

WASHINGTON STATE DENTAL HYGIENISTS' ASSOCIATION NEWSLETTER

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WSDHA Mobilizes Hygienists to Impact New CE Requirements for Licensure!

Inside this Edition

- 2 - The New Website
- 3 - President's Message
- 4 - The Truth about Tobacco...
- 6 - News from Olympia
- 7 - Invitation to Symposium
- 8 - Spring Component News
- 13 - RDH Insurance Alert
- 13 - Open Letter to Norma
- 14 - Lessons Learned from a Duck
- 15 - News You *Might* Use

Save these Dates!

- **April 24-25: Symposium for Oral Health Professionals**, Bellevue Embassy Suites, Eastgate.
- **May 2:** Strategic Planning meeting, Homewood Suites, Lynnwood
- **May 15-16:** NW Educators Conference, Clark College
- **June 17-20:** CCL Nashville
- **June 21-23:** ADHA Annual Session, Nashville
- **October 10-11:** House of Delegates, Lynnwood Embassy Suites
- **October 22-25:** Seattle/King County Clinic, Key Arena

For more than a year the Department of Health (DOH) has been examining and holding hearings on the types of courses and other means that dental hygienists might use to fulfill their continuing education (CE) requirements.

How did this come about? In November 2011 the UW Oral Health Collaborative petitioned DOH to create more flexibility on how hygienists satisfy CE requirements. They wanted volunteering at community service events to be added as eligible for CE credit. The Collaborative hoped this would increase volunteerism and thereby increase access to care. Dentists who participate in such events, i.e. the four-day Remote Area Medical (RAM) event, receive CE credits for their volunteer time.

Changing the rules governing dental hygiene CE requirements necessitates DOH hold hearings and solicit comments from stakeholders. This process was delayed several years due to a rules moratorium. The DOH sent notices to stakeholders starting early in 2014 through August, announcing three open public hearings/rules workshops. The public was notified through the DOH listserv.

It was not until a final hearing in November that a ground swell of concern developed in the dental hygiene community over the limitations set in the new proposed rules on the number of hours acceptable for the various approved categories of CE. While the total number of CE hours required per year (15) is not changing, and while DOH intended to increase flexibility through adding categories, the proposed limits on hours per category was seen by hygienists as very restrictive.

Upon hearing those concerns, WSDHA began a campaign to alert hygienists about how to send comments to DOH, and why it was important. Dental hygienists were notified through Constant Contact e-mail. All were asked to send comments and attend the hearing. There was a great response! We thank all of you who heeded the call to action and made your voices heard.

The DOH listened to YOU! DOH postponed the adoption of the new CE rules and a new hearing was held in December to receive additional testimony from dental hygienists. WSDHA Trustee, Beverly Frye, from the Kitsap Peninsula component, put a tremendous amount of effort into successfully mobilizing hygienists' comments. The result was a new draft of the rules for CE incorporating many of the requested changes.

The final hearing to adopt the new revised CE rules will be held sometime this spring. Stayed tuned. WSDHA will send members the new legal requirements for CE through Constant Contact, the Newsletter and it will be posted on the WSDHA new website: www.wsdha.com.

We also encourage all hygienists to sign up for the dental hygiene listserv at: <http://www.doh.wa.gov/LicensesPermitsandCertificates/ProfessionsNewReneworUpdate/DentalHygienist> Remember to respond to the confirmation email after you sign up.



WSDHA.com - the NEW Website

I hope by now you have all visited the new WSDHA website. If you haven't, you are in for a treat. Bonnie Kantor of Pressing Issues and her design team created our new site. They have done a great job too. We are still working out the kinks, but overall, we brought it live on time and on goal - when the Symposium brochure went in the mail.



Ironically, the old Nakea website disappeared from view about four (4) days before we went "live" with the new site. Since August, as you all know, the old website stopped working, stopped processing credit cards and try as I might, even to the point of traveling to find Nakea at a Seattle address, it was to no avail. Two complaints to the Better Business Bureau (BBB) found that the BBB got no response either. At the point that the old website disappeared, I had to conclude that due to non-payment of bills, the server shut all their clients down. I assume they are out of business.

Rest assured, we did research before we found a new developer. Pressing Issues is closely associated with Constant Contact, the new e-mail service provider that we are now using. Constant Contact is a wonderful service and the e-mails look great and run smoothly. I have noted that some members and students have unsubscribed, and that is fine, but please understand that we will not eliminate working e-mails from our database. There will come a time when we need to send e-mails to all members and students about important changes in laws or rules governing the profession and we do not want anyone not to get that information. All that is to say that you can "unsubscribe" but it will only last until I upload a new database.

If you have trouble accessing the new website, that means that you need to eliminate any old bookmarks or history of the wsdha.com/nakea site. Just clear your history and do a new search for wsdha.com and the new website will pop up.

We purchased access to some wonderful pictures that represent our wonderful state. The new design is simple, clean and clear. Most information shows on one single page with links. If a link does not work, please let us know.

Events: Links to registration are now on the home page for easy access!

Join Us! Hygienists and students find membership forms, benefits

Employment: Employment and Volunteer opportunities, links

Resources: Public information on Oral Health, links

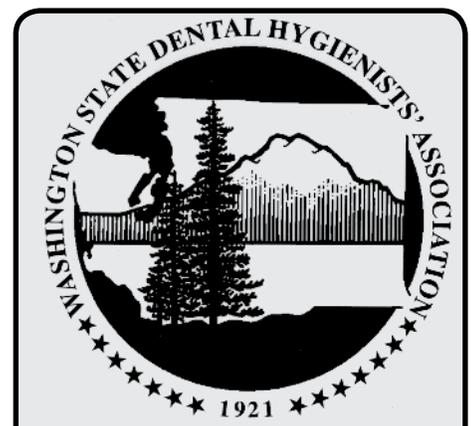
Members Only: The Membership Directory works far better than on the old site. You can access member information if you have an e-mail address or not. (We have about 45 members who do not use e-mail.) Before, without an e-mail address, members could neither be included nor access the directory.

Members *without* an e-mail address only have to put in their first initial and last name (nocaps) as one word, i.e. [gpatrick](mailto:gpatrick@wsdha.com) along with their ADHA number (password) - and they can find friends and colleagues. This directory has all the information that was previously in the printed version. Yeah!

It has been a challenge for Pressing Issues to develop all the registration forms for such a variety of categories and types of events. Hopefully, soon, all the kinks will emerge and be addressed. Next round is on me to change the forms to fit upcoming events.

