

## Linda Pharand

*Nominator: Deanne Evans*

I would like to nominate my colleague, Linda Pharand as a Dental Hygiene Superhero! Linda is a dental hygienist that graduated from the University of Manitoba, School of Dental Hygiene in 1985. She has devoted most of her 33 working years to Public Health. She is the only Dental Hygienist at the SMILEplus Dental Program which services all of Winnipeg but primarily targets higher needs children in the Downtown and Point Douglas areas. In 2003, Linda and a colleague developed a fluoride varnish project that lasted 3 years in the highest needs homes in Downtown and Point Douglas in Winnipeg. They followed approximately 200 