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THE DENTAL SOLUTIONS COMPANY™
On behalf of the Canadian Dental Hygienists Association (CDHA), we would like to welcome you to our 2019 conference, DISCOVER, in St. John’s, Newfoundland and Labrador, Canada. This conference marks 56 years of CDHA and 106 years of the dental hygiene profession.

During the conference, you will have incredible opportunities to DISCOVER:
- top-notch education
- research findings from leading experts
- newest offerings in oral health products from our exhibitors
- networking opportunities with colleagues from across Canada
and more!

Professional knowledge is a cornerstone of the board’s goals for CDHA. We are delighted to provide a forum in which members can connect, learn, contribute to, and discover the growing body of knowledge that underpins the dental hygiene profession.

Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

—H Jackson Brown Jr.

We are certain that you will enjoy the opportunity to DISCOVER, connect with colleagues, exchange ideas, and create new memories as we learn with and from each other over the next three days.
Introducing Next Generation Colgate Total*

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†Bacteria growth after overnight incubation in an in vitro study.

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Fights plaque-causing bacteria on 100% of mouth surfaces¶1 for better patient outcomes:

● Significant reductions in plaque², gingivitis², calculus³ and malodour⁴

‡Reduces bacteria in saliva and on teeth, tongue, cheeks and gums; helps prevent plaque and gingivitis, protects enamel, relieves sensitivity.

§Arginine is a stabilizing non-active excipient that enhances the flavor of the toothpaste formula.

¶Statistically significant greater reduction of cultivable bacteria on teeth, tongue, cheeks, and gums with Colgate Total* vs. non-antibacterial fluoride toothpaste at 4 weeks, 12 hours after brushing.


Now with sensitivity relief across all variants.
**Thursday, October 3: Preconference**

For information about Thursday’s preconference sessions, see the Program at a Glance on pages 8–9

**Conference Kick-Off & Poster Presentations**

5:00–9:00 pm

Lobby

**Welcome Reception & Ribbon Cutting**

Help us kick off the conference in style! Join us for an official ribbon cutting at 5:00 pm to open the poster presentations and exhibit hall in the main lobby. The first 100 registrants through the doors will receive a special Newfoundland-themed gift courtesy of [bms](#).

**Poster Presentations**

Start your journey of discovery with an evening of peer-reviewed poster presentations highlighting the latest in dental hygiene research, and speak with the investigators. Don’t miss out!

**Meet the Investigators**

**Thursday, October 3**

- **Admission Criteria for Canadian Dental Hygiene Programs as Predictors of Success on the National Dental Hygiene Certification Examination**
  **Presenter:** Mahnoor Shahab, undergraduate dental hygiene student

- **Committed to Yourself or Have Yourself Committed: Balancing Family Life with Student Success**
  **Presenter:** Christine Fambely, Cert. in Health Ed, BA, MEd

- **Dental Hygiene In-Service Training in Long-Term Care: Comparing Different Approaches**
  **Presenter:** Christine J Wooley, BSc, RDH

**Friday, October 4**

- **Efficacy of Student Disinfection Procedures for Dental Loupe Disinfection**
  **Presenter:** Denise Zwicker, DipDA, BDH, MEd

- **The Impact of Peer Assessment on Dental Hygiene Students’ Ability to Create Acceptable Class II Composite Restorations**
  **Presenter:** Anila Hasko, BSc, MEd, RDH

- **Musculoskeletal Injuries Among Dental Hygienists in Canada**
  **Presenters:** Savanna Sentner, BDH; Marilyn Harris, BDH

- **Oral Health Knowledge and Challenges in Jordanian Individuals with Autism: Case–Control Study**
  **Presenter:** Sabha Mahmoud Alshatrat, PhD, RDH

- **The Oral Health Status of Recent Refugees to Nova Scotia**
  **Presenter:** Heather Doucette, DipDH, BSc, MEd

- **What’s the Fuss about Flossing: An Issue of Critical Thinking**
  **Presenter:** Melanie Taverna, MSDH, RDH

**Join the Conversation**

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Welcome Reception & Tradeshow  
**Thursday, October 3 | 5:00–9:00 pm**  
Exhibit Hall, Bannerman Ballroom  
**Friday, October 4 | 7:45 am–2:30 pm**  
Exhibit Hall, Bannerman Ballroom  
Sponsored by  

Continue your conference experience by visiting the exhibit hall. Conference registrants are invited to mingle, enjoy a drink and hors d’oeuvres, preview the newest oral health products, and speak with company representatives.

