDAY, APRIL 13

AM Session

Carol Jahn, RDH, MS

(Code 1)



## Seniors & Boomers: How to Treat the Most Medically Complex Generation

3.5 CEU

Does it seem like your patient population is getting older? Are many taking multiple medications? Currently, 43 million people are over the age of 65, and the number is growing daily. It is estimated that 3 in 4 in this age group suffer from two (2) or more chronic diseases such as heart disease, diabetes, or COPD. Many are cancer survivors. Others will have experienced joint replacement. This course will empower you to feel confident treating those that are medically compromised or complex, experience polypharmacy, and may have some type of disability.

Topics: • The aging of the population • Societal issues, retirement, income, housing • Chronic conditions - cardiovascular disease, diabetes, cancer, Alzheimer's • Limitations and disabilities -osteoporosis, arthritis, vision & hearing impairments • Oral health implications • Oral health interventions

Course Objective: To empower the participant with an enhanced understanding of the societal and health issues facing Baby Boomers and Senior Citizens and their impact on oral health.

Learning Outcomes: • Understand the societal and social impact of aging • Utilize the medical history to personalize care • Identify the chronic diseases and conditions affecting those over age 60 • Discuss the potential links between oral and systemic health • Recognize how physical limitations affect daily self-care • Evaluate the self-care measures available for the reduction of gingivitis and bleeding and recommend products/regimens appropriate to need

Carol Jahn, RDH, MS has a BS in dental hygiene from the University of Iowa and an MS in Continuing Education from the University of St Francis. She has been a dental hygienist since 1982; she practiced clinically for 14 years in general and periodontal practices. Currently, she is the Director of Professional Relations & Education for Water Pik, Inc. She is a past president of the Illinois Dental Hygienists' Association and past Treasurer of the ADHA, and a 2013 recipient of the ADHA/Johnson & Johnson Award of Excellence.

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**CHRONIC INFLAMMATION: THE FIRE WITHIN! Part 1: Medical and Dental Professionals Working Hand in Hand to Extinguish it!**  
3.5 CEU

The morning session will discuss the destructive nature of chronic inflammation having lead medical and dental professionals to work hand-in-hand to provide preventive and optimum care for their patients. You will gain and elemental understanding of the Bale/Doneen Method which is based on finding, identifying, and treating inflammation, know the associated conditions, root causes of vascular disease, vascular events and co-morbidities associated with the oral cavity and

discuss the important links between medical and dental conditions.

Kriston Reinsour RDH, BSDH, CCSH, COMS, is an accomplished speaker, writer and dental hygienist utilizing an encompassed 29 years of combined experience working for periodontal, cosmetic, general and dental sleep practices across the United States. Being trained in oral systemic health, sleep dentistry, oral myofunctional therapy, ozone, laser, neuromuscular care and non-invasive periodontal therapy (endoscope/periostomy) has allowed her to provide optimum patient care. She is dedicated and passionate about coaching hygiene teams to a higher level of understanding of the importance their role as a dental health care provider plays in integrated health. With excitement and enthusiasm, she enjoys sharing her “pearls of wisdom” which has made her successful in patient treatment and case acceptance. Doing what is in the best interest of the patient’s overall health, identifying oral systemic health connections, implementation of science based principles and procedures, providing exceptional patient experience and treatment outcomes, will increase productivity and make the hygiene department profitable while saving lives.

A member of ADHA, AAOSH, Speakers Bureau for the Bale/Doneen Method, Credentialed Clinical Sleep Health Educator, Certified Oral Myofascial Specialist, motivational coach for community action, and clinical hygienist in Seattle, Washington.

**Opportunities Beyond the Operatory - Broadening Your Hygiene Horizons****3.5 CEU**

Have you ever thought about things you could do outside the four walls of your operatory? Have you wanted to explore new horizons, just not sure what to do or where to start? Then this is the course for you. There are multiple roles available for hygienists today. New and exciting avenues are opening in healthcare, and dental hygienists are positioned to take advantage of those opportunities. Come and explore what’s out there and listen to specific examples of hygienists who have found ways to capitalize on their degree and their experience.

Following this course participants will be able to:

1. Discuss the professional roles of the dental hygienist as defined by ADHA
2. Identify possible educational requirements for the different roles
3. Recognize professional characteristics typical of dental hygienists in these roles
4. Identify resources for gaining information relating to alternative career paths

Camille Luke RDH, MSDH has been practicing dental hygiene since 1992. She is a former clinical lead for Pierce College Dental Hygiene Department and adjunct faculty for Eastern Washington University. She currently practices in Tumwater, WA and has presented multiple continuing education courses in western Washington. Her recent experience has been mentoring and coaching dental hygienists in multiple practices around Puget Sound, working with them in the office as well as developing continuing education programs to support their individual growth. Camille is an active member of ADHA, the American Academy of Oral Systemic Health, the Academy of Laser Dentistry and an affiliate member of the Academy of General Dentistry. In her down time, she enjoys spending time with her family in the outdoors; running, hiking, kayaking, rock climbing and biking. She is always up for a challenge and finding new opportunities for growth.

