

THE VOICE

WINTER 2014

HAWAII DENTAL HYGIENISTS' ASSOCIATION



PRESIDENT'S MESSAGE

Greetings my dental hygiene friends! Thank you for being patient for this Winter issue of the Voice. I can't believe it is already March. Where has the time gone?! It seems like just yesterday I was re-elected as your HDHA President. I thought long and hard about my decision to serve as your President for a second term and I am honestly glad I did! For those who know me best, I know you are giggling...but it's true. While the work is constant and challenging, it is definitely rewarding. Dental hygiene is a profession I love and working with

other people passionate about oral health is inspiring.

The last few months have been busy, busy, busy! Since November's Annual Scientific Session, your HDHA leadership team and myself have been working in several key areas. The first is membership! The Board of Trustees has made it our mission to "preach the gospel" of the value of HDHA membership. With that said, we had a successful membership drive at the Hawaii Dental Association convention in January. Many of you stopped by, verified contact info, renewed your membership or signed

up as new members. We truly appreciate your support and commitment to your association and your profession! To some, it seems that membership does not always come with a tangible benefit, but please know that we work tirelessly to protect your scope of practice within our state as well as lay the groundwork to further our profession in various practice settings. There *IS* power in numbers, so the more members we represent, the greater power we have in discussions with important oral health stakeholders.

Another area leadership has been focused on in the last few months is Legislative issues. This year, there are several bills proposed in the House and Senate relating to dentistry and/or dental hygiene. In depth details of these Bills are given in the section "Legislative Update" by Jill Rethman, our Regulation and Practice Chairperson and Legislative guru! Several of you have submitted written or electronic testimony in support of these Bills. I encourage *all* of you to take an interest and do the same. Take pride in your profession

and let your voice be heard! It only takes a few minutes to make a difference. Well, with three months under my belt and 9 more to go...there is so much to do! I hope to keep you updated via email blasts and additional Voice editions. This train is moving forward, jump on board!

Ellie Kelley-Miyashiro, RDH, BS
President
Hawaii Dental Hygienists' Association



JOIN US IN LAS VEGAS!



CLL AT THE 91ST ANNUAL SESSION

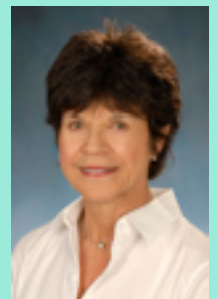
June 18-24, 2014 Caesar's Palace, Las Vegas

Login today at www.adha.org for membership processing, membership updates, renewals and conference registration!

SAVE THE DATE

-- 2014 Annual Scientific Session --
November 1-2, 2014
Marriott Waikiki Beach Resort and Spa

We would love to see YOU!
Featured speaker, Jackie Fried, RDH, will discuss tobacco cessation and HPV.
Not one to be missed! 11 CEU.



MEET THE STUDENT: AUTUMN SANDAGE

submitted by
Noelani Greene, RDH, BS

Autumn Sandage, a native of Long Island, New York, is a University of Hawaii at Manoa Dental Hygiene student. Autumn decided to enroll as a dental hygiene student after having a recurring dream of losing all her teeth. She figured this was a sign to become a dental hygienist. Autumn indicated that the best part of clinical practice is that moment when a patient has that “AHA! moment” and you are able to help a patient make a change. Autumn hasn’t decided what type of practice she will be working for when she graduates, but she has aspirations to continue her education in dental school or in advanced dental hygiene education. When Autumn is not consumed with school work she enjoys spending time with her Schnoodle, Mingus. She also enjoys watching movies, hiking, and outdoor activities. I’d like to wish Autumn and all the other dental hygiene students at Manoa and Maui good luck on your exams and endeavors!!

HDHA ANNUAL SCHOLARSHIP WINNERS

submitted by Ellie Kelley-Miyashiro, RDH, BS

Congratulations to this year’s HDHA Annual Scholarship Winners! This year the Administrative Committee had the difficult task of choosing winners for \$1500 in scholarships. There were a total of five applicants who completed a 500 (minimum) word essay on leadership and the dental hygienist. They explained how he or she would use their knowledge and skills to become a leader in their state professional association, community and the dental office after graduation. Most importantly, they explained in detail, why they felt it was important to continue to be an active member of our professional organization (ADHA/HDHA) long after graduation. Again...congratulations to:

Autumn Sandage	First Place	\$800
Maryna Padua	Second Place	\$500
Hannah Perez	Third Place	\$200

We welcome these future leaders into the HDHA family! Hope you Enjoy the winning essay as much as we did!