If you want to know what is happening, where and when, check out the Calendar under **About!**

Waiting to hear from you if you find a "kink"!!



WSDHA NEWSLETTER

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Send articles, letters-to-the-editor, etc. to WSDHA by mail, fax or e-mail. All articles must include author's name/telephone number. Final decisions on *Newsletter* content is the responsibility of the Editor. Articles are due one month prior to publication: March 1, June 1, September 1 and December 1.

As a constituent of the American Dental Hygienists' Association, WSDHA adheres to ADHA's policy not to endorse products or services, including products and services advertised in Association publications. WSDHA does not endorse opinions; nor confirm accuracy of information published herein. WSDHA does not guarantee the efficacy of products.

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Message from your President

Marilynn Rothen, WSDHA President 2015

Spring is here and that means the WSDHA Symposium for Oral Health Professionals is just around the corner. The atrium of the Embassy Suites (in Bellevue again this year) fills with light as we visit with colleagues from across the state and take in the booths of exhibitors with products and services specifically targeted for dental hygienists. This time of rejuvenation professionally provides us with the opportunity for outstanding CE across the spectrum of our practice, from the author of the textbook on local anesthesia to experts in periodontal therapy and multiple alternative career paths. We all like to be informed about the latest and greatest. What better place to find who and what are moving and shaking in your profession. ADHA's Ann Lynch will also be available to share what is happening in dental hygiene across the nation and specifically film clips of hygienists who have transitioned to mid-level practitioners.

Your professional association has not been dormant over the winter months. Our avenues for meeting CE requirements have been under review by the Department of Health (DOH) over this past year. WSDHA has advocated for the maximum amount of flexibility to acquire CE credits. The December rules workshop hearing was a big success (see page 1). The final hearing to adopt the changes will be held sometime this spring.

Have you seen our new website? It's beautiful! After much research by our Executive Director, Gene Patterson, your Board of Trustees voted in December for a new website developer, Pressing Issues. Coincidentally, the same week that our old website finally went down in February, Gene was able to bring our new website to life, just two days later. You can now go online to register for Symposium. WSDHA remains ever so grateful to Robin Roderick for bringing us into the Internet age with the development of our first website and to Gene for keeping us there.

Speaking of communication, I have participated in the two conference calls held by the Dental Collaboration Committee, which is composed of two dentists from the Dental Quality Assurance Commission (DQAC) and two members of the Dental Hygiene Examining Committee (DHEC). As of the last call, a denturist was added. The purpose of this committee is to review the supervision requirements for dental hygienists and make recommendations to DQAC for changes. The DHEC has requested that local anesthesia administration, head and neck exams, delivery of oral pre-medication and sedatives be moved to general supervision rather than close supervision. You would not have to wait for your dentist to arrive in the office to begin anesthetizing your patient! The Dental Collaboration Committee is evaluating these requests.

If you have noticed a theme of communication, both within our profession and interprofessionally, you are correct. WSDHA has been working with the Washington State Dental Association (WSDA) on several fronts. With the invaluable assistance of our lobbyist, Melissa Johnson, and Bracken Killpack, the new Executive Director for WSDA, a bill was submitted to the legislature that will allow dental hygienists and dental assistants to take impressions for more than just study models and will allow Canadian hygienists with an equivalent scope of practice and education to apply for a limited license in Washington State. Canadian hygienists are already eligible for WREB examinations and regular licensure.

On Lobby Day in January many of you, along with students from several schools, met with your legislators to ask them to support this bill. Bracken and I testified before the Senate Health Care Committee in February, the bill passed out of committee, and received a unanimous vote of approval in the Senate. It now moves to the House for approval. With the combined support of WSDHA and WSDA we are optimistic that by the time you read this newsletter, the bill will be well on its way to becoming law so we can legally take impressions for fluoride and bleach trays, etc. E-mail alerts with the "from" line of Washington State Dental Hygienists' Association will communicate to you when to contact your legislators to prompt them to support this bill.

On Valentine's Day WSDHA and WSDA members of the joint work group on dental hygiene regulation met for the first time via an in-person meeting at WSDA headquarters. You will recall that both WSDA and WSDHA agreed not to introduce opposing legislation regarding dental hygiene regulation this session, but instead to establish a joint work group to try to find common ground on the issue. At the meeting both groups had the opportunity to express their views on how dental hygiene should be regulated and agreed what additional information is needed for our next meeting, including examining board and committee structures used in other states, in order to develop possible models for Washington. Our work and communication is ongoing!

I wish everyone a wonderful spring and I hope to see you at Symposium. *Marilynn Rothen, WSDHA President*

The Truth about Tobacco Addiction: Why RDHs must be Pro-Active in Tobacco Cessation

by Jacqueline A. Juhl, RDH, BS, MS

At the October 2014 Third Annual North American/Global Dental Hygiene Research Conference held in Bethesda, Maryland, University of Alberta's world renowned addiction psychiatrist, Dr. Charles Els, presented an inspiring "tobacco cessation wakeup call" for oral health professionals.

To grasp the magnitude of this heinous tobacco addiction epidemic, while unconscionable, please consider that cigarettes are the only legal consumer product sold in the United States that are irrefutably "carcinogenic when used as directed" (MacKenzie, T.D., Bartecchei, C.E., and Schrier, R. W., 2014). Rationally, it is absurd that tobacco product manufacturing remains neither regulated by the Food and Drug Administration or the Consumer Safety and Protection Commission, whose purposes are

- "...protecting the public health by assuring the safety, efficacy and security of human and veterinary drugs, biological products," (United States Food and Drug Administration, para. 1, 2014)
- "...developing voluntary standards with industry, banning consumer products if no standard would adequately protect the public, conducting research on potential product hazards, and "informing and educating consumers through the media, state and local governments, private organizations, and by responding to consumer inquiries." (United States Consumer Product Safety Commission, 2014).

