

## Course Descriptions

### Thursday, April 20, 2017

6:30 – 8:30 pm

**Code 1: Wine & Cheese Networking Reception – hosted by the WDHA Board of Directors.**

*Sponsored by FIDALAB, WDHA and Bellevue Embassy Suites*

Join your friends and colleagues for a fun evening of wine, cheeses and socializing in Embassy Suites' beautiful Atrium. Network with WSDHA leaders, exhibitors and other attendees in a casual and fun atmosphere. It's the perfect way to kick-off **Symposium 2017!**

### Friday, April 21, 2017

8:00 am – 12:00 pm

**Code 2: That's Not What I Learned in School: What Successful Practitioners Do Differently - Carol Jahn, RDH, MS. (3.5 CEU)**

*Sponsored by WaterPik*

Did you learn that floss is the magic elixir preventing everything from caries to bone loss? Or perhaps you are still providing 'routine care' – such as prophys, fluoride treatments, and radiographs. While education provides the foundation, it depreciates over time as new research, therapies, and treatments emerge. This course will empower you to move out of your comfort zone and feel confident adopting new evidence-based strategies for everyday patient care.

**Code 3: Adhesives, Composites and Etch, Oh My! - Mark Konings, PhD, MBA (3.5 CEU)**

*Sponsored by 3M*

This course is intended for dental hygienists who want to begin placing direct composite restorations or for dental hygienists who are currently placing composites and want to improve their skills. 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 adhesive and composite making material selection 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 stemming from sound engineering principles which promise to dramatically improve short and long term success.

**Code 4: Improving Oral Health Using Virtual Dental Homes: Opportunities for Dental Hygienists - Dr Paul Glassman, DDS, MA, MB (3.5 CEU)**

*Sponsored by DNTLworks – Portable Dental Equipment and Washington Dental Service Foundation*

In a rapidly changing health care environment, there will be new opportunities for dental hygienists to be on the front line of new oral health delivery systems that can improve the ability to bring oral health care to currently underserved groups, improve, oral health, and lower the per-capita cost to do so.

This course will assist dental hygienists who wish to be a part of telehealth connected dental teams to extend dental care to underserved populations in their communities. Participants will be able to: 1) Discuss advances in science and technology that enable the expansion of dental practices through Virtual Dental Homes using telehealth connected teams; 2) List strategies and best practices for expanding the reach of dental practices using telehealth-connected teams; 3) Describe the organization, infrastructure and function of a telehealth connected Virtual Dental Home.

**Code 5: Au Naturelle: Oral Health and Homeopathic Trends – Lancette Van Guilder, RDH (3.5 CEU)**

*Sponsored by Premier Dental*

Holistic and alternative medicine trends are on the rise. More and more people are seeking out natural ways to feel better, improve their health and minimize the need for harmful chemicals and invasive procedures. The dental team has the opportunity to serve as a valuable resource for optimal oral and overall health. This course will provide background on natural healing practices as well as an overview of current oral and homeopathic trends and alternative medicine culture.

**12:00 – 1:30 pm**

**Code 6: ‘Closets in Bloom’ Spring Fashion Show Luncheon – featuring Chico’s and Soma.**

*Coordinated and Sponsored by Lisa Fischer Styling (included in registration).*

**1:30 – 5:00 pm**

**Code 7: Sweet Solutions: The Oral & Systemic Benefits of Xylitol - Julie Seager, RDH, BSDH (3 CEU)**

*Sponsored by SPRY & Xylitol Educators*

Although dental decay is largely preventable it remains rampant among most of the world’s population. Dental professionals seem confident that current approaches are effective, yet standard preventive recommendations are not reducing the incidence of decay. Increased use of sugar, processed foods, and artificial sugars not only affect the teeth, but have an enormous impact on whole-body health. Since it is impossible to completely avoid sugar in our diets a more realistic approach would be to incorporate a natural sweetener, such as xylitol, into our daily lifestyle.

As the oral-systemic connection is becoming more of a focus in our profession we will examine the role of sugar on the endocrine and circulatory systems and why sugar, not fat, is the key player in inducing metabolic syndrome affecting an increasing number of patients. We will discuss how xylitol, as well as other natural and artificial sugar substitutes can affect our patients requiring dietary alternatives to table sugar.

Because of xylitol’s ability to affect biofilm it can be an immense help for those who suffer from allergies, sinus and ear infections, and other respiratory conditions. We will look at how this property was discovered, the supporting research, and how it can be easily used to bring about positive health changes in the mouth as well as the respiratory system.

