

CONNECTIONS

September
2023



adha™ Nebraska
DENTAL HYGIENISTS' ASSOCIATION

Inaugural **FUN RUN** **5K & MILE**



TO SUPPORT NDHA & ORAL CANCER AWARENESS

OCTOBER 1, 2023

CHALCO HILLS

12:00 - 4:00 PM
RACE TIME: 1:30 PM

8901 S. 154TH ST. OMAHA, NE 68138

THANK YOU TO OUR SPONSORS!!



NDHA Fun Run
REGISTER TODAY!

Letter from
NDHA President:
Whitney Crist

NDHA Fall Session
REGISTER TODAY!

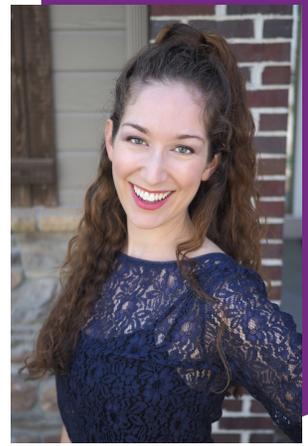
Legislative
Committee Update

NDHA Annual Session
April 26-27, 2024



REGISTER AT WWW.NEDHA.ORG

MESSAGE FROM YOUR NDHA President



Greetings Members!

Last newsletter I touched on three important aspects of NDHA: members, community, and leadership. I delved into the importance of being a member and the impact our mindset can have when it comes to maximizing our membership. Let's continue the conversation and discuss community. Being a member of NDHA allows us the unique opportunity to come together as a group of hygienists from Nebraska - the ability to share experiences, meet other hygienists, learn from each other, network, etc.

In the next year, we will continue our efforts to connect. Because there are many ways to create community, NDHA will increase our efforts both virtually and in person. Let's come together and celebrate our role in improving the overall and oral health of Nebraska!

I also wanted to take a moment to give a huge shout-out to our current NDHA Board. They really took this year's theme, Level Up, to heart. This team has been playing to their strengths and leveling up our associations in many ways: putting in effort to increase our presence on social media, holding our first in-person component meeting since Covid, and organizing events like the Fun Run and Fall Session. We are excited about the momentum and positive outlook of NDHA.

Lastly, I wanted to share my deepest appreciation for your membership. We are stronger together!

Whitney Crist – President



Become a NDHA Member!



Member Benefits:

- Access high-quality CE, with free and discounted courses just for members
- FREE CE Smart Tracker for storing all your CE transcripts, certificates in one convenient place.
- Members-only resources to build your practice, advance your career and stay ahead of the curve.
- Dues can be paid annually or conveniently split into quarterly payments
- Get major discounts on things like insurance travel, financial tools, office supplies and services

Be a part of it, and join us today!

Sponsor Highlight

Since 2009, October has been designated National Dental Hygiene Month! This month, we celebrate the benefits of oral health and the work dental hygienists do. Summit Dental Health would like to express gratitude to dental hygienists whose work makes our patient's lives better.

Thank you for your dedication to the profession and for the expertise you bring as the periodontal therapist, preventive specialist, and treatment advocate!



2023 NDHA Diamond Sponsor

SUMMIT
DENTAL HEALTH



2024 NDHA Annual Session

April 26-27, 2024

Eugene T. Mahoney State Park - Ashland, NE

Omaha Component Chair



Please allow me to introduce Beth Shavlik, a registered dental hygienist in the heart of Omaha. Despite graduating during the pandemic in 2020, Beth has made great strides in her career, and she has been making a difference in private practice ever since. While in hygiene school, Beth was the District VIII student delegate and most recently received her Certificate Holder in Oncology from the National Network of Healthcare Hygienists. She is kind-hearted and passionate about providing quality dental care to her patients, and always goes the extra mile to make them feel comfortable. When she's not busy taking care of her patients, Beth loves to spend time with her beloved cat, Maya, whom she rescued while in dental hygiene school. Beth and her boyfriend, who was born and raised in Texas, share a home in Bennington, NE and are avid husker fans. Interestingly, Beth was born on November 1st, 1997 - which also happened to be Husker gameday against Oklahoma in a National Championship year. Beth has husker blood running through her veins and her family has had season tickets for over 40 years. It's a pleasure to welcome Beth to the NDHA Board!