Sponsored By



Kari Kuempel, BSc, RDH

(Code 4)



### Oral Care for Life

3.5 CEU

**EARLY CHILDHOOD CARIES AND PIT AND FISSURE SEALANTS** - This section of the course will focus on the oral health care provider's ability to empower and educate new parents on oral wellness for their child. Focusing on preventive measures including oral hygiene, professional fluoride application, and pit and fissure sealants.

- Discuss the etiology, prevention strategies and treatment options for early childhood caries (ECC)
- Recognize the value of pediatric caries risk assessment
- Discuss prevention and treatment options for pediatric patients

**WHITE SPOT LESION (WSL) TREATMENT FOR ORTHODONTIC PATIENTS** - The second part of the course will focus on successful management strategies for patients undergoing orthodontic treatment, including the etiology, and prevention of white spot lesions (WSL), a common adverse effect for patients in orthodontic treatment.

- Recognize the importance of motivational interviewing and behavior modification counseling before orthodontic treatment starts
- Effectively communicate a prevention plan and treatment goals with all stake holders
- Identify caries risk before, during and after orthodontic treatment with a caries risk assessment
- Recognize appropriate products based on risk factors
- Evaluate effective biofilm removal techniques for orthodontic patients
- Understand the importance of dietary counseling for the prevention of white spot lesions

**THE OLDER ADULT AND ORAL HEALTH** - The third and final section of this course will provide a broad awareness of comorbid conditions and physiological changes associated with aging that can impact oral health. Additionally, participants will learn about oral disease management and prevention strategies for older adults.

- Understand aging population demographics
- Describe common systemic and chronic diseases in the geriatric population that impact oral health
- Identify oral health concerns and treatment options for the geriatric patient including xerostomia, root and coronal caries, and periodontitis

Kari Kuempel is the US Professional Services Manager, Prevention for 3M Oral Care. A dental hygienist with 15 years of periodontally focused clinical dental hygiene experience, as well as experience in developing and presenting both clinical and didactic instruction. Kari is a graduate of Dalhousie University, Nova Scotia, Canada, Dental Hygiene and Bachelor of Science programs, and is currently pursuing her Master of Science in Dental Hygiene at the University of Minnesota with a focus on education and research. Her experience includes full-time faculty at the University of Minnesota School of Dentistry and Continuing Dental Education. Primary teaching responsibilities included director of preclinical dental hygiene as well as clinical dental hygiene instruction, foundational dental hygiene process of care and clinical periodontology for undergraduate dental students. For her efforts, Kari has received several Faculty of the Year awards. Her research interests include oral-systemic health and sleep apnea and noted areas of teaching expertise include advanced instrumentation, risk assessment, oral-systemic health, minimally invasive approaches to patient care; and dental products. For the past 3 years Kari was Director of the Dental Hygiene Refresher program through the University of Minnesota Continuing Dental Education. Kari is also an active member of American Dental Hygienist's society and past member of the Canadian Dental Hygienists Society.

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**Bernadette Schlaefer, RDH**

**(Code 5)**

### **Student Forum: ProSmile Rx - The Value of Being Prescriptive**



This presentation will explain the difference between being a recommending vs a prescribing dental professional. We will explore industry trends.

Learning outcomes:

1. Understand the reality of recommending
2. Students will understand how make themselves invaluable to a dental practice.
3. All will have an opportunity to personally try top-selling over the counter hygiene products.

Bernadette Schlaefer is the Scientific Relations Manager for Procter and Gamble Professional Oral Health where she provides evidence-based educational lectures to dental students/residents and dental hygiene students within a classroom environment. She completed her B.S. at Oklahoma State University and maintains an active RDH license in New Jersey and California. Bernadette continues to practice part-time while promoting Crest/Oral-B products to dental offices.

**Eva Grayzel**

(Code 6L)

### Luncheon & Keynote Speaker: Ignite the Power of Story

1 CEU



How do you inspire trust, build a client base and increase commitment to products and services? It's all in the story! Facts and figures alone don't engage attention or influence change. Tap the power of story to evoke a connection, build relationships and foster patient loyalty. Attendees are challenged to find the story that exemplifies their value and showcases what makes them stand out among the competition.

Eva Grayzel, a nationally recognized Master Storyteller and performance artist, was diagnosed at age 33 with stage IV oral cancer and given a 15% chance of survival. After regaining her deep vibrant voice, Eva applied her stage skills to communicate the depth of her experience in a unique and powerful way. For over a decade, Eva has captivated dental professionals worldwide using her story as a catalyst for change. She performed 'Tongue-Tied' Off-Broadway in New York City to a sold-out audience. A champion for early detection, Eva founded the Six-Step Screening™ oral cancer awareness campaign.

### PM Session

**Carol Jahn, RDH, MS**

(Code 7)



### Tobacco Trends and E-Cigarettes

3 CEU

Does it seem as though even less people report cigarette smoking that the use of other tobacco products is increasing? Today, more high school students use e-cigarettes than smoke regular cigarettes. Many partake in multiple forms of tobacco including hookahs and smokeless. Flavored products add to the appeal. This course will examine the changing trends in tobacco use and how they impact oral and systemic health.