This course will also help uncover the mystery of the dental benefits of xylitol by reviewing pivotal research studies, discussing xylitol’s interference with bacterial function, the role it plays in neutralizing oral pH, how xylitol aids in dry mouth relief, and why it only takes 8-10 grams a day to have a dramatic impact on caries reduction. Example patient protocols will be presented along with case studies conducted by dental hygienists with pediatric, general, and elderly patients. By the end of this course dental professionals will feel confident in how to recommend xylitol and how to create a safe, simple, and effective xylitol protocol for their patients.

**1:30 – 3:00 pm**

**Code 8: 3M Hands-on Restorative Workshop – Mark Konings, PhD, MBA (1.5 CEU)**

*Sponsored by 3M*

This hands-on workshop will give attendees the opportunity to complete a Class II cavity using the materials and techniques introduced in the morning lecture (Code 5). Note: the morning lecture is NOT a prerequisite for this workshop.

*\*\* Participants are encouraged to bring their own magnification and/or lights.*

**Code 9: The Multiple Benefits of Stabilized Stannous Fluoride - Bernadette Schlaefer, RDH, BS (this class best suited for students) (1.5 CEU). *Sponsored by Crest / Oral B***

This course will present Evidence Based research on the various forms of fluoride and the unique and broad benefits of Stannous Fluoride. Learning outcomes: Students will understand active ingredients in toothpaste, have a solid understanding of the mechanism of action of Stannous FL2 and will be able to confidently provide patient-based solutions.

**Code 10: Dental Hygienists: Essential Primary Care Providers - Lancette Van Guilder, RDH (1.5 CEU)**

*Sponsored by Premier Dental*

Dental hygienists are the primary preventive oral health care provider. Currently, many sources shed light on the demand and severe need for dental services that may be provided by the dental hygienist. In addition, the ever- evolving healthcare landscape, the expansion of healthcare coverage, increased research with the oral systemic link and the epidemic of inflammatory and chronic diseases are reinforcing that optimal oral health is a key component for optimal overall health. As states across the country are moving to expand the dental hygiene scope of practice, increase practice settings and introduce midlevel dental hygiene providers-the profession of dental hygiene is exploding with opportunities! This course will help you find your opportunity.

**Code 11: Fostering Student Self-Assessment in the Clinical Environment - Lorie Speer, RDH, MSDH & Sarah Jackson, RDH, MSDH (1.5 CEU)**

*Sponsored by Eastern Washington University*

Dental professionals are responsible for continually evaluating and improving the treatment they provide to ensure quality care. Self-assessment curricular content is mandated as part of the Accreditation Standards for Dental and Dental Hygiene Education Programs. Literature on self-assessment has concluded that dental and dental hygiene curriculum needs to be enhanced to help students learn responsibility for their own patient care.

Researchers agree self-assessment training is critical and should be done using adult learning principles. Two self-assessment training modules were developed for both faculty and students based on Malcolm Knowles' theory of Andragogy that suggests adults learn best when they perceive the material has life application. Both modules had a statistically significant impact the self-assessment process. The techniques implemented in these modules will be discussed in addition to ideas for training students on the value, importance, and implementation of self-assessment.

**3:30 – 5:00 pm**

**Code 12: 3M Hands-on Restorative Workshop – Mark Konings, PhD, MBA (1.5 CEU) (Repeated/Same as Code: 8)**

*Sponsored by 3M*

This hands-on workshop will give attendees the opportunity to complete a Class II cavity using the materials and techniques introduced in the morning lecture (Code 5). Note: the morning lecture is NOT a prerequisite for this workshop.

*\*\* Participants are encouraged to bring their own magnification and/or lights.*

**Code 13: Cracking the Chronic Symptoms Code: It Begins in the Gut – Pam Bohannon, RDH, NTP (1.5 CEU)**

*Sponsored by WDHA*

This course is designed to help you recognize some common symptoms such as canker sores and geographic tongue as possible signs of food allergies. You will understand the basic concepts of proper digestion as well as some ways it can go wrong.

In the case of poor digestion, the immune system becomes compromised which can lead to food allergies and disease. You will be able to use the information learned here to educate your patients so they may discover the root cause of symptoms they may be experiencing.

**Code 14: Don't Just Suck Spit, Diagnose with It! – Dr. Quinne Feng, PhD and Vicki Munday, RDH (1.5 CEU)**

*Sponsored by FIDALAB*

Oral cancer is rising rapidly due to HPV infection, which is the etiological agent of 640,000 new cancer cases each year worldwide. Early detection save lives.