CFDHRE Silent Auction  
**October 3–5**  
Lobby  

The Canadian Foundation for Dental Hygiene Research and Education (CFDHRE) is the only charity in Canada dedicated solely to dental hygiene research and education. In an effort to raise awareness and funds for the foundation, a silent auction will be held at the conference.

The silent auction will open on Thursday, October 3, at 5:00 pm. Final bids are required by Saturday, October 5, at 12:00 pm.

Sunrise Breakfast:  
**Journey of a Dental Hygienist**  
**Friday, October 4 | 6:45–8:15 am**  
Bowring 2-4  
Sponsored by  

Celebrate the profession of dental hygiene at the Crest + Oral-B Sunrise Breakfast. You’ll be empowered and inspired by our panel presentation and will leave feeling #hygienistproud. (preregistration required)

Panel presenters:  
- Jennifer Turner, RDH, practice management and dental hygiene coach  
- Kathleen Bokrossy, RDH, professional development and continuing education  
- Shana Ewart, RDH, corporate and dental industry liaison

Product Showcase: Ten for Ten!  
**Friday, October 4 | 10:30 am–12:30 pm**  
Bowring 1  

Featuring: BISCO Canada, Canadian Pharmacists Association, Colgate, Crest + Oral-B, GSK, Hu-Friedy, Johnson & Johnson, Philips, Sunstar, VOCO  

Hear presentations from 10 companies on their new and updated products for the dental hygiene profession. (preregistration required)

Independent Practice Connections Café  
**Friday, October 4 | 4:15–5:30 pm**  
Churchill 1-2  
Sponsored by  

After hearing the success stories and challenges of independent practice owners, participants will have the opportunity to tap into a wealth of first-hand information from their peers. This networking session is for independently practising dental hygienists in both fixed and mobile practices, or anyone who is considering independent practice.

Rally in the Alley  
**Friday, October 4 | 6:00–9:00 pm**  
Lobby  

Experience the nightlife on infamous George Street in downtown St. John’s! Enjoy a traditional fish and chips dinner, visits to two different venues on the street, and two drink tickets. At each stop during the rally, participate in a Newfoundland sing-along and screech-in ceremony! Finish off the rally with a live local band and a good ol’ Scuff and a Swally. (preregistration required)

Join the Conversation  
#CDHAdiscover, @thecdha/thecdha
NEW!
VOICE-ACTIVATED PERIODONTAL CHARTING

GIVE YOUR CLIENTS THE GIFT OF YOUR TIME

SmartChart™ makes charting easy.

Its made-in-Canada voice-recognition software lets you perform full perio exams quickly and accurately on your own.

#MakeChartingEasy

Take a picture of this QR code to learn more!
Or visit SmartChart.ca/ChartingEasy/CDHA
Friday, October 4: Opening Ceremonies

Prepare to be inspired, meet distinguished guests, and feel a sense of pride in your profession as you head into the day’s educational sessions. Come early to get great seats!

Plenary

The Special Client with Autism and/or Anxiety: How You Can Help
8:30–10:00 am
Bowring 1-3
Presented by Karen A Raposa, RDH, MBA
rappykr@msn.com

Learning about the client with autism can be extremely beneficial to the care and treatment of any client with fear and anxiety. This presentation will provide an approach to the clinical management of special needs clients that is both personal and professional. It will include creative techniques that can help guide these clients through a successful dental hygiene appointment.

For information about Friday’s educational sessions, see the Program at a Glance on pages 8–9.

Saturday, October 5

Annual General Meeting (AGM) & Breakfast
8:00–9:30 am
Bowring 1-3

Enjoy breakfast while you hear about the work of the Canadian Dental Hygienists Association over the past year and approve the selection of financial auditors and board of directors.