Autumn Sandage
October 31, 2013
HDHA Scholarship

I am sitting in the waiting room. I’m nervous, but excited that when its all over I will get to riffle through the cardboard box shaped like a treasure chest for a prize. I don’t like the sounds and smells I am experiencing, but my mother reassures me. I am at the dentist. My mother takes me religiously every six months. She hounded my brother and I to brush our teeth every night and morning. She would even check to see if our toothbrushes were wet day and night, just to be sure. On occasion we got wise to her tactics and would just wet them and put them back. My mother was not the kind of woman that was fooled easily, so we rarely got away with that scheme.

This, among other reasons has made my professional goal to be a Dental Hygienist. I began my journey in 2008 with complete dedication. I worked full time and attended school at night for two years straight finishing pre-requisites just to get into the University of Hawaii at Manoa Dental Hygiene program. Upon acceptance I shared the unbridled joy with my mother. As a child I didn’t understand my mothers reasons, but looking back as an adult I understand she was my champion for oral health.

My ADHA/HDHA membership pushes me to be a champion for oral health. It supports me in being creative, flexible, up to date, unassuming, connected and equally important as an advocate. Dental hygiene offers the some of the most rewarding and challenging experiences. Personal satisfaction for me comes in working with people, and the best way to work with people is working in the community. I have had the privilege to work with special population groups such as children, the elderly and the disabled. The resources available to me through my ADHA/HDHA membership keep me connected to my communities service needs. I can be connected directly to my state and local oral health programs, standard in clinical practice as well as emerging issues in public health. Personal fulfillment also comes from providing a valuable health care service while establishing trusting relationships with my patients. As a dental hygiene student I know that we are respected as valued members of the oral health care team, and our patients rely on us to provide the most current, safe and well established modes of care. Maintaining an active ADHA/HDHA membership is one of the best tools I have to keep myself abreast of any upcoming trends and educational pieces to incorporate into my patient care. We dental hygienists interact with such diverse population groups, especially in the pacific region, so we must be creative in our approach to patient management and oral health education. The HDHA publication, "The Voice" is a great way to keep active in the local Hawaiian community as well as he continuing education courses offered through my ADHA/HDHA membership. Together they keep me creative. They expose me to a vast world of research, exploration and evidence based practices that I might not otherwise encounter. Even something as simple as sharing a tip from a fellow hygienist sitting next to me during a CE course, or reading a helpful article in the newsletter can make a world of difference even if for just one patient. Attending these courses gets me outside of my usual circle and opens up opportunities to learn. In my future, after graduation I will have opportunities to work in a wide variety of settings including private dental practices, educational and community institutions, research teams and dental corporations. The student resources section provided through the ADHA/HDHA website guides me and gives me information, advice and the flexibility that comes with knowledge in choosing a career path that is right for me. The data provided is insightful, honest and informative. It gives specific relevant information that really lets me know what I can expect out of a specific dental setting.

One facet that I look forward too long after my graduation is advocacy. Through my membership I have the opportunity to get up to date information about initiatives concerning the dental hygiene practice and role in the community. I believe that ensuring your voice and the needs of the profession are being represented on every level is very important. I feel immediately after I joined ADHA/HDHA I was given a voice, in my education and profession, and a chance to be part of a strong network of future dental hygienists. These opportunities to develop leadership skills will surely benefit me throughout my life. I know that whatever career setting I end up in my community I will invariably have the confidence that comes with always having my ADHA/HDHA resource available to me.

NEED CE?

Intra-Oral and Block Anesthesia Certification Course

Speaker, Sandra Kramer, RDH, MBA, has presented this course in Hawaii for many years.

27 CEU for the full certification, 8 CEU for refresher course, and 5 CEU for lecture portion only. A date has not been set.

2014 Annual OSHA Training will be on all 4 islands from August 15-19

7 CEU for Initial and 4 CEU for Retraining. Consultation with dental offices needing hands on training is also available.

Please contact Gayle Chang at (808)375-5691 for more information

COMMUNITY SERVICE

Special Olympics Special Smiles May 31, 2014

We are looking for volunteers to provide oral hygiene instruction and nutrition information to athletes participating in Special Olympics Summer Games at the University of Hawaii Manoa campus. There will be two shifts available and a free t-shirt to wear. Light refreshments and snacks will be provided.