The hard reality is that tobacco addiction, primarily cigarette smoking, kills thousands worldwide daily and this addiction is the calculated result of highly sophisticated product chemical manipulation and marketing to ensure physiological addiction (Els, 2014). According to the World Health Organization [WHO] (2014),

"The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing nearly six million people a year. More than five million of those deaths are the result of direct tobacco use while more than 600,000 are the result of non-smokers being exposed to second-hand smoke. Approximately one person dies every six seconds due to tobacco..." (para. 2) and that *"Unchecked, tobacco-related deaths will increase to more than eight million per year by 2030."* (para. 8)

One might reasonably ask how any world government, such as our own, could allow the existence of an industry which directly or indirectly kills or sickens thousands of its citizens daily, when according to the Campaign for Tobacco-free kids (2014):

- Number of new kids who try their first cigarette each day: **3,500+**
- Number of other kids who become regular daily smokers each day: Nearly **1,000**
- Kids who become regular smokers who will ultimately die from smoking: **350**
- Number of adults who die from smoking each day: **1,200**
- Number of people ill with smoking-caused disease on any given day: **8.6 million**
- Smoking-caused healthcare expenditures each day: **\$260 million**
- Smoking-caused Medicaid Program expenditures each day: **\$45 million**
- Smoking-caused productivity losses each day (partial): **\$260 million.**



Yet, in 2012, the United States government spent \$188,776,927 of our tax dollars in subsidies to this "rouge industry" (Els, 2014) and continues to do so today. Why? Els, (2014) and MacKenzie, et al. (2014) provide three underlying reasons. First, tobacco is culturally and historically accepted in the U.S. despite being more physiologically addictive than cocaine and heroin. Secondly, the tobacco industry spends more than \$4 billion a year in marketing, including specifically targeting tobacco use in children in developing countries to replace tobacco users who have died. Further, the Tobacco Industry lobby pours millions of dollars in political campaigns at every level of government and initiates and funds "smokers' rights" politically active groups. Tobacco lobbyists' efforts have resulted in allowing the tobacco industry advertising to remain virtually unregulated as the second most advertised product in the U.S. by successfully exploiting the First Amendment and raising public questions about the veracity of scientific evidence on tobacco harm. Thirdly, despite scientific evidence demonstrating that higher excise taxes result in lower tobacco sales, especially among younger users, aggressive marketing to younger users continues unabated (Thomas, et al, 2008).

What, then, are dental hygienists, as the prevention specialists, going to effectively and substantively do to abate this epidemic? Many dental hygienist are not comfortable counseling patients about tobacco addiction (Gorin and Heck, 2004). Monson, (2004) identified numerous barriers to **Tobacco Cessation Counseling (TCC)** despite having training in motivational counseling and proven resources such as the ADHA's "Ask, Advise, Refer" cessation program. Prioritizing means to address these barriers, such as lack of time, fear of patient alienation, lack of self-confidence, is essential and must be combined with the provider's thorough understanding of tobacco addiction psychochemistry and statistically probable comorbidities including various mental illness (41.2%) and substance addictions (67.9%) (Kalman, Morissette, & George, 2005). Dr. Els presented not only evidence about what makes tobacco use so addicting, but evidence about tobacco addiction comorbidities.

Tobacco article continues on the next

The good news? Carr & Ebert (2009) and Studts, Burris, Kearns, Worth, and Sorrell (2011) demonstrated that TCC can be successful. Dr. Els (2014) recommends: **1)** professional confidence via professional education; **2)** compassion and authentic concern, **3)** briefly sharing with the addicted patients evidence about what makes tobacco use so addicting, and **4)** preparing the tobacco addict with specific strategies such as pharmacological support (Carr and Ebert, 2009; Els, 2014) for dealing with the difficult physiologic changes which occur during the detoxification process, even if this means educating one's dental employer or referring the patient to a qualified physician. Further, according to Dr. Els, medication support is often warranted and "**Assist**" must be added to "**Ask, Advise, Refer**". It is imperative that oral healthcare providers use all available skills and resources to help end the preventable epidemic of tobacco addiction.

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WATER PIPE SMOKING IS NOT HARMLESS

by Margaret J. Fehrenbach, RDH, MS, Washington State Tobacco Cessation Consultant, www.dhed.net

Smoking through a hookah is not harmless, according to a new study from *Cancer Epidemiology, Biomarkers & Prevention*. In addition to the usual tobacco carcinogens, dangerous levels of benzene are inhaled from the lump of smoldering charcoal that ignites the moist tobacco mixture. Benzene is known to cause leukemia and is a suspected cause of other cancers. Every American has low levels from car exhaust and other pollutants, but no level is considered safe.

Smoking a mix of tobacco, fermented fruit, molasses and other flavorings through a water pipe has been common in the Middle East for centuries. The habit has spread to the West in recent years under various names, including hookah, shisha, and argileh.

The daily smokers had almost six times as much benzene byproduct in their urine as typical nonsmoking Americans do. After long evenings of smoking, some had 10 times as much. Their companions, who inhaled secondhand smoke, had levels only about half those of the smokers, but still higher than average nonsmoking Americans.

There are more than 300 flavors, like apple, vanilla, mint, that can be offered. It smells nice so people think it is not harmful, but it is harmful by being additionally carcinogenic besides the tobacco content. We should let our patients know of its danger!

Legislature Reaches the Halfway Point of Session

By Melissa Johnson, WSDHA Lobbyist

The Legislature has reached the halfway point of this 105-day legislative session, with the House and Senate in full-time floor action to pass bills before the “house of origin” cutoff on March 11th. This is the deadline for all House bills to pass the House and Senate bills to pass the Senate.

WSDHA has been active, as usual, during this legislative session. Our priority legislation, **SB 5606**, has passed the Senate unanimously and will now be considered by the House. SB 5606 is our bill directing the Dental Quality Assurance Commission to write rules to allow dental hygienists and dental assistants to take impressions and also to allow hygienists from Canada to apply for a limited dental hygiene license. The Washington State Dental Association joins WSDHA in supporting this bill.

Importance of the impressions bill for hygienists

Currently the statute in the dental law states that no one other than a dentist may take impressions for any intra-oral appliance. In reality, hygienists and assistants have been taking these impressions for decades, even though the only allowable impressions are for study models. The Dental Quality Assurance Commission (DQAC) has listed impression taking for various appliances as an allowable duty for assistants; therefore it should be an allowable duty for hygienists. DQAC has disciplinary authority over assistants and it has made the statement that assistants “*will never be disciplined for taking impressions.*” Because hygienists are disciplined under the Secretary of the Department of Health’s authority, hygienists have no such protection against being charged with practice outside their scope. **To protect hygienists**, WSDHA approached WSDA to co-sponsor changing the law.