Notice: All are invited to attend the AGM. Only CDHA active and life members are eligible to vote. Voting cards can be picked up outside the ballroom just prior to the AGM.

Awards Luncheon
12:00–2:00 pm
Bowring 1-3
Sponsored by

Join us for lunch as we celebrate our award winners and CDHA Partners’ Circle members, along with individuals who have been CDHA members for 25 years or more.
Program at a Glance

Thursday, October 3
Preconference Workshops, Peer-Reviewed Poster Presentations, Welcome Reception & Tradeshow

7:00–8:00 am
Registration
Lobby

8:00–9:00 am
Breakfast
Level 3 Lobby
for morning preconference registrants only

9:00 am–12:00 pm
Better Debridement Protocol: Finally, An Approach That Makes Sense
Timothy Donley
Sponsored by Dentsply Sirona
Victoria 1-2-3

9:00 am–12:00 pm
Making White Spot Lesions a Thing of Orthodontic Past!
Irene M Iancu
Sponsored by 3M
Pippy 1-2

12:00–1:00 pm
Lunch
Level 3 Lobby
for afternoon preconference registrants only

12:00–1:00 pm
Implant Survival: It’s in Your Hands!
Anna Louise Tolian
Sponsored by Hu-Friedy
Pippy 1-2

1:00–5:00 pm
Interim Stabilization Therapy Orientation
Melanie Martin
Sponsored by Colgate
Victoria 1-2-3

5:00–9:00 pm
Welcome Reception & Tradeshow
Sponsored by BMO
Exhibit Hall – Bannerman Ballroom
for full conference registrants only
Peer-Reviewed Poster Presentations
Lobby

Friday, October 4

6:00–8:30 am
Registration
Lobby

6:45–8:15 am
Sunrise Breakfast
Sponsored by Crest + Oral-B
Bowring 2-4
preregistration required; limited seats available

7:45–8:30 am
Coffee & Tea
Sponsored by Johnson & Johnson
Exhibit Hall – Bannerman Ballroom

7:45 am–2:30 pm
Tradeshow & Peer-Reviewed Poster Presentations
Exhibit Hall – Bannerman Ballroom and Lobby

8:30–10:00 am
Opening Ceremonies and Plenary: The Special Client with Autism and/or Anxiety: How You Can Help
Karen A Raposa
Sponsored by PHILIPS
Bowring 1-3

8:30–10:00 am
Opening Ceremonies and Plenary: The Special Client with Autism and/or Anxiety: How You Can Help
Karen A Raposa
Sponsored by PHILIPS
Bowring 1-3

10:00–10:30 am
Nutrition Break
Sponsored by Johnson & Johnson
Exhibit Hall – Bannerman Ballroom

10:00–10:30 am
Nutrition Break
Sponsored by Johnson & Johnson
Exhibit Hall – Bannerman Ballroom

10:30 am–12:00 pm
Product Showcase: Ten for Ten!
Featuring: BISCO Canada, Canadian Pharmacists Association, Colgate, Crest + Oral-B, GSK, Hu-Friedy, Johnson & Johnson, Philips, Sunstar, VOCO
Bowring 1

10:30 am–12:00 pm
Product Showcase: Ten for Ten!
Featuring: BISCO Canada, Canadian Pharmacists Association, Colgate, Crest + Oral-B, GSK, Hu-Friedy, Johnson & Johnson, Philips, Sunstar, VOCO
Bowring 1

10:30 am–12:00 pm
Silver Diamine Fluoride: Should I Use it in My Practice?
Julie Farmer
Victoria 1-2-3

12:30–2:00 pm
Lunch
Exhibit Hall – Bannerman Ballroom
Saturday, October 5

- **7:00–8:00 am**
  Registration
  Lobby

- **8:00–9:30 am**
  Annual General Meeting & Breakfast
  Bowring 1-3

- **9:30–10:00 am**
  Nutrition Break
  Sponsored by Johnson & Johnson
  Lobby

- **10:00 am–12:00 pm**
  Going to Pot: Weeding Out Potential Benefits and Dangers of Cannabis Use
  Betsy Reynolds
  Sponsored by PHILIPS
  Bowring 4