HPV infection is extremely common, almost everyone is exposed to HPV infection in their lifetime. Most HPV infections are asymptomatic, but a small fraction of individuals will experience persistent infection, which significantly increases the risk of oral cancer.

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 visual examination alone.

Attend this CE course to learn about the value and significance of oral HPV testing in oral cancer screening and how to implement an innovative, accurate, and easy method for testing in your dental office.

**5:00 – 7:00 pm**

**Code 15: Optional Dinner: 'Build Your Own' Fajita Bar.** Only \$15 - includes a Margarita, wine or beer and some great door prizes!!! (tax & tip included!) It's a casual gathering in the Atrium, reserved exclusively for Symposium attendees.

*\* Please note that the 'Build Your Own' Fajita Bar is subject to an additional fee of \$15.*

**Code 16: Basic Life Support for Healthcare Professionals – Nester Mitchell, EMT (1.5 CEU)**

*Sponsored by WDHA*

Dental Hygienists must maintain a current 'Basic Life Support (BLS) for Healthcare Provider' card as part of their annual license renewal requirements. This course will provide attendees with the required certification for a period of two years.

*\* Please note that the Basic Life Support for Healthcare Providers is subject to an additional fee of \$50.*

**7:00 – 11:00 pm**

**Code 17: WDHA Carnival & 80's DJ Dance Party** - Sponsored by WDHA and our Fabulous Trade Show Exhibitors! Please join us for this fun and frivolous event beginning with carnival games and prizes coordinated by our Symposium Exhibitors (7 - 8:30ish), followed by the best 80's dance music ever! The dance floor will be open and there will be prizes for the best 80's attire so dig deep in your closet and get ready for a fun flashback Friday! Bring a dance partner if you like. (Included in registration).

**Saturday, April 22, 2017**

**8:00 am – 12:00 pm**

**Code 18: Road Map to Oral Health: Latest in Tools, Technology, & Home-Care - Susan Wingrove, RDH, BS (3.5 CEU)**

*Sponsored by Crest Oral-B and ADHA*

The tools, technology, protocols, and at-home recommendations are now available to elevate your professional in-office maintenance which includes natural teeth and implants. As dental professionals, we now have a new role to educate our patients on biofilm, the latest at-home tools, and oral health apps for better overall health. Elevate your instrumentation choices, protocols, and home-care recommendations to a new level!

**Learning Objectives:**

1. Review the current research and the American College of Prosthodontics Guidelines for recall, maintenance, and home-care of patients with tooth-and implant-borne restorations.
2. Gain an understanding of the new tools, technology, & protocols for periodontal and peri-implant disease treatment.
3. Provide your patients with new research–based at home care recommendations with new tools and oral health apps to ensure successful overall health.

➤ ***All registrants for this class will receive a gift from Crest Oral-B***

**Code 19: Beyond ‘Stress Management’: A Deeper Look at Life-Giving Attitudes, Practices, and Skills – Dan Keusal, MS, LMFT (3.5 CEU)**

*Sponsored by WDHA*

Are you feeling stressed at work? Do old ways of thinking about and responding to this stress no longer feel life-giving? In this presentation, we’ll look in new and deeper ways at some of the factors that create stress for oral healthcare professionals. Then we’ll explore attitudes, practices and skills that hold the power to actually nourish and transform the everyday experience of work, and that help restore the balance between work and the rest of your life.

**Code 20: Psychiatric Illness and Dentistry: Challenges to Oral Care – Dr. David Clark, DDS, MSc, FAAOP, FRCDC (3.5 CEU) Sponsored by WDHA**

Both psychiatric disease and dental disease are two of the most prevalent of all health problems that presently exist in our society today. In general terms, mental illness and the resulting disabilities associated with these diseases inflict immeasurable difficulties on the patients as well as their families and friends not the least of which remains the highly stigmatized nature of the disease itself. What really separates mental illness from other diseases is that it does not discriminate on the basis of age, race, economic status or gender.

As dental health care practitioners, it is incumbent upon us to improve and enhance our knowledge of this often complex yet “silent” aspect of a patient's medical history and acquire an appreciation and understanding of our patient’s overall psychological health as it impacts and influences our ability to provide optimal oral health care.

We must be prepared to deal with the sequelae of the medical management of any particular psychiatric illness as well as the oro-facial ramifications of the illness itself. This in turn will impact on the success of our dental treatment approach and planning for many of these patients.

The current landscape of psychiatric illness reveals that *one in five adult North Americans will suffer from some form of mental illness during their lifetime*. A far greater percentage will not receive treatment until many years after the onset of illness. A recent W.H.O. report has now stated that depression will become the leading cause of health impairment worldwide by the year 2020.