Carol Jahn, RDH, MS has a BS in dental hygiene from the University of Iowa and an MS in Continuing Education from the University of St Francis. She has been a dental hygienist since 1982; she practiced clinically for 14 years in general and periodontal practices. Currently, she is the Director of Professional Relations & Education for Water Pik, Inc. She is a past president of the Illinois Dental Hygienists' Association and past Treasurer of the ADHA, and a 2013 recipient of the ADHA/Johnson & Johnson Award of Excellence.

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### **CHRONIC INFLAMMATION: THE FIRE WITHIN! Part 2: The Bale Doneen Method's "EDFROG" Medical Model Goes to the Dentist**

3 CEU

Merging medical and dental into a comprehensive approach to patient care and education. The afternoon portion will focus on incorporating EDFROG IRA into the dental practice. Educating the dental patient about the oral systemic links by applying the information you have learned in the morning session. Learn how to look for disease and inflammation and utilize available tools and technology to help educate, find, assess, and treat the disease. Address optimum care vs. the standard of care and embrace genetics available in the dental setting. Finally, how to individualize your patient treatment recommendations, reassess the disease management, and assess annually for any inflammation within your patient inclusive of referral to healthcare provider to maintain overall health.

Kriston Reinsour RDH, BSDH, CCSH, COMS, is an accomplished speaker, writer and dental hygienist utilizing an encompassed 29 years of combined experience working for periodontal, cosmetic, general and dental sleep practices across the United States. Being trained in oral systemic health, sleep dentistry, oral myofunctional therapy, ozone, laser, neuromuscular care and non-invasive periodontal therapy (endoscope/periostomy) has allowed her to provide optimum patient care. She is dedicated and passionate about coaching hygiene teams to a higher level of understanding of the importance their role as a dental health care provider plays in integrated health. With excitement and enthusiasm, she enjoys sharing her "pearls of wisdom" which has made her successful in patient treatment and case acceptance. Doing what is in the best interest of the patient's overall health, identifying oral systemic health connections, implementation of science based principles and procedures, providing exceptional patient experience and treatment outcomes, will increase productivity and make the hygiene department profitable while saving lives.

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### **Tongue Tied: A Story NOT Silenced by Oral Cancer**

3 CEU

One American dies every hour of every day from oral cancer. Eva Grayzel came close to being one in this statistic. The details of her delayed diagnosis, intensive treatment and residual side-effects bring to life the story of a real patient, driving home the importance of effective communication and sensitivity to family dynamics. Through her story, healthcare providers can fully appreciate their role in the cancer journey. Audiences don't just hear her story, they experience it.

Eva Grayzel, a nationally recognized Master Storyteller and performance artist, was diagnosed at age 33 with stage IV oral cancer and given a 15% chance of survival. After regaining her deep vibrant voice, Eva applied her stage skills to communicate the depth of her experience in a unique and powerful way. For over a decade, Eva has captivated dental professionals worldwide using her story as a catalyst for change. She performed 'Tongue-Tied' Off-Broadway in New York City to a sold-out audience. A champion for early detection, Eva founded the Six-Step Screening™ oral cancer awareness campaign.

**Restorative Dental Hygienist - How to Expertly Treat Your Patients & Impress Your Doctor**

3 CEU



Direct composite restorations are one of the most common procedures in most general dental practices. Due to pressure from insurance reimbursement, dental hygienists are increasingly being asked to perform these procedures. Despite the frequency of the procedure, direct composite restorations can be very challenging and the outcomes are often less than dental professionals expect or patients desire. In the past few years manufacturers have introduced new types of adhesives and composites making material selection and manipulation even more complicated. We will review the different types of adhesive and composites available and the pros and cons of each type and discuss the newest classes of these products in detail. While the material choices are important, the tooth preparation and the way in which these materials are applied to the tooth has a more important impact on both the initial and long term success of the restoration. This course is based upon the most recent advances in techniques which stem from sound engineering principles that will allow you to provide impeccable restorations with predictable short and long term success that will position you to be a key restorative provider in your office.

Jeremy Henderson has worked side by side with Dr. David Clark (Bioclear Founder) over the last 6 years to help develop the Bioclear Method, Bioclear Learning Centers and Bioclear products. Jeremy has given hands on instruction about the Bioclear Method and the Bioclear products in over 15 countries. His unique insight into the dental industry and actual doctor/patient needs has helped him to develop new products and innovative marketing strategies to influence the rise of patient centered dentistry.

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**Basic Life Support for Healthcare Providers**

BLS for Healthcare Providers will cover adult CPR and child and infant CPR. We will review choking, bag-valve mask, and AED training. All students will receive hands-on training. This BLS/CPR card is valid for 2 years.

Nestor Mitchell has been a firefighter and EMT for many years and is a familiar presenter for basic life support and AED Classes.