- **10:00 am–12:00 pm**
  Dental Hygienists and the Role of an IAOM-Certified Orofacial Myologist
  Dionah Davidson
  Bannerman 3

- **12:00–2:00 pm**
  Awards Luncheon
  Sponsored by TD Insurance
  Bowring 1-3

- **2:00–2:15 pm**
  Break

**Workshop and Peer-Reviewed Sessions**

- **2:15–4:15 pm**
  CJDH Manuscript Preparation Workshop for Novice Writers
  Salme Lavigne
  Bannerman 1

- **2:15–3:15 pm**
  Redesigning a Dental Hygiene Refresher Course: A Curriculum Addition Through Distance Education
  Rachelle Pratt
  Bannerman 2

- **4:15–5:30 pm**
  Independent Practice Connections Café
  Sponsored by Colgate
  Churchill 1-2

- **6:00–9:00 pm**
  Rally in the Alley
  preregistration required
  Lobby
CDHA can help you build your own safety net — so you’re ready for the unexpected.

Choose the coverage you need AND save with group insurance rates, thanks to your membership.

Choose from:

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To find out more about what’s covered and how to apply, visit sunlife.ca/cdha/2019.

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Conference Centre Floor Plan

Level 2

Level 3
Exhibit Hall Floor Plan & Exhibitors

Hours
Thursday, October 3 | 5:00–9:00 pm, Bannerman Ballroom
Friday, October 4 | 7:45 am–2:30 pm, Bannerman Ballroom

Bowring 1

Bowring 2

Bowring 5

Buffet station

Lobby Area

CDHA booth & selfie station

CFDHRE Silent Auction

Main entrance into exhibit hall

Media wall

Poster Presentations

exit

Bannerman 1-2-3-4

Buffet station

Registration

3M Canada

BMO

Canadian Pharmacists Association

Colgate

Crest + Oral-B

3M Canada

BMO

Canadian Pharmacists Association

Colgate

Crest + Oral-B
SATURDAY, October 5: Workshop & Oral Presentations

Scientific Editor’s Workshop
2:15–4:15 pm
Bannerman 1

CJDH Manuscript Preparation Workshop for Novice Writers
Salme Lavigne, PhD, RDH,
Scientific Editor, Canadian Journal of Dental Hygiene
(preregistration required)

Publishing can be a daunting endeavour, particularly if it is your first time. This hands-on workshop will explain the essentials of manuscript preparation, including all necessary components required for submission to a peer-reviewed journal. Participants will also review both successful and unsuccessful manuscript submissions in order to identify their strengths and shortcomings.

Oral Presentations
Enjoy learning from principal investigators in dental hygiene research. There will be two 1-hour presentations in each room. You are free to move between rooms at the break if your preferred presentations are scheduled in different spaces. Please be respectful to the presenters and leave/enter between sessions with minimal disruption.

Bannerman 2
2:15–3:15 pm
Redesigning a Dental Hygiene Refresher Course: A Curriculum Addition Through Distance Education
Rachelle Pratt, BScDH, RDH

Bannerman 2
3:15–4:15 pm
The Malignant Potential of Lichenoid Dysplasia
Iris Lin, BDSc, RDH

Bannerman 3
2:15–3:15 pm
Self-Reported Oral Health Status and Diabetes Outcomes in a Cohort of Individuals with Diabetes in Ontario, Canada
Kamini Kaura Parbhakar, MSc, RDH

Bannerman 3
3:15–4:15 pm
Caring for Clients with Head and Neck Cancer: An Interprofessional Approach
Alexandra Sheppard, BA, MEd, RDH

Bannerman 4
2:15–3:15 pm
Efficacy of an Innovative Bio-Descaling Anticalculus Toothpaste: A Double-Blind Randomized Controlled Clinical Trial
Ashwaq Al-Hashedi, PhD & Nadia Dubreuil, RDH, Cert. FPT

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Bright Colors. Better Reach. Deeper Clean.

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