adhaTM

Nebraska
DENTAL HYGIENISTS'
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MESSAGE FROM YOUR NDHA President-Elect



Hello fellow Dental Hygienists! First off, I want to say I am honored to be serving as your 2023-2024 President Elect! I must also say, I did not expect to be writing this letter as your President Elect prior to Annual Session in April. Here I am, going out of my comfort zone to serve NDHA in this leadership role as well as a Delegate for ADHA.

Every time I hear the saying, "BE COMFORTABLE BEING UNCOMFORTABLE" that resonates with me. I have played mind games with myself thinking, "I am not ready for this leadership position", or "I do not know enough to serve as President Elect, even after 26 years in the profession". I have served on many other Boards and held many other leadership positions over the years, so I am willing to take on this challenge.

I feel, if you do not go out of your comfort zone and push yourself to new heights, you will not grow within yourself or your profession - it is your choice! I love learning, I love meeting other dental professionals and networking with others who also share the same passion. I am a life-long learner and I enjoy collaborating with others and growing as a person, so I guess I am where I am meant to be, BEING COMFORTABLE BEING UNCOMFORTABLE! I encourage each one of you to go out of your comfort zone and get involved. The simplest task that can help you grow and make a difference. Let your sparkle shine!

I had the privilege of attending ADHA in Chicago in July with many other passionate and driven Dental Hygienists from Nebraska and all over the United States. This event was absolutely out-of-this-world!! It truly went above my expectations. It took my passion and love for dentistry to another level, as it was so eye opening and inspiring! It is hard to comprehend the endless amount of work that goes into planning every detail for an event like ADHA, which I understand having planned many big events. ADHA it is such a valuable experience and it is geared for dental professionals! I am already counting down for ADHA in New Orleans, July 25-28, 2024. If you have not attended ADHA, I encourage you to find out for yourself, as this event is life changing and it will spark a light inside of you. Plus, you will meet many new friends.

October is National Dental Hygiene month and we are kicking it off with the Inaugural FUN RUN on Sunday, October 1st! If you have not already signed up, we encourage you to get your friends and family to join you for the run/walk at Chalco Hills. We are excited for such a great response so far. You will be supporting and helping bring awareness to Oral Cancer. Did you know that Oral Cancer kills one person in America every hour of every day, 24-7-365? YOU MAKE A DIFFERENCE BY KNOWING WHAT TO LOOK FOR!

I also want to thank those of you who attended our in-person CE "Sparkles with Stephanie" in September at Chalco Hills! That was a fabulous event with great participation. We were honored to have an amazing speaker, the one and only, entertaining Stephanie McReynolds from Ultra-dent. There were many great door prizes that were drawn for just for attending in person. Be watching for more educational and fun CE to come. I will do my best to serve as your President Elect, but I also need your support. If you are not a member of ADHA, I encourage you to please consider becoming a member and getting involved. Your dues go to benefit you in so many positive ways! You worked so hard to get your degree so you need to protect it!

I look forward to seeing many of you at our upcoming events! Let your Sparkle Shine!

Marjean Stamm, NDHA President Elect



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Legislative Committee Update

In May of this year, Senator Blood introduced Legislative Resolution 132 (LR132), a proposal for an interim study of the plausibility of the State of Nebraska becoming a participant in the Dentist and Dental Hygienist Compact, which is an initiative of the Department of Defense, The Council of State Governments (CSG), American Dental Association, and the American Dental Hygienists' Association. The goal is to improve license portability for dentists and dental hygienists. The Compact would utilize a "compact privilege" model of interstate practice, much like the eight professional licensure compacts our state currently participates in.

To utilize the compact, a dentist or dental hygienist must have a license in good standing in a state that is a member of the compact. When a licensee wants to work in another participating state, or "remote state", the licensee obtains a "compact privilege". The agreement preserves the regulatory authority of each participating state and allows a participating state to continue to determine the requirements for licensure in that state. Compacts protect a state's unique scope of practice for all members of a profession practicing in that state, whether through a state-issued license or a compact privilege.