# SATURDAY, APRIL 14

AM Session

Trina Poulson, RDH, BSDH & Santiago Valdez, RDH

(Code 11)

## Team Synergy: Creating Practice Balance

3.5 CEU



This course will help develop leaders by looking beyond ourselves and focusing on helping others and the team as a way to overcome our own limitations. This course can be a game changer as we learn to look with empathy at the team and the client. We focus on collective goals over personal objectives. We explore ways to help team members renew their responsibility and accountability to the success of Team Synergy. Here we explore our role in conflict and how we justify our behavior. Come join us for this fun and engaging workshop with powerful exercises for the entire team.

Trina Poulson has 37 years in Dentistry. Her career evolved from dental assisting in a general and periodontal practice, to 29 years experience as a Dental Hygienist. These experiences have provided her with an extremely diverse and expansive knowledge of internal business operations. Trina has been a leader and a facilitator in her roles as an advisor to hygiene students, educator, former President of the Washington Dental Hygienists' Association and Co-founder of Infinite Hygiene Consulting. As a proven leader in her community, she inspires individuals to feel a sense of purpose, autonomy, competence and desire for life-long learning.

Santiago Valdez has 25 years in Dentistry. His career started out in periodontics in the capacity of dental assistant and evolved into a career of 17 years as a clinical Dental Hygienist. His passion for Dentistry also motivated him as a dental hygiene educator and Co-founder of Infinite Hygiene Consulting where his dynamic personality inspired and facilitated limitless potential. At Infinite Hygiene Consulting we help create sustainable systems that provide clinical empowerment, team enrichment, and increase practice growth.

Eva Grayzel

(Code 12)

## There's NO Business like Story Business

3.5 CEU



Boost your image in the eyes of patients and your dental team. Tap the power of story to build rapport, boost confidence and inspire trust. Eva's SPEW model is a simple method for developing a 3-sentence story to showcase what makes you an exceptional practitioner, a valuable asset for every member of the team. Story is your ticket to reaching the next level of success!

Identify the story that sets you apart • Craft the story only you can tell • Articulate your value

Eva Grayzel, a nationally recognized Master Storyteller and performance artist, was diagnosed at age 33 with stage IV oral cancer and given a 15% chance of survival. After regaining her deep vibrant voice, Eva applied her stage skills to communicate the depth of her experience in a unique and powerful way. For over a decade, Eva has captivated dental professionals worldwide using her story as a catalyst for change. She performed 'Tongue-Tied' Off-Broadway in New York City to a sold-out audience. A champion for early detection, Eva founded the Six-Step Screening™ oral cancer awareness campaign.

**Kriston Reinsour, RDH, BSDH, CCSH, COMS**

**(Code 13)**



**CHRONIC INFLAMMATION: THE FIRE WITHIN! Part 3: Hands-On Experience: Name It, Claim It, Treat It! Hands on Experience with Tools and Technologies to Detect and Eliminate Inflammation 3 CEU**

Inflammation is a killer! Dental Hygienists are the key healthcare providers to detect and treat gingival inflammation. This hands-on workshop features innovation tools and technologies for the RDH to experience the use of an intra-oral camera that detects gingival inflammation, and oral flora testing. Utilize subgingival air polishing with glycine and piezo ultrasonics and sleep apnea devices, will provide therapy to help the patient return to health. *(Limited to 35 participants)*

Kriston Reinsour RDH, BSDH, CCSH, COMS, is an accomplished speaker, writer and dental hygienist utilizing an encompassed 29 years of combined experience working for periodontal, cosmetic, general and dental sleep practices across the United States. Being trained in oral systemic health, sleep dentistry, oral myofunctional therapy, ozone, laser, neuromuscular care and non-invasive periodontal therapy (endoscope/periосopy) has allowed her to provide optimum patient care. She is dedicated and passionate about coaching hygiene teams to a higher level of understanding of the importance their role as a dental health care provider plays in integrated health. With excitement and enthusiasm, she enjoys sharing her "pearls of wisdom" which has made her successful in patient treatment and case acceptance. Doing what is in the best interest of the patient's overall health, identifying oral systemic health connections, implementation of science based principles and procedures, providing exceptional patient experience and treatment outcomes, will increase productivity and make the hygiene department profitable while saving lives.

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## Position Yourself for a New Opportunity - Developing Your Professional Potential 3.5 CEU



Now that you've decided you want to move out of your operatory, even if it's part time, what's the next step? What would your ideal position look like and are you ready to embrace it if it comes along? How can you develop your potential for that new opportunity? This course is designed to show you the steps you can take today that will position you for a new tomorrow. Everyone looking to do something new should have a vision of what they want and create a road map of how to get there. Come start down the path of career exploration and develop your personal vision for

the future.

Following this course participants will be able to:

1. Perform a personal skills assessment and identify skills relevant to their ideal position
2. Identify experiences and training outside of the operatory that can be beneficial in a new position
3. Recognize key strategies necessary to finding a dream job
4. List at least three steps to take immediately towards improving career happiness

Camille Luke RDH, MSDH has been practicing dental hygiene since 1992. She is a former clinical lead for Pierce College Dental Hygiene Department and adjunct faculty for Eastern Washington University. She currently practices in Tumwater, WA and has presented multiple continuing education courses in western Washington. Her recent experience has been mentoring and coaching dental hygienists in multiple practices around Puget Sound, working with them in the office as well as developing continuing education programs to support their individual growth. Camille is an active member of ADHA, the American Academy of Oral Systemic Health, the Academy of Laser Dentistry and an affiliate member of the Academy of General Dentistry. In her down time, she enjoys spending time with her family in the outdoors; running, hiking, kayaking, rock climbing and biking. She is always up for a challenge and finding new opportunities for growth.