Reasons for Expanding Limited Licence to Canadian Hygienists

Canadian hygienists *can* be licensed in Washington now. Accredited Canadian education is accepted by CODA and WREB. These hygienists are required to pass board exams. WREB has the only clinical local anesthesia board exam in the country. While these hygienists are waiting to obtain WREB anesthesia credentials, this will allow them the opportunity to work, with limited duties, for 18 months. This same opportunity has been allowed since 2004 for any hygienist moving here from another state.

We also had a very successful Legislative Day on January 20th, with almost 200 dental hygienists and dental hygiene students participating! It was a productive day, full of advocacy on oral health care issues. Thanks to all of you who took the time to attend.

WSDHA also supported HB 1421 and SB 5465, the Washington Dental Access Coalition’s midlevel provider bills. Unfortunately, neither of these bills received a hearing this session. The Legislature did consider two bills, HB 1441 and SB 5159, that would allow Washington tribes to bring dental midlevel practitioners such as the Dental Health Aide Therapists (DHATs) to their tribal clinics.

Johnson continued

WSDHA had concerns that these bills were not specific as to the education and training and scope of practice for these practitioners. Neither bill passed out of committee before the cutoff deadline.

The second half of the session is devoted to the House and Senate considering the opposite chamber’s bills. Bills must pass the opposite chamber by April 15th. The Legislature will adjourn its regular session on April 26th.

Statement by FTC on U.S. Supreme Court Ruling Regarding North Carolina Dental Board

For Release February 25, 2015

Federal Trade Commission Chairwoman Edith Ramirez issued the following statement regarding today’s decision by the U.S. Supreme Court in North Carolina State Board of Dental Examiners v. Federal Trade Commission:

*“Today, the Supreme Court affirmed the Federal Trade Commission’s position in recognizing that a **state may not give private market participants unsupervised authority to suppress competition even if they act through a formally designated ‘state agency.’**”*

In this case, the North Carolina dental board’s members, primarily dentists, were drawn from the very occupation they regulate, and they barred non-dentists from offering competing teeth whitening services to consumers. The Court’s decision makes clear that state agencies constituted in this manner are subject to the federal antitrust laws unless the state actively supervises their decisions.

The FTC works to promote competition across the economy and advocates on the behalf of Americans to help prevent occupational licensing requirements, which now govern a significant and growing segment of the economy, from unduly suppressing pro-consumer competition.

We are pleased with the Supreme Court’s recognition that the antitrust laws limit the ability of market incumbents to suppress competition through state professional boards. We will remain vigilant through our enforcement initiatives and advocacy to safeguard competition and ensure that American consumers benefit from entrepreneurial initiative.”

The Court’s decision affirms a 2013 ruling by the U.S. Court of Appeal for the Fourth Circuit upholding a 2011 Decision and Order by the FTC that the North Carolina State Board of Dental Examiners illegally thwarted lower-priced competition by engaging in anticompetitive conduct to prevent non-dentists from providing teeth whitening services to consumers in the state. In so finding, the FTC rejected the Dental Board’s claim that the Board’s conduct is protected from federal antitrust scrutiny by the state action doctrine.

WSDHA Invites All Dental Hygienists to YOUR Professional Symposium

By Susan Savage, RDH, BSDH, Education Chair

Dental hygienists around our state are invited to the WSDHA Annual Symposium for Oral Health Professionals. This is our opportunity to come together as a community to hear the latest evidence-based dental hygiene information as well as celebrate the limitless possibilities of future advancements in our profession. This year we are including specific courses in career advancement and change. Explore your options in education, public health, medical settings and alternative settings within your community directly from dental hygienists in our state that are pursuing the boundaries of our scope of practice.

Highlights of your Symposium include:

- Networking opportunities
- Exhibits (Friday & Saturday)
- Over 19 unique CE Courses & Workshops
- Awards Luncheon Saturday with Keynote Speaker: Heidi Demarais, RDH, MSDH (c) with 1 CEU credit included for attending
- Saturday morning Student Table Clinics (1 free CEU)
- WHY-PAC re-sale of gently used jewelry and a dessert auction on Saturday (*note last years sale of used purses at right!*)
- The Lona Hulbush Jacobs Scholarship annual raffle: 1st prize is a saddle chair donated by Crown Seating!

WSDHA is hosting this year's Symposium on April 24-25th at the Bellevue Embassy Suites. Visit our newly renovated website for course descriptions, hotel information and pay for registration by credit card at www.wsdha.com. All handouts will be available online just prior to the event and all CE certificates will be e-mailed to attendees following the event.

We hope to see you in Bellevue to collectively elevate dental hygiene in Washington State!



Joella Pyatt enjoying Symposium 2014!



Patty Doyle selling Lona Hulbush Jacobs Raffle tickets to as many people as possible!



Spring Component News

Greater Seattle DHS

Georgene McCarty, Trustee

While spring has arrived, our meetings for April and May are to be determined. For current information, check our website, www.gsdfs.org

Sat., May 30-The Special Olympics will be held at Fort Lewis. We are always happy to have volunteers to help pass out toothbrushes. If you would like to participate in this rewarding event, send an email to greaterseattledentalhygienists@gmail.org.

April 24 and 25 are the dates of this year's Symposium. Along with choosing from the variety of CEU courses being offered, plan to attend the Table Clinics and the Student Awards Luncheon that includes a 1 CEU Keynote address and the WHY-PAC dessert auction, which is as entertaining as it is delicious!

This year there will also be a WHY-PAC jewelry re-sale. If it is anything like last year's purse re-sale, there will be some great finds at great prices. Go to www.wsdha.com to register for the WSDHA 2015 Symposium.

Eastern Washington DHS

Barbi Lynch, Trustee

Spring has come early to eastern Washington. The snow is gone and spring flowers are already starting to appear.

We are planning our last two meetings for the year and we are looking ahead to the fall for speakers and venues.

Our March meeting was on "HPV and its association with oral cancer." Brian Mitchell MD, an ENT at Spokane ENT was the speaker. In May, the component's meeting will be on Wednesday the 20th and it will focus on the seniors from the class of 2015. Last year it proved to be a fun outing with good food and a lot of mentoring.

After May, the component takes the summer off and will start again in September. Anyone wanting to join the committee to plan meetings just email me: smile4babs@yahoo.com. We would love to have you join us.

Have a great spring!



Mt. Rainier DHS

Varvara Basargin, Trustee

Hello from MRDHS! As spring approaches and Symposium nears, we are gearing up for some great events and look forward to meeting with our state counterparts once again!