On September 12th the Council for State Governments hosted stakeholders from around the country at a Legislative Summit for The Dentist and Dental Hygienist Compact, in Washington DC. Our legislative committee co-chair, Joey Enright, and Senator Carol Blood were present, representing the state of Nebraska. On September 20th, the Health and Human Services Committee of the Nebraska Legislature held a hearing for LR132. Nebraska Dental Hygienists' Association (NDHA) provided testimony in support of the Compact, along with representatives from the CSG and Nebraska Appleseed.

Removing license portability barriers would have many benefits for Nebraska, including improving licensure portability for dentists and dental hygienists, increasing access to oral healthcare providers for residents, and preserving the existing state-based licensure system. Compact legislation has been introduced in 7 states, including WA, OH, TN, IA, TX, KS, and MN, and it has been passed in three: Iowa, Tennessee and Washington State. Seven states need to pass legislation in order for the Compact to be enacted.

You can find further details on the Compact at <https://ddhcompact.org/>. If you have ever experienced a license portability roadblock or just want to learn more, **Join us on December 8th from 1-2PM, for a Webinar on how legislation is passed in the Nebraska Unicameral.** Gear up for the 2024 legislative session and consider being a contact hygienist for our **Legislative Breakfast on February 23rd at 8AM at Billy's in Lincoln.** Find your senator at https://nebraskalegislature.gov/senators/senator_find.php and let them know that licensure portability through the compact supports providers and patients!

For the September 25th, 2023 legislative hearing regarding rules and regulations, NDHA submitted testimony proposing revisions. This testimony requests that the language from the previous rules and regulations be brought forward to include dental hygiene scope of practice exclusions from the practice of a dental assistant: "scaling of teeth, including subgingival regions and root planing with hand and ultrasonic instruments. Chemical Curettage, including the use of lasers, and placement of dental sealants". These procedures are not allowed per the statutes for dental assistants. The testimony also requests that sections i,ii,iii,iv,v be removed from 172 NAC Chapter 57, or to add the dental hygiene exceptions to the assisting regulations to provide uniformity. You can read up on the current rules and regulations as they stand, by going to <https://dhhs.ne.gov/licensure/pages/dentist.aspx>.

Legislative Committee Co-Chairs
Joey Enright, RDH
Kerri Dittrich, PHRDH



MESSAGE FROM YOUR NDHA Vice President



Hello everyone, I'm Patricia Kirkegaard your new Vice President of NDHA! I've been a Dental Hygiene educator for over 25 years. I'm also a really happy mother with five great kids and four lovely grandkids. I've been married to my wonderful husband Scott for over 34 years.

I have been a member of NDHA my whole career. I've always wanted to get involved with my association, but I always had an excuse of why I couldn't – too busy with work, too busy with my family, or just too scared! So, finally with all of my children out of the house, I figured this is my time to jump in and "Level Up" for our association!

Being an educator, I always valued my membership and fully understand the impact it has on our profession. I'm not expecting you to get actively involved with the association this minute, but while you are busy chasing around your kids or working around the clock, remember that NDHA is busy fighting for our profession. I hope that you join the only professional organization advocating for dental hygienists in the state of Nebraska.

I'm really excited to be a part of this amazing team of NDHA board members. I have learned so much and they have helped me transition into my new role as Vice President. One of my personal goals as Vice President is to fill the five district component chairs. Currently, we just have two vacancies - Lincoln and Greater Nebraska components. If this is something you think maybe of interest to you, I would love to talk to you more about the position.

As Vice President, I have been working with the team these last few months, getting ready for our first ever Fun Run on Sunday, October 1st. What a great way to kick off Dental Hygiene month and bring awareness to oral cancer! Next, we are thrilled to announce a roster of highly knowledgeable speakers for our upcoming virtual fall session scheduled for Friday, October 6th. Finally, if you have not heard, the team choose to check out a totally new venue for Annal Session in April at Mahoney State Park! Keep on the lookout for more information to come in the next several months as we finalize all the details.