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The Keynote Speaker will be Holly Andrilla, MS, presenting on “University of Washington’s Oral Healthcare Access for All: Workforce Trends and Solutions in Washington State Study.” 1 CEU credit will be provided for the keynote presentation. Washington state’s oral health workforce is changing due to new and expanded educational programs, expansion of community health centers and non-profit dental clinics, the use of dental health aide therapists in tribal communities, oral health training for primary care providers, and other factors. This presentation

provides new information on the current status of Washington’s oral health workforce and oral health integration with primary care, identifying challenges and opportunities for rural oral healthcare delivery study findings and considering their relevance for rural oral health policy and practice.

The awards presented are: Future Leaders Awards; the Lona Hulbush Jacobs Scholarship; the Dental Connections Award and the winners of the Poster Sessions competition.

C. Holly Andrilla, MS, Biostatistician and Research Scientist, is the Centers' statistical consultant for all projects, the lead analyst for many different health workforce-related projects, and has directed many surveys conducted by the Centers. Ms. Andrilla has been an analyst and biostatistical consultant for the Center since 1993. She is an expert in managing large datasets; designing, performing and interpreting complex statistical analyses; and conducting survey research. Ms. Andrilla has had major analytic roles in workforce studies of physicians, physician assistants, dentists, dental hygienists, registered nurses, advanced practice nurses, and other groups. She has been involved in recent studies of treatment options for rural prostate cancer patients and family medicine training in rural areas. She has directed surveys of health care professionals and facilities, including a national survey of federally funded health centers, a national survey of family practice residencies, a survey of dentists in 5 states, and surveys of Washington State's dental hygienists and nurse practitioners. She has worked as a biostatistician in the Departments of Pharmacy, Health Services and Family Medicine at the University since 1990. Ms. Andrilla attended the University of Washington where she earned both her BS (1988) and MS (1990) in statistics and biostatistics respectively.

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## PM Session

Colleen Gaylord, RDH & Jennifer Frame, RDH, BSDH

(Code 16)

### Dental Therapy: Past, Present and Future

3 CEU



This course will take a look at the past, present, and future of dental therapy in Washington State. We will look at the history of dental therapy: who are dental therapists, where did dental therapy originate? We will also look at the present state of dental therapy including movement not only in Washington, but across the country. Lastly, we will look at what the future looks like for dental therapy. We want attendees to leave with a solid understanding of what dental therapists are, what they can and are doing, and how they will be beneficial to Washington State.

Colleen Gaylord, RDH, has been practicing clinical dental hygiene since graduating from Shoreline Community College in 1971. She has been involved in her professional association since graduation, serving at local, state, regional and national levels. She served on the Dental Hygiene Examining Committee from 1988-1996 and continues as an examiner for the Western Regional Examining Board. Colleen has chaired the WDHA Regulation and Practice Committee since 1999. Colleen was presented with the WDHA Martha Fales Award in 2003. Colleen served as President in 2008-2009. She has been working on dental therapy legislation since the Kellogg Foundation introduced their national initiative in Washington and four other states in 2009.

Jennifer Frame is a 2009 graduate of Shoreline Community College's Dental Hygiene Program. In 2015 she earned her BSDH through EWU's Online Degree completion program. Jennifer has been active on the local, state and national level since she was a student. She was selected as the ADHA Student Delegate in 2008, and also began serving on the WDHA Regulation and Practice Committee that same year. In 2009, she was selected for one of WDHA's Future Leader Awards. She has served as an alternate delegate or delegate to ADHA's House of Delegates since 2010. In 2011, Jennifer was selected to attend ADHA's Unleashing Your Potential Workshop in Chicago, IL. Jennifer served as President of WDHA from 2013-2014 and was awarded the Esther Wilkins Future Leader Award by ADHA in 2014. Jennifer has been passionate about moving the profession of dental hygiene forward since learning about the Association her first week of dental hygiene school.

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# ARCORA

The Foundation of Delta Dental of Washington

## HPV, Cancer Risk and Cancer Screening

1.5 CEU



In 2017, the incidence of HPV-associated oral cancer has surpassed the incidence of cervical cancer in the US. Dental professionals are at the front line for oral cancer screening. Since almost all HPV-associated oral cancers are located at the base of the tongue, tonsil, and oropharynx, they are difficult to detect by the annual visual examination alone. Attend this CE course to find out what we can do to improve oral cancer screening from our experience and lessons learned in cervical cancer screening, which is very similar to oral cancer in several aspects. The cervical

cancer screening is by far the most successful cancer screening program and has reduced the incidence of cervical cancer by 70%.