Every oral health care practice will include patients who suffer from one form of mental illness or another, even though many of these patients will appear healthy despite dealing with their on-going emotional disorder. Mental health and oral health are intertwined and can significantly impact one another. Medications used to treat various forms of mental illness can interact with drugs used in dentistry. Oral health problems can arise as manifestations of mental illness as well as being side effects (e.g. xerostomia) of numerous psychiatric medications. Finally, psychiatric disorders often lead

to decreased compliance and/or consent for preventive oral care and decreased ability to obtain or tolerate oral health treatment. The end result can be truly devastating, particularly for younger patients.

**Code 21: Integrated Health care: Merging Medical and Dental into a Comprehensive Approach to Patient Care and Education - Part 1** (this is a 2-part presentation) - **Kriston Reinsour, RDH, BSDH, CCSH** (3.5 CEU) *Part 2 at 1:30 pm.*  
*Sponsored by WDMA*

**Part 1:** (morning session) will discuss the destructive nature of chronic inflammation having lead medical and dental professionals to work hand in hand to provide preventative and optimum care for their patients. You will gain an 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.

**12:00 – 1:30 pm**

**Code 22: WSDHA Awards Luncheon and 'State of the (Hygiene) Nation' Keynote with ADHA President Betty Kabel.** Plus a 'New Product Showcase'. (1 CEU) (Included in registration)  
*Sponsored by Crest / Oral B*

**1:30 – 5:00 pm**

**Code 23: Medical Emergencies for the Dental Team – Dr. Douglass Jackson, DMD, MS, PhD** (3 CEU)  
*Sponsored by WDMA*

Your patients are presenting with complex medical issues and more prescription medication more than ever. Dental Professional must be prepared to anticipate and manage an emergency. The goal of this course is to develop competency in the assessment, diagnosis and management of patients who may present with potentially life threatening conditions. Given the sporadic and relatively uncommon nature of medical emergencies in the dental office, competency in the management of these situations is dependent upon your knowledge of medical conditions and medications that increase your patient's risk of an event.

**Code 24: Peri-implantitis – Is Traditional Treatment Appropriate? An Update on Peri-implantitis Etiology, Risk and Evidence-based Treatment Strategies - Dr. Diane M Daubert, RDH, MS, PhD** (3 CEU)

This course will provide evidence based information on peri-implant disease with emphasis on a team/interdisciplinary approach to treatment. The program will present research findings on risk factors for peri-implant disease and preventive measures to incorporate into the implant treatment plan prior to implant placement. In addition, the program will review diagnosis and prevalence of peri-implant disease and innovative non-surgical therapies for disease prevention and treatment. We will cover microbial and epigenetic findings relative to dental implants.

**Code 25: Oral Care and the Geriatric Patient: An Emerging Reality – Dr. David Clark, DDS, MSc, FAAOP, FRCDC** (3 CEU)  
*Sponsored by WDMA*

Enormous strides have been made in our society to lengthen not only one's life but also the quality of that life. Our patients are entering these years with heightened oral health care expectations and will seek dental treatment in far greater numbers than those similar age-matched groups of previous generations.

Retention of teeth predisposes to an ongoing risk of caries and periodontal disease. These two conditions can be further intensified by the concerns of xerostomia due in large part to the increasing numbers of medications prevalent in this patient population. Sensory alterations in taste are also more common affecting nutritional intake and status. Other findings include psychological/neuropathic conditions as well as pathology of the oral mucosa, including neoplastic disease. Of utmost importance is the necessity for the entire dental treatment team to understand the myriad of chronic disease states that these patients live with on a daily basis.

In recent years there has also evolved increasing evidence showing a correlation between periodontal disease and chronic systemic diseases such as cardiovascular disease, cerebrovascular disease and diabetes. Treatment, management and also prevention of oral disease in the geriatric patient will improve not only their oral health but also have a significant impact on their general health.

**Code 26: The Battle Plan: Your Role in Addressing and Treating Inflammation – Part 2 – Kriston Reissour, RDH, BSDH, CESH (3 CEU) Sponsored by WDHA**

Focus will be on the dental patient, dive deeper into the oral systemic links, review how to apply the information you have learned in the morning session to your dental patients, address how to fit optimum care into your patient clinical time, and discuss how it will increase your productivity while saving lives. Finally, we will review how you can build relationships with medical and other health care providers to establish yourselves as the expert in oral systemic and optimal care in your communities.

**5:00 pm**

**Symposium 2017** closes