For more information, please contact Gerraine Hignite at gerrainehignite@gmail.com or NeShone Gardner at kiananay@yahoo.com.

Deadline to signup is April 26, 2014. Thank you in advance for your help!



Special Olympics

Healthy Athletes
Special Smiles®

GREETINGS FROM THE BIG ISLAND

submitted by Sierra Spruce, RDH -- WHDHA Treasurer and Trustee

The West Hawaii Dental Hygienists' Component got off to a great start this year with a meeting held on February 11th at the West Hawaii Civic Center. Our speaker was Julie Seager, RDH, BSDH. Julie is the Western Regional Manager for Wasatch Sales and is a Xylitol Educator as well as a part time practicing dental hygienist in Sacramento, California. Julie was on the Big Island as a featured speaker and exhibitor at the Alaska Dental Association's Annual Meeting. We were fortunate to have her make time to present to our component during her busy week here. The component extended the invitation to members of the dental team as well as hygienists and had a great turnout. Eighteen hygienists as well as assistants and doctors attended. Pizza was provided by the component. The presentation was very informative and even the dental team members who regularly recommend xylitol products to their patients learned valuable new information.



pictured at left:

Lee Messenger
Sierra Spruce (WHDHA Trustee)
Julie Seager (Speaker)
Janelle Bays (WHDHA President)
Michele Tui
Kim Schneider

ADHA BOOTH AT THE HDA CONVENTION

written by NeShone Gardner, RDH

The air was filled with the buzzing excitement of new dental technology and education. There were friends and coworkers who reconnected and new friendships forged.

At the ADHA booth we were able to reach out to 60 members allowing them to renew and pay dues while updating members contact information. We enthusiastically shared information with other patrons, the value of being connected to our Dental Hygiene community through ADHA.

Summarizing some of the things we were dealing with in legislation. By doing this we were able to enroll 2 new members. The convention allowed us to speak with several students from the University of Hawaii Dental Hygiene program. Along with answering questions about our current job market we were able to encourage them to continue their studies and highlighted the value in continuing their membership as registered dental hygienist once they graduated.

Over all I think our visitors were happiest for the opportunity to take pictures with our handcrafted "We love teeth", tooth shaped frame and eye masks. These brought smiles to all patrons and increased our opportunity to let others know about HDHA.

Thanks to booth volunteers: Tori Clegg, Chanda Park, NeShone Gardner, Gerraine Hignite, Tricia Jinbo, Ellie Kelley-Miyashiro, Jill Rethman, Noelani Greene and District XII ADHA Trustee Lancette VanGuilder.



HAWAII HYGIENE STUDY CLUB

submitted by Chanda Park, RDH, BS

The Hawaii Hygiene Study Club started in the fall of 2012. The study club runs from August through May and provides at least four courses and 10 CEUs. Our last course was on February 5, 2014 with Noel Remigio, CFEd, who spoke on "Building a Proper Financial Foundation." The next course will be on May 21, 2014 at Waialae Country Club. This will be the last course of our second year. The speaker will be Allison Lucas from GSK. She will be speaking on acid erosion and dentin hypersensitivity. Our third year of the Hawaii Hygiene Study Club will run from August 2014 through May 2015 and the cost to join is \$100. Any hygienist who is interested in joining can email hawaii.hygiene@gmail.com to request a registration form.

Dr. Michael Umaki started this study club because he saw the need for it here in Hawaii. There were no other hygiene study clubs that he knew about and felt that it was important to educate, share knowledge, and create an interdisciplinary approach in providing patient care, giving a well-rounded, personal and professional knowledge base. He worked with hygienists during his residency in Kansas City and found that it was very useful and helpful to both the hygienist and dentist. To learn more about the study club and to view all past courses provided, please visit our website at hawaii-hygiene.com.



MCC STUDENT SPOTLIGHT

written by Maui Trustee Leanne Higa

There are 10 dental hygiene students enrolled in the UH Maui College program. The Class President is Ms. Kari Rodrigues. She is currently a full time first year dental hygiene student. Kari graduated in the spring of 2010 from UH Hilo earning a Bachelor's Degree in Chemistry and in the spring of 2012 Kari graduated from UH Maui College Dental Assisting Program. She has also fulfilled the requirements for a Certified Dental Assistant.