HPV infection is extremely common; almost everyone is exposed to HPV infection in their lifetime. Most HPV infections are harmless. Even the cancer-causing strains can be cleared by our immune system. However, a small fraction of the cancer-causing virus stays in our body as latent infection, which can be reactivated 10-20 years later when our immune system is weakened as we age. This significantly increases the risk of cancer, including oral cancer. HPV infection is usually clinically silent and only a laboratory test can detect it.

Come to learn about HPV and oral cancer, laboratory tests to detect HPV infection, and how to implement oral HPV test in your dental practice.

Dr. Qinghua (Quinne) Feng received her Ph. D. in Molecular Biology/Genetics from The Johns Hopkins University School of Medicine and did her Postdoctoral Fellow at Whitehead Institute/MIT. She worked at the University of Washington for 15 years as a research scientist and faculty member in Department of Pathology. Dr. Feng has more than 90 peer-reviewed scientific publications and 5 book chapters, and received research funding from National Health Institute. She is one of the co-founders at Fidalab/Seattle Briway and developed an accurate and sensitive screening assay for oral HPV 16 and 18. Dr. Feng remains a dedicated research scientist, and is passionate about science and how it can improve life and health.

Growing up on a small farm gave Blake Crockett many opportunities to learn valuable life lessons; lessons for which he thanks his parents. He learned the value of hard work, patience, success, failure and perhaps the ability to fix a few things with bailing twine and duct tape! Blake was honored to serve his country in the United States Army Reserve from 2000-2008. In 2003, he received Soldier of the Year Award for the Western States Region and competed at the National Level in Georgia. He also spent time overseas in Iraq. Blake graduated with a Bachelor's of Science in Health Care Administration from Idaho State University. After college Blake worked as the Executive Director for a large Assisted Living provider for several years, then ventured out on his own as an entrepreneur. In 2014 Blake moved to Washington after being hired by a Dental Group to help manage operations. This was to be the unknown springboard into Fidalab. With experience in the medical and dental field, Blake was recommended to the owners of Fidalab as someone that they should pursue. "All the pieces came together; I am thrilled to be part of a company creating a paradigm shift in the dental/medical field. At Fidalab, I don't feel like I am in "Sales", rather in education. I am surrounded by like-minded individuals, all with a passion to serve and educate."

When not working, Blake loves spending time with his beautiful wife, 6 kids, and crazy cocker spaniel Nick!

Sponsored By



**Dawn Ipsen, PharmD**

**(Code 18)**

### **Compounded Medications for Your Dental Practice**

**1.5 CEU**



Pharmacist, Dawn Ipsen has over 20 years of experience as a local Compounding Pharmacist. She will share with us tip and tricks on how to help our most difficult patient cases with unique and customized medications. What to do when the normal doesn't work? Patients with multiple allergies or sensitivities? We will discuss options for pain, infections, ulcers, gag issues and more!

Dawn Ipsen, PharmD, is the owner of and pharmacist at Kusler's Compounding Pharmacy in Snohomish, WA and Clark's Pharmacy in Bellevue, WA. Dawn graduated from the University of Washington with a Doctorate of Pharmacy in 2001 where she received the Dean's Outstanding Service Award. Dawn is a Full-Fellow of the American College of Apothecaries and American College of Veterinary Pharmacists. She holds memberships with the International Academy of Compounding Pharmacists and the Washington State Pharmacy Association and is a Clinical Instructor for the University of Washington School of Pharmacy. She is a Pharmacist Preceptor for the Washington State Board of Pharmacy and teaches Pharmacy Interns and Externs. She was named Professional Compounding Centers of America Pharmacist of the Month in 2016, Washington State Distinguished Young Pharmacist of the Year in 2011 and was Drug Topics Magazine Outstanding Pharmacist of the Year in 2002. Dawn has presented on the topic of pharmaceutical compounding to physician, patient, and peer groups. She is dedicated to helping her community find solutions to medication problems through personalized medication therapies.

**Judy Carroll, RDH**

**(Code 19)**

### **Periodontal Medicine and the Expanding Role of the Dental Hygienist**

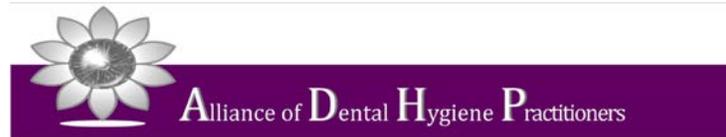
**1.5 CEU**



As the understanding of the cause of chronic periodontal inflammation evolves, so too has the hygienists' role in identifying all risk factors and knowing how to therapeutically address them. The dental hygienist is poised to become the internist of periodontal medicine in all practice settings. This information packed course will go beyond biofilm to more completely uncover modifiable and non-modifiable risk factors, leading to more successful long-term management of chronic inflammation. Hygienists are encouraged to bring the entire team!