Our component meetings have been well attended with increased member and student participation! During our January meeting, Dr. Steffen, DDS, PC Oral Surgery, enlightened us with current information regarding 3rd molar extractions. At our February meeting, Dr. Lubken, DMD, Periodontics, provided a review and insights on soft tissue grafts with information on 'What, When and Where.'

Pierce College Student Update:

Just a reminder that the Pierce College Dental Hygiene Class of 2015 is excitedly nearing graduation and gearing up for boards! The first year students are busily preparing for presentations on pharmacology and pathology that will be presented to component members in May!

Additionally, as an incentive for student and new member participation, our component has begun a quarterly raffle that awards a \$50 scholarship for attendance. Congratulations to last quarter's winner: First year student: Katie Pivetta-Deatherage!

Upcoming events:

- **March 17th:** Kathy Bassett, BSDH, RDH, MEd. Presenting: Hands-on Anesthesia Update
- **April 21st:** Lindsay Palmer, RDH-Hygiene Clinical Trainer/Coordinator for Bright Now Corporation Presenting: **Nuisances** of Corporate Dentistry
- **May 19th:** DH Students' Oral Health Presentations (Pierce College) Presenting: Pharmacology or Pathology? Always very informative!

We are excited to end the year with Olympia DHS joining us for this meeting in DuPont, Washington. A great opportunity for both local hygienists and students to engage, get to know one another better and share ideas. Should be a fun evening!!

For more information about MRDHS please email us at mtrainierdhs@comcast.net or join our Facebook Group Mt. Rainier Dental Hygienists' Society!



Mt. Baker DHS

Renee Berberena, Trustee

Welcome Spring! So happy to see the sun shining more often. If you're anything like me, just twenty minutes out walking in the sunshine can give me the energy boost I need to make it through my afternoon at work. Seeing patients five days a week for eight hours a day can leave us drained. One of my patients recently asked me, "Am I your last patient today?" I wondered why he was asking me that so I asked him, "Why are you asking me?" His reply was, "I heard that healthcare providers are depleted by the end of the day and I was wondering if I was your last patient?" I think what he really wanted to know was whether or not I was going to take good care of him or blow him off, but I answered him honestly. I said, "Yes, that is correct. Healthcare providers do get tired and depleted by the end of the work day after taking care of patients all day. But with that being true, I want to reassure you that I will take good care of you and give you a good teeth cleaning, okay?" He seemed fine after that.

Let me ask you, are you still giving 100% at the end of the day? One of the biggest mistakes that I have made earlier in my dental hygiene career was to completely pour my life into taking care of my patients, and not leaving time enough to take care of myself. As your trustee, I just want to remind each of you to remember to take time out to take care of yourself. Get your rest, get your nails done, get a massage and get a facial. Buy those comfortable shoes even though they may cost \$15.00 more. Invest in yourself because you can't take care of others when you are not taking the time to **take care of yourself**.

Mount Baker Dental Hygiene Society Events:

Thanks for all the volunteers that made Sealant Day, February 28, a success.

April 24-25: Attend Symposium. There will be beautiful jewelry for purchase as a WHY-PAC Fundraiser while you attend your favorite CE Classes. See old friends, shop, try out some of the new products related to our field and make a fun day of it. See you in Bellevue.

May: We are hoping to have a representative from the American Cancer Society as our speaker for our component meeting and CE. Stay tuned for final details when May gets here. Our May meeting will also be the meeting where we vote on our 2015 Delegates for House of Delegates in October. Attending HOD as a delegate is a ton of fun. I hope that each one of you will consider being nominated. Where else can you get a two day vacation paid for?

DID YOU KNOW? Mt. Baker DHS is partnering with our Snohomish DHS component to host the 2015 House of Delegates? Everyone is invited to participate in the planning. Do you like a party? I do. This year's President's Dinner theme is "Masquerade." We are hoping to make this the best HOD ever. For more information, call Austen or Renee, see our Facebook page or mbdhs.org website for our contact information.

Best to you, and have a safe Spring.

Snohomish County DHS

Kara Lea Hartman, Trustee

It's been a great winter this year filled with lots of sun, minimal rain and snow, and mild temperatures. Hopefully, the fantastic weather will continue throughout the upcoming months. **Happy springtime to all!**

It's been a busy winter for the Snohomish component. In January, we had a wonderful meeting discussing financial options for investing our hard earned money. Many of Snohomish component officers and WSDHA officers along with several component members attended Lobby Day in Olympia. A big thank you to all component members who attended and spent time talking to the legislators asking for support on hygiene matters. Our February meeting focused on the importance of Chiropractic Care. For March we welcomed Dr. Gold, a periodontist from Marysville, to update us on periodontal issues. We would like to send out a warm welcome to all component members to attend the monthly meetings. And don't forget to bring a friend. Meetings are held the second week of the month at the WSDHA office located at 19721 Scriber Lake Road, Suite B, in Lynnwood.

Upcoming meetings:

- **April 15th** -- Joint meeting with Snohomish County Dental Society - Speaker: Dr. Robert Gottlieb
Topic: Periodontics Location: Mill Creek Country Club - Social Hour starts at 6 pm with dinner at 6:45pm and 1 hour of CE at 7:30pm. To register: please contact the SCDS office at 844-355-0519 or email: scdentists@comcast.net. Cost: \$35
- **April 24th-25th** – WSDHA Symposium – Bellevue Embassy Suites
- **May 14th** –Intra Oral Exams – Sheila Hoople
- **June 9th**—Fluoride Information – Leann Cooper

Don't forget about the **WHY-PAC fundraiser** at Symposium. We are going to have a used jewelry sale this year. We are looking for donations of jewelry. If you have some items that you would like to donate, please contact Kara Lea Hartman via email at toothfairy98043@yahoo.com or call 206-369-6060 to arrange pickup. And don't forget to drop by the table during Symposium and pick up some new stuff.

Remember that we have a component **Facebook** page that we post regular updates on. Stop by the page and become a friend. (www.facebook.com/snohomishcountydentalhygienesociety)

We are asking ADHA members to **update their email addresses**. If your email has changed or you would like to be added to our email list please send an email to scdhs7@gmail.com. We are also seeking emails of non members so we may keep them up to date on the standards of dental hygiene as well. The email addresses will only be used for informational purposes, not advertising.

We are also seeking component members that are interested in being part of our "**welcoming**" crew at our component meetings. If you would like to help out please contact LeAnne Hoefel: Leanne.hoefel@hotmail.com.