The following is an interview with her:

Why are you choosing the dental hygiene career?

As a junior in high school, I was unsure on the path to my career. My orthodontist, Dr. Charles Bedell, offered me an opportunity to work in his office, where I grew a passion for dentistry. The excellent work he performed and the way his clients appreciated his kindness and services was the reason why I chose dental hygiene as a career. I want to improve health by providing excellent services and educating clients about the effects oral health has on overall health.

What do you enjoy about being a dental hygiene student?

The University of Hawai'i Maui College dental hygiene program has excellent instructors who care about the success of each student. With their knowledge and care, my fellow classmates and I are able to provide services to the public to the best of our abilities. Being born and raised on the Maui, I feel privileged to be able to study and learn.

In addition, I am able to earn my Associate Degree in Dental Hygiene, where my family and extended support system reside. I enjoy giving back to my community through my passion for dentistry.

Do you have any hobbies?

When I am not in school as a full time student, I enjoy being a full time mom with my 9-month old daughter, Madison. Being with her has taught me a lot about time management and how I want to be her role model, a person she could look up to. Madison, along with my significant other, Marc, have been my backbone, supporting and encouraging me from the start of this program and are the reasons why I push myself every day to stay on the right path to become a dental hygienist. On my spare time, I enjoy cruising at the beach, working out at YMCA, and playing tennis.



MCC Class President Kari Rodrigues

LEGISLATIVE UPDATE

written by Jill Rethman, RDH, BA

It has been a very busy legislative session! HB2458 and SB2501 will change the composition of the Board Of Dental Examiners (BODE) as well as its name. It is suggested the name be changed to the Board of Dentistry and Dental Hygiene. It will also increase the number of dental hygienists on the Board and reduce the number of dentists. The new ratio would be 5 dentists, 4 hygienists and 2 public members. There are currently 8 dentists, 2 hygienists and 2 public members. It also requires one dentist member of the Board to have a background in public health dentistry or a license in community service dentistry. HDHA supports this bill (HDA does not and the BODE voted to oppose it as well.)

HDHA realizes it's important to keep in mind that our ultimate goal is the health of the public. Important points HDHA is focusing on:

- The name change is needed because the Board encompasses the regulation and practice of both professions - not just dentistry.
- The Board is more than an examining or licensing body, as reflected in the current name.
- The over-representation of dentists and under-representation of dental hygienists makes the situation ripe for the majority group to take advantage of the other.

While the role of the Board is to serve the interests of the public, the unique preventive perspective of the dental hygienist is not adequately represented. The intent of the Bill is not to replace dentists with hygienists, but to create a better balance on the Board so that the interests of one group, as it relates to regulation issues, do not overpower the interests of another. Increased hygiene representation would not affect how dentists regulate their own profession. They would still have complete control over regulatory, licensure and disciplinary issues for Hawaii's dentists. There are only 17 states that have 8 or more dentists on their Boards. The majority of state dental boards function with 5-7 dentists.

You may also be interested to know that there are 18 states that already have some sort of dental hygiene self-regulation, so adding more dental hygiene voices to the BODE will not weaken the Board as some have claimed, it will simply allow dental hygienists to more actively regulate their OWN profession. Just as nurses regulate their profession, while working directly under physicians, it makes sense that hygienists can and should regulate the laws and statutes that govern their profession.

As of this writing, SB2501 has been passed by the Senate Health and Commerce and Consumer Protection Committees. However, it has been deferred by the House Commerce and Consumer Protection Committee. This means that in the second half of the legislative session, the Senate version of the bill will cross over to the House and either move forward or be killed. It's YOUR profession and regulation that is at stake, so please get involved!

We encourage each of you to consider these points and take a moment to support HB2458 and SB2501. To do so, Please go [HERE](#).



-- 2014 Legislative Session Opening Day --

These active hygienists hit EVERY legislator's office to lobby for YOU.

WE ARE OFF TO A WONDERFUL START THIS YEAR!

MAHALO FOR READING THIS ISSUE OF THE VOICE

If you have an article, update and/or pictures that you would like to submit for the next issue, feel free to send them to me at jennifer.malia@gmail.com.

Jennifer Madeisky, RDH, BS
Editor, HDHA The Voice