Judy Carroll, RDH is the Founder and Director of PerioPeak Innovations, a periodontal therapy practice located in Sequim, WA. She is also a national lecturer, writer and private clinical instructor. Her 28 years of clinical experience has fueled her determined pursuit of more comprehensive and preventative methodologies, as well as her strong emphasis on integrative periodontal medicine. Ms. Carroll is an ardent advocate of dental endoscope technology and attracts patients from all over the world for her pioneering treatment protocol Regenerative Periodontal Endoscopy - RPE™. Her professional memberships include the American Academy of Dental Hygiene, Washington Dental Hygienists Association, and the American Dental Hygienists Association. Ms. Carroll can be reached at [www.periopeak.com](http://www.periopeak.com).

### Sponsored By



**Blake Crockett & Dee Mullins, RDH**

(Code 19)

### Yes, HPV Causes Cancer! Now What?

1.5 CEU



The objective of this course is to briefly review one of the major risk factors for developing oropharyngeal (throat) cancer, the human papillomavirus (HPV). After the brief review of HPV, we will explore methods by which dental professionals can identify the virus orally and monitor its status. We will discuss how to implement a simple, quick and accurate test that will take place chair side in adjunct to the current oral cancer screening. Verbiage on how to introduce the test to patients will be shared as well as information on billing. Hands on practice presenting the test and actually taking it will be given to each participant. Best practices from local participating dental offices will also be discussed. Come to learn how to be part of the "Change". SCREENING SAVES LIVES!

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Dee Mullins has 30 years of experience in dentistry. She started as an administrator while studying at University of Calgary, Canada. After moving to Seattle, WA, she attended the dental hygiene program at Shoreline Community College where she graduated in 1992. Dee has been practicing in private practice ever since, providing patient specific care. Her professional passions have always been oral pathology detection, high risk caries control, and periodontal support. In early 2017, Dee joined the team at Fidalab playing many roles. She is involved in business development, education, sales, and more. In her off time, Dee spends time with her husband, teenage son, and corgi. Their favorite family activities always involves traveling.

Sponsored By



**Dawn Ipsen, PharmD**

**(Code 21)**

### **Women's Health - As We Age**

**1.5 CEU**



Join us as we will discuss hormone changes that begin in our 30's and drive us into menopause. Is hormone replacement an option? Potential benefits and risks will be discussed. From there we will venture into the impact of lifestyle and diet on 'how we age'. The Pharmacists Top Supplements will be our next focus of conversation. Want to know what the experts take and how they chose the best products? Dawn will share the in's and out's. She's all about helping her community live their healthiest lives!

Dawn Ipsen, PharmD, is the owner of and pharmacist at Kusler's Compounding Pharmacy in Snohomish, WA and Clark's Pharmacy in Bellevue, WA. Dawn graduated from the University of Washington with a Doctorate of Pharmacy in 2001 where she received the Dean's Outstanding Service Award. Dawn is a Full-Fellow of the American College of Apothecaries and American College of Veterinary Pharmacists. She holds memberships with the International Academy of Compounding Pharmacists and the Washington State Pharmacy Association and is a Clinical Instructor for the University of Washington School of Pharmacy. She is a Pharmacist Preceptor for the Washington State Board of Pharmacy and teaches Pharmacy Interns and Externs. She was named Professional Compounding Centers of America Pharmacist of the Month in 2016, Washington State Distinguished Young Pharmacist of the Year in 2011 and was Drug Topics Magazine Outstanding Pharmacist of the Year in 2002. Dawn has presented on the topic of pharmaceutical compounding to physician, patient, and peer groups. She is dedicated to helping her community find solutions to medication problems through personalized medication therapies.

## Let's Talk Tongue!

1.5 CEU



Learn how to identify disorders that are affecting your patient's health! We are the prevention specialist that patients rely on since we look in their mouths, but we are not looking at this, yet. Today I will discuss how you can help your patient prevent orthodontic relapse. Learn how the tongue relates to snoring, tongue thrusting, mouth breathing, narrow palate and hyperactive gag reflex. Simple identifiers you can use to become an advocate for your patient's health. Become a collaborative multidisciplinary team player!

## Learning Objectives:

- Explain how the position and function of the tongue affects the oral environment.
- Describe proper and improper tongue posture, how to identify it, and what to do about it.
- Identify indications and candidates for Myofunctional Therapy.

Marie McElderry BSDH, Myofunctional Therapist graduated from dental hygiene business administration from the University of Washington. In 2007 she launched Oral Health Care LLC, providing thousands of clients preventive care in alternative settings including nursing homes, long term care facilities, adult family homes, private homes, senior centers, and schools. She also helped launch Tacoma Pierce County Oral Health Program. Marie is an affiliate faculty for Columbia Basin College's dental hygiene program and guest educator at WSU School of Nursing in Tri-Cities. She currently serves as President Elect for the Alliance of Dental Hygiene Practitioners, an organization of dental hygienist who provide direct unsupervised dental hygiene care throughout Washington State.

## Sponsored By



# NIGHT ON THE TOWN – BELLEVUE SQUARE

Friday, April 13



Join us for an evening reception in the Embassy Suites Lobby and then a “*Night on the Town!*”

Complimentary drinks and hors d'oeuvres will be served followed by transportation to Bellevue Square.

Round trip shuttle service will be offered Friday night from Embassy Suites to Bellevue Square. There will be two pick-up times at each location. Please check the Symposium website for more information.