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Columbia Basin DHS

Robin Roderick

Happy spring from CBDHS! We've been busy the last few months. We are excited to have Katherine Alder as our new component trustee. A round of applause is given to, Larissa Recker, student delegate, and Kiley Snell, alternate student delegate, who represented CBDHS at HOD last October.

In January, we had the honor of co-sponsoring with the Great Blue Heron Study Club, Kathy Forbes – ***"Increase Dental Hygiene Production with Proper Code Selection & Treatment Planning."*** Many thanks to Kathy, we had an awesome turnout.

In an effort to bring awareness related to oral-systemic health, February's component meeting was an inter-professional event between component members, CBC dental hygiene students, and paramedic students. The component presented the ***"Say Ahh..."*** movie, which documents and talks about the relationship between the health of your mouth and your overall health, on the 36-foot panoramic viewing dome at the Bechtel National Planetarium at Columbia Basin College.

We are extremely proud of our CBC dental hygiene students and their extraordinary table clinics that demonstrated the oral systemic link. Another great component experience, and a big thank you to everyone involved in this wonderful event.



CBC Dental Hygiene Students: Lindsey Gilmour (left) and Kendra

In March, our students will be sharing their table clinics at the Benton-Franklin Community Health Alliance's Eastern Washington Medical-Dental Summit II. Watch for them at Symposium in April.

Come join us at our next component meeting this April 14th, located at Dr. Ronald Marsh's Office, 512 N Young St., Kennewick, WA 99336. Speakers to be determined. For more information on what's happening in dental hygiene around the Columbia Basin area, check out our new facebook page (<https://www.facebook.com/pages/Columbia-Basin-Dental-Hygiene-Society/517109185059474>). Looking forward to seeing all of you at our next component meeting.



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Kitsap DHS

Beverly Frye, Trustee

Spring Greetings from Kitsap Peninsula DHS!

At our first component meeting of the year we hosted Melissa Johnson, WSDHA Lobbyist, who reported on the status of this year's bills and the expected activities on legislative day.

In March we hosted a two part, 6 hour CE in Silverdale Washington. This CE was presented by Lil Caperila RDH, BSDH, MEd. "**Caries Management and What's new in Dental Hygiene Duties**" & "**The Changing Face of Dental Hygiene Practice: expert clinician, skilled motivator and preventive specialist!**" Big thanks to Charlene Meagher for her commitment to our component and her many hours of hard work making this event another great success.

The next big event we are looking forward to is WSDHA Symposium at the end of this month, April 24th and 25th at the Bellevue Embassy Suites. There is a great line up of CE and an exciting new WHY-PAC fundraiser of a **Jewelry re-Sale**. Kitsap component is organizing this event and there is still time to clean out your stash of new and gently used baubles, jewels, and gems to donate to this sale. Please contact beverlyfrye@comcast.net to get your donations picked up and added to the fundraiser.

Join us for our component meetings located at Clear Creek Dental, 2430 NW Myhre Rd., Silverdale WA 98383. The following are some important dates to remember.

- **April 24th & 25th** WSDHA Symposium, come join the fun in Bellevue!
- **Save these dates:** May 14th, July 16th, Sept 17th and Nov 19th component meetings and CE in Silverdale

If you need more info on meetings, job postings, or upcoming events please contact Beverly Frye at beverlyfrye@comcast.net or join our Facebook Group "Kitsap Dental Hygiene Society" today. Let's get connected and have some FUN!

Olympic Peninsula DHS

Jennifer Zbaraschuk, Trustee

At our last meeting in January, we had the honor of having Vickie Everrett, RD, CNSC, CDE from Olympic Medical Center speak with us about diabetes education, treatments and lifestyle changes. Vickie brought some great insight into nutrition and education as well as spoke to the challenges of certain medication side effects. We enjoyed her straightforward approach and exchanged information about oral health and its links to systemic health. We are happy to support her efforts to increase oral health in our community for her low income diabetes education support group members by donating twelve dozen toothbrushes, tubes of toothpaste and educational materials.

March 5th we heard from Dr. Michael McDonald, MD. He is a sleep medicine specialist with Olympic Medical Center. He presented "**Signs, Symptoms and Co-Therapy**" so that we could better understand and treat our patients with sleep disorders. Any CE is open to all members of the dental community.



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Capitol DHS

Laurie DeVol, Trustee

Spring is almost here and I feel very blessed to live in the Pacific Northwest! Thank you to all of the dental hygienists and students for attending Legislative day in Olympia. I would also like to thank Melissa Johnson for her continued hard work for our association.

Our January component meeting featured member Kelly Green speaking on oral cancer screening and Jaymie Torres on dental hygiene ergonomics. These presentations were for their EWU degree completion programs and they both did an excellent job.

February 18th we had Ursula Pettyjohn teach us about service dogs and how to accommodate them in our dental practices.

March 24th meeting was at Mercados restaurant at 6:00 pm. Our speaker was from the Emily Project for Eating Disorders, which is located in Olympia.

On **May 19th** Capitol component and Mt. Rainier component are having a joint meeting in Dupont. The exact location TBA. At this meeting Pierce College students will be presenting Table clinics on Pharmaceuticals. We will also be honoring the senior students.

June 16th will be the last meeting before we break for the summer. We will be voting for officers for the 2015-2016 year and selecting HOD delegates for October 2015. We would appreciate some new faces on our executive board!

Happy Spring!



N. Central Washington DHS Resa Glessner, Trustee

The NCWDHS has two speakers scheduled as of this newsletter press time. The officers are planning some others, but at this time it is too early to announce them. The first CE that IS scheduled will be on **April 8 at 6:00 pm**. The presenter is Kari Lyons-Price. Kari is an energy-healing specialist. The subject will be on using energy medicine in dentistry. There are some areas of wellness that Kari has experience with that will relate well to all hygienists' personal and professional lives.

This meeting will be downstairs in the meeting room of Wenatchee Dental, 808 North Mission, Wenatchee. The meeting is scheduled so the hygienists can come from work and therefore some food and beverages are provided.

Our President, Cassidy Cue, is in contact with a speaker from Crosstex, who will be presenting a "Lunch and Learn". It will change to more of a "Brunch and Learn", as it will be on a Friday morning to hopefully fit the working schedules of some of the hygienists in our component area. We are trying to make these meetings more easily accessed by all hygienists. This class will also be appropriate for the assistants as well. The details as far as time or place, have not been completely decided upon, so we will be sending out an email to advertise this.