I hope to have the pleasure of seeing you soon. If you have any questions or need assistance, feel free to reach out to me. Happy Fall and have a wonderful day.

Interested in becoming a Component Chair?

Contact Patricia at pkirkegaard@cccneb.edu



Nebraska
DENTAL HYGIENISTS'
ASSOCIATION

NDHA FALL SESSION

Friday, October 6th

10:00 am - 5:00 pm

VIRTUAL CE Event

REGISTER AT WWW.NEDHA.ORG

2 CE's

Session 1 | 10:00 AM - 12:00 PM

10:00 AM - Dr. Chris Kammer (1 CE)

Drop the Drill! Make the Case for the Medical Management of Caries

11:00 AM - Natalie Hittner, RDH (1 CE)

Cracking the Codes: 2023 Hygiene Coding Updates & Recommendations

2 CE's

Session 2 | 12:30 PM - 2:45 PM

12:30 - 2:30 PM - Jo-Anne Jones (2 CE's)

WNL: Within Normal Limits or a Dangerous Assumption

2:30 PM-2:45 PM NDHA Membership Meeting

2 CE's

Session 3 | 3:00 PM - 5:00 PM

3:00 PM - Vanessa Crookshank (2 CE's)

From Confusion to Compliance:
Understanding Dental Unit Waterline Safety

6 total
CE's

NDHA Members:

\$15 per CE OR \$80 for all three sessions!

Non-Members:

\$20 per CE OR \$110 for all three sessions!

DR. CHRIS KAMMER



Drop the Drill! Making the Case for the Medical Management of Caries

Friday, October 6th - 10:00 - 11:00 AM

COURSE OBJECTIVES:

1. Move the dental profession away from its dependence on the “drill & fill” model to “treat” tooth decay.
2. Give our patients a kinder, more humane dental experience, especially kids!
3. Explain the top 10 benefits of the No Drill Dental Office.

BIO:

For almost 40 years, Dr. Chris Kammer has been at the forefront of emerging technologies and ideas in dentistry and has become one of America’s most vocal advocates for the "oral-systemic" approach for disease prevention. He's the founding father, first president, and current advisory board member of the American Academy for Oral Systemic Health (AAOSH), an organization that has partnered with the world-class medical experts from the Cleveland Clinic to educate physicians and dental teams on the critical significance of how the health of the mouth impacts the health of the body.

He has also been a chief dental consultant for Reader’s Digest and has been quoted in many publications including USA Today, The New York Times, Cosmopolitan, Redbook, and Woman’s Day. He was featured on ABC World News Tonight with Diane Sawyer as their Person of the Week. He has also appeared widely on national television and radio programs including The Today Show, Fox and Friends, CBS MarketWatch, CNN, NPR, Montel Williams, Late Night with David Letterman, and even American Idol where his original song “Get Out the Brush” reached a viewing audience of 25 million people.

Dr Kammer is currently on his most challenging mission. He is determined to disrupt the dental profession's reliance on the drill, especially when we now have medicines to halt and heal caries. He chooses the medical management of tooth decay over the mechanical amputation model. There are no drills and no shots in his Victorious Dental office and he has been practicing this kinder stress-free and humane way for four years now.

NATALIE HITTNER



Cracking the Codes: 2023 Hygiene Coding Updates & Recommendations

Friday, October 6th - 11:00 AM - 12:00 PM

Presentation Overview: Have you ever wondered if you're using the right code or if there might be another one that would be better? Would you like a review of this year's coding changes? Do hygienists in your office have different opinions about codes? Maybe you've seen codes being used differently than you were taught. If so, this is a session you can't miss!

We will review the proper use and misuse of commonly used hygiene codes D4346 (Gingivitis Therapy) and D4355 (Full Mouth Debridement). Our review will include the most recent 2023 revisions and clarify the clinician's role in coding.