# STUDENT POSTER SESSION

**SATURDAY, APRIL 14 in the Atrium**

In this competition, student clinicians present either original research material from the ADHA National Dental Hygiene Research Agenda or informative material on a specific topic of interest based on current treatment, technique, theory or trend through poster and oral presentations. This gives students an opportunity to raise awareness about a technique, theory, service, trend or expanded opportunity in the practice of dental hygiene and/or the broader realm of oral and systemic health research. The student posters are judged Saturday morning with awards presented at the Luncheon later that day.

Attend at least 4 poster presentations and receive 1 free CEU!



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# WDHA AWARDS

## WDHA Future Leaders Award

For Graduating Seniors: Graduating seniors who have been active in their student ADHA group are eligible to apply for the Future Leaders Award. WDHA makes this award available to graduating students who have demonstrated their commitment to the profession and professional association. WDHA is looking for future leaders to carry on the work of the profession and to assist the association to stay current to the needs of future generations of dental hygienists. Must be a current student member of WDHA & ADHA. Complete the online application or mail in. The annual deadline is March 15th 10:00AM in Central Office. These awards are presented at the Annual Symposium for Oral Health Professionals in the Spring.

For Students not in their final year of dental hygiene school: Students who are not in their final year of school may apply for a Future Leaders Award to attend ADHA: this award includes registration, airfare, hotel and a ticket to the President's Gala for attendance at the ADHA Annual Session House of Delegates. Applicants must be a student in good standing and send a written letter from the school Program Director with a completed the application. This award is in recognition of student leadership and potential for future association leadership. Applicants must be a current student member of WDHA & ADHA. Submission Deadline is March 15th 10:00 AM in Central Office.

These FLA awards are presented at the Saturday Luncheon during the Annual Symposium for Oral Health Professionals.

## WDHA Lona Hulbush Jacobs Memorial Scholarship

Each year WDHA awards the Lona Hulbush Jacobs scholarship to a first-year dental hygiene student who, as a student member of ADHA and WDHA, demonstrates financial need and maintains a college level cumulative GPA of no less than 3.0. The scholarship is \$1,000. All applications must be received at the WDHA Central Office by March 15<sup>th</sup> at 10:00am The scholarship will be presented annually during Symposium at the Awards Luncheon. Complete the online application or mail in.

More information available on [www.wsdha.com](http://www.wsdha.com)

# SPEAKER LIST

- Judy Carroll, RDH
- Blake Crockett
- Dr. Qinghua Feng
- Jennifer Frame, BSDH
- Colleen Gaylord, RDH
- Eva Grayzel
- Jeremy Henderson
- Dawn Ipsen, PharmD
- Carol Jahn, RDH
- Kari Kuempel, BSc, RDH
- Camille Luke RDH, MSDH
- Marie McElderry, BSDH
- Nestor Mitchell, EMT
- Dee Mullins, RDH
- Trina Pulson, RDH, BSDH
- Kriston Reishour RDH, BSDH, CCSH, COMS
- Bernadette Schlaefel, RDH
- Santaigo Valdez, RDH

# REGISTRATION CHECK-LIST

(Record your selections)

	Code	Course Title
<b>FRIDAY, APRIL 13 (AM SESSION)</b>		
	1	Seniors & Boomers: How to Treat the Most Medically Complex Generation
	2	Medical and Dental Professionals Working Hand in Hand to Extinguish it!
	3	Opportunities Beyond the Operatory - Broadening Your Hygiene Horizons
	4	Oral Care for Life
	5	Student Forum: ProSmile Rx- The Value of Being Prescriptive
	6L	Keynote Luncheon: Ignite the Power of Story
<b>FRIDAY, APRIL 13 (PM SESSION)</b>		
	7	Tobacco Trends and e-Cigarettes
	8	The Bale Doneen Method's "EDFROG" Medical Model Goes to the Dentist
	9	Tongue Tied: A Story NOT Silenced by Oral Cancer
	10	Restorative Dental Hygienist - How to Expertly Treat Your Patients & Impress Your Doctor
	BLS	Basic Life Support for Healthcare Providers <i>*Additional Fee</i>
<b>SATURDAY, APRIL 14 (AM SESSION)</b>		
	11	Team Synergy: Creating Practice Balance
	12	There's NO Business like Story Business
	13	Hands-On Experience: Name It, Claim It, Treat It! Hands on Experience with Tools and Technologies to Detect and Eliminate Inflammation <i>(Limited to 35 participants)</i>
	14	Position Yourself for a New Opportunity - Developing Your Professional Potential
	15	WDHA Awards Luncheon & UW Oral Health Workforce Study
<b>SATURDAY, APRIL 14 (PM SESSION)</b>		
	16	Dental Therapy: Past, Present and Future
	17	HPV, Cancer Risk, and Cancer screening
	18	Compounded Medications for Your Dental Practice
	19	Periodontal Medicine and the Expanding Role of the Dental Hygienist
	20	Yes, HPV Causes Cancer! Now What?
	21	Women's Health - As We Age
	22	Let's Talk Tongue!



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[www.wsdha.com](http://www.wsdha.com)