Just to put an idea (Bee) in your "Easter Bonnet": Any component member (WSDHA member) is welcome to attend the Board of Trustee meetings, and to serve on some of the Board Committees. If you would like to have some input into our State Association and donate some of your time to WSDHA and ADHA, please contact Trustee Resa Glessner, (resagglessner@gmail.com, or cell 509-470-1884).



This is a picture of NCWDHS officers posted on the ADHA Facebook page in October for their Wrigley competition. The contest picture had to show the poster sent to us by Wrigley and who ever got the most likes on their picture won, and so we did not win. This was taken in a new business here called Pybus Market, kind of like

Lake Washington DHS Sue Carroll, Trustee

Saturday March 7th: Restorative Day at LWIT 9-2. Free restorative dental services will be provided for 23 children with cavities diagnosed at Sealant Day in February. Volunteer dentists, hygienists, assistants, and staff are still needed to treat the children! A great service project for the community! CONTACT: disa_salaka@hotmail.com

Thanks to a great group of organizers and volunteers, we aim to save some teeth this day!

- **March 13th** Support LWIT students by viewing their Community Health projects and earn 3 FREE CE! W404 Auditorium - 1:30-4:30
- **March 19th:** Component Meeting 7-9 -CE Speaker: Margaret Fehrenbach, RDH, MS "AMSA Block and Dental Hygiene Care: The Truth..."
- **March 28th:** 6 CE credits "**The BIG C**" with BARB BANCROFT - Bellevue Coast Hotel 8-3:30. Contact: Elise Tanner toothfairyrus@comcast.net
- **April 16th:** Component Meeting 7-9 -CE Speaker: Jill Mashburn, RDH "HANDS ON-Head and Neck Exam"
- **APRIL 24-25:** Symposium at Bellevue Embassy Suites. Looking forward to viewing student table clinics, hearing lots of great speakers, and a dessert auction to benefit WHY-PAC at the luncheon! Please send your component's donation for dessert to: LWDHS - P.O. Box 53394, Bellevue, WA 98006-9899
- **May 21st:** Component Meeting -6:30-8:00 Dinner Meeting at Angelo's Restaurant (1830 130th Ave NE, Bellevue) CE Speaker: Diane Daubert RDH, MS Discusses the benefits of the Air Polisher
- **June-** Officer Installation Dinner



Faith Gant and Martha Fales at Norma's retirement party.

2015 Brings Changes to Insurance Options

by Heidi Peters, RDH, RDH Insurance Professionals, LTD

It has happened again. Just as it happened in the late 1990's, the insurance company that I have used for 10 years has **down-graded hygienists.** This is due to the high rate of claims filed by hygienists and the cost to the insurance industry to pay our wages when injuries and sicknesses keep us from working. This is not unexpected as I have been urging my fellow professionals to get their disability insurance as soon as they have their 30 hours of employment.

What does down-graded mean? Each profession is put into a category of risk. This category establishes the costs of premiums and the contract that can be offered. Our category with The Standard Insurance Company has fallen to a level that precludes me from offering this company as an option for coverage. **NOTE TO ALL CLIENTS WITH STANDARD COVERAGE:** You are grand-fathered in and your contract can not be changed or dropped. Keep this financial tool and **never let it go.**

I have been looking into new companies and contracts available for hygienists. I want to be able to offer and explain the options that are available to us.

We may have already looked into your options with The Standard Insurance Company. Let's review what there is for you with the new company and what the monthly costs might be. *If we have never looked at your options, now is the time.* Contracts come and go and my mission is to find the best coverage to protect your dreams and goals. heidi@rdhinsurance.com

• • • • •

Dear fellow hygienists!

On Feb the 12th, I was honored to be invited by the dentist I work with to an event honoring the top Seattle area dentists of 2015. The event was organized by **Seattle Met** magazine and hosted by Audi of Bellevue. It is a big accomplishment for the dentists to make the list. The place was filled with dental professionals celebrating and being celebrated. A select assortment of hors d'oeuvres, fine drinks and desserts was served. A photo booth and a caricaturist warmed up the atmosphere and I can't tell you how much giggling and laughter was around! While having our caricature drawn and photos taken, we practiced smiling that evening for the whole year! The event was celebratory, relaxed and select. I was thrilled to be part of it.

Each of us left with a party favor bag. To my delight and surprise, in the bag, among other gifts, we all received a glass with the inscription "**I LOVE DENTAL HYGIENE**". I could not stop smiling thinking of all my fellow hygienists, co-workers, friends and former teachers!

Driving back home after the party, I saw "Love my Hawks! We are 12!" I smiled again, realizing how deeply magic the word LOVE resonates in our hearts! All we need is love, could not be truer!

Keep smiling my fellow dental hygienists! We are loved and appreciated!

Cristina Sims, RDH, MS



The UW retirement party for Norma w. Mae Chin and daughter

An Open Letter to Norma Wells:

In my attempt to honor the fifty seven years of dental hygiene, I humbly send you these words.

You have served not only as a teacher, but a leader, mentor, role model, organizer, advocate, visionary, and an inspiration to many. However, I'm selfishly going to tell what it has given me.

The fearless and focused path you have taken has meant so much to me and to our profession. You have never wavered in your pursuit of keeping all the rest of us well informed on the "real" reason that healthcare providers sometimes lose sight of: to improve the health status of everyone.

You have reminded us that the legislation commits hefty resources to rebuilding America's healthcare workforce. You never let me lose sight that it provides funding for scholarships and loan repayments for those who work in underserved areas. You particularly have made sure that educators know that we must teach our students to deliver competent, compassionate health care and to overcome all obstacles that our patients bring to us. You have always been mindful and steady to keep us seeing our patients as human beings and not a single or set of treatments.

As a result, many of those you have touched along your years in dental hygiene and education do not have barriers to working with the populations and on the issues they have become passionate about. Your concerted effort to recruit and support others who are from underserved communities or populations who want to give back to and work in those communities have made an impact. You not only have done this in local communities, but globally. You have found recruits that have valuable community and cultural knowledge, key language skills and valuable relationships in those communities. These new healthcare providers become more inspired and empowered to return to serve upon completion of their oral health related training.

It is that value and commitment that you possess that inspire and empower me and other healthcare professionals to give back to their communities and to serve underserved communities. I can say years ago as your student, I might have taken exception to your unwavering delivery of above-standards expectations, but because of those days, I have tried to take steps to prove to you that I'm worthy of the time and trouble you put into me.