OBJECTIVES:

1. Review the basics of patient diagnosis/assessment and how it relates to dental coding
2. Understand how to choose codes for common dental hygiene treatment to include the most recent updates in 2023
3. Assess opportunities to reduce coding errors from the initial patient interaction
4. Identify errors of commonly misused dental codes

Bio: Natalie Hittner has been practicing dental hygiene in private practice for more than 20 years. In 2014, Natalie followed her entrepreneurial spirit and started her own recruiting and consulting agency in Lincoln, Nebraska. Natalie takes great pride in her commitment to help other dental professionals find their calling and passion in dentistry.

Natalie has a dental hygiene degree as an expanded duties dental hygienist; she holds certifications in LASER therapy and Nitrous oxide sedation and dedicates much of her time to research and reading literature. Her commitment for over 15 years practicing in periodontal specialty has fed her passion and knowledge for exemplary patient care and is utilized in Dream Team coaching.



JO-ANNE JONES, RDH

WNL: Within Normal Limits or a Dangerous Assumption?

Friday, October 6th - 12::30 - 2:30 PM

WITHIN NORMAL LIMITS...a very bold and broad sweeping statement that distinguishes between health and disease and in some cases, an outcome of life vs. death. The complexities of clinical presentation do not always make this an easy task. Through a guided visual journey of inspiring and moving oral/oropharyngeal cancer survivors, learn the subtle life-saving symptoms and screening techniques that will increase our opportunity to save a life.

Educational Objectives:

- To recognize the incidence and relative five-year survival rates of current oral and oropharyngeal cancer
- To identify the critical components and palpation techniques of today's extraoral/intraoral screening exam
- To understand the role adjunctive screening devices and magnification play in enhancing our assessment capabilities
- To comprehend our role in opportunistic screening and earlier discovery of oral and oropharyngeal cancer

BIO: An international, award-winning speaker, Jo-Anne Jones has done over 1,000 presentations worldwide. Jo-Anne brings life, energy, and inspiration to all her presentations possessing a no-nonsense approach and dynamic speaking style that has made her a sought-after lecturer in the dental community. Jo-Anne has been selected as one of DPR's Top 25 Women in Dentistry and joins the 2023 Dentistry Today CE Leaders for the 13th consecutive year. A frank and open lecture style, a focus on direct knowledge translation to practice has earned Jo-Anne many loyal followers both nationally and internationally.

VANESSA CROOKSHANK

RDH, BSDH



From Confusion to Compliance: Understanding Dental Unit Waterline Safety

Friday, October 6th - 3:00 - 5:00 PM

Presentation Overview: In this comprehensive presentation, we will delve into the science of dental waterline safety. Attendees will learn about effective and practical treatment protocols that will empower them to confidently achieve compliance with CDC guidelines. By ensuring safe water usage, clinicians can protect their patients and practices.

Learning Objectives:

1. Examine the challenges presented by persistent biofilm and its impact on waterline safety.
2. Equip yourself with the latest research on waterline treatment efficacy.
3. Discover how to implement the necessary components to achieve CDC compliance.
4. Implement established protocols with confidence to ensure water safety for patients and practices.

Bio: Vanessa Crookshank, RDH, BSDH, is an energetic educator, speaker, and lifelong learner with a deep-rooted love of infection control excellence. As a dedicated Dental Hygiene Instructor at Central Community College, Vanessa is wholeheartedly devoted to shaping the future of oral health professionals through her passion for education.

Vanessa's drive for continuous growth is evident throughout her educational journey. She recently completed her bachelor's degree in dental hygiene from Wichita State University and is currently pursuing advanced studies in the Health Science Teaching and Technology graduate program at the University of Nebraska Medical Center.

Displaying her unwavering commitment to infection control excellence, Vanessa has earned a certificate in Dental Infection Prevention and Control. She is also an active member of the Organization for Safety, Asepsis, and Prevention (OSAP).

Her unwavering dedication to infection control shines through her leadership in successfully integrating dental unit waterline best practices into Central's dental hygiene program curriculum. By ensuring her students gain practical expertise in testing, shocking, and maintaining dental unit waterlines, Vanessa emphasizes her commitment to fostering the development of well-rounded, competent, and compliant oral healthcare professionals.

Earn 2 CE Credits on Infection Control