With high regards, Ona U. Canfield, RDH, BS, MEd

Our Professional Identity, Association Membership, and Lessons Learned from a Duck

by Nancy Alleman, RDH, BS, Jacqueline A. Juhl, RDH, BS, MS, and Heidi Demarais, RDH, BS

Most of us have heard the expression "walks like a duck, quacks like a duck..." and understand this to mean that someone probably is what they appear to be. So what can we learn from a duck about clarifying for others: employers, interprofessional colleagues, and the public at large, our professional identity? A duck can clearly be identified by behaviors and physical attributes but, as a profession, what is our public identity and



value? Are we perceived as:

OR

OR

or...

By licensure, dental hygienists are allowed to perform specified healthcare services in legally established settings, but is that all that defines us? According to the ADHA Mission statement, we are mandated to specific "**identifiable behaviors**" to: improve our national population's wellness; assure its access to quality oral health care; and educate the public about preventive oral health cost-efficacy while we endeavor to substantively contribute to the advancement of our profession (ADHA, 2014) and, among the other mandates, contribute "time, talent, and financial resources to support and promote our profession" (ADHA, 2014).

When honestly reflecting on our professional Mission and on every benefit that your dental hygiene licensure has brought you, can you recall ways in which you, daily, honored and participated in achieving this Mission? In today's scientific, political, and economic environment, if our "species" is to survive, it is vital that we promote our profession through consistent "identifiable behaviors" authentically expressed.

Another lesson from a duck: A duck is vulnerable to numerous "survival challenges" when striking out alone, but as a member of a flock, the duck effectively finds sustenance, survival and a way to thrive. Committed dental hygienists have long been aware that the combined effects of working together is greater than the sum of individuals working alone. The benefits of active membership in our professional association creates: 1) opportunities to build essential professional relationships; 2) support for career self-direction; 3) professional career and life enrichment through educational and mentoring opportunities; and 4) empowerment as a defender of fair and just oral health for everyone.

Just as every duck contributes to the safety of the flock, professional membership, including member dues support, is essential. We know that membership can be a financial challenge for some and ADHA allows various payment options for dues, which is uncharacteristic of many professional associations. However, our association cannot provide the full range of member services and benefits without your dues support.

Clearly, the growth and sustainability of the dental hygiene profession relies upon effective, vigilant professional advocacy and participation of each licensed dental hygienist. As football great, Vince Lombardi said, "*The achievements of an organization are the results of the combined effort of each individual,*" and, as Helen Keller stated, "*Alone we can do so little; together we can do so much.*" Please take a moment to reflect on what being a dental hygienist means to you and your current membership status. **YOU are essential to "the flock"!**





News You Might Use

MID LEVEL PROVIDERS PROVE ACCURATE!

The study compared the diagnostic test accuracy of dental therapists in the northwest of England to general dental practitioners in the region. Using the dentists' assessments as the reference standard, the researchers evaluated how often Mid Level Providers (MLP) correctly detected caries and periodontal disease in patients who regularly visited their dentist (J Dent Res, March 2015, Vol. 94:3 suppl, pp. 70S -78S).

The therapists correctly identified caries in 81% of patients and periodontal disease in 89% of patients, suggesting that MLPs can be used to screen certain low-risk patients in clinics for these conditions, the researchers found.

The researchers evaluated the role of MLPs in the National Health Service (NHS), the U.K.'s state-funded healthcare system. Therefore, their analysis of the greater good for using dental therapists to evaluate low-risk patients is through the lens of a system in which tax dollars pay for patient care.

GREEN TEA DENTIFRICE

A dentifrice containing green tea significantly reduced inflammation in patients who had undergone scaling and root planing, and it also improved the antioxidant levels in gingival crevicular fluid, it was reported in the *International Journal of Dental Hygiene* (February 17, 2015).

"Green tea is known to possess anti-inflammatory, antibacterial, and antioxidant activities," the authors wrote. "Antioxidants have a protective effect on periodontal tissues by reducing the oxidative stress in periodontal tissues."

THIS IS IMPORTANT!

Have you changed your e-mail address???

One of the primary ways that people communicate today is electronically. Your professional association is no different. We need to maintain an up-to-date database that includes every member's e-mail address.

If you have not been receiving e-mails from WSDHA Constant Contact alerting you to continuing education opportunities, volunteers needed for events and legislative updates, then we don't have a working e-mail. If you have hygienist friends that you know are NOT members, but you have a working e-mail address for – please also send them.

Send your new e-mail address to: wsdha@comcast.net or call to leave a message at 425-771-3201.

There are between 45-60 members for whom we have no e-mail address. Some of you may actually not use e-mail, but others may just not want to share their address. WSDHA does not send a lot of e-mails to our members. We send information we believe is important and that you would benefit from having. So – please send us your e-mail address.

The on-line **Membership Directory** is now accessible from our new website!

Ebola:

The Department of Health has ramped up in response to the Ebola outbreak in West Africa. Ebola is one of the diseases known to cause viral hemorrhagic fever. Ebola virus is particularly dangerous, with a death rate of 50 to 90 percent. The virus almost always spreads through direct contact with the blood, body fluid, or excretions of a person sick with Ebola.

Local and state health officers have reached out to medical professionals and hospital administrators with reminders of the need to look for risk factors and symptoms that could indicate Ebola virus disease. Public health staff members are trained and ready to monitor at-risk people, to identify contacts, and to isolate ill people to stop the chain of transmission. All hospitals in Washington are preparing to diagnose and initially care for Ebola patients, while several are undertaking advanced preparations to provide ongoing and extensive care until the patient recovers.

Fortunately, the Ebola virus hasn't made its way to Washington, but that doesn't mean that the resources devoted to Ebola preparedness have been in vain. Be assured that Washington is well prepared to respond to infectious disease outbreaks. Regardless of the infectious disease, this state has strong infection control procedures in place in healthcare facilities, as well as strong core public health infrastructure to mitigate outbreaks. These things, combined with a robust network of partnerships and a proven disease monitoring system, greatly diminish the risk of an infectious disease outbreak in Washington State. *DOH NL January 29, 2015*



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The advertisement is contained within a rectangular frame with a black border. The top half has a purple background with the text 'RDH Insurance Professionals, Ltd' and 'Disability Insurance for Hygienist' in a gold, serif font. The bottom half has a yellow background with the contact information for Heidi Peters, RDH, in a black, sans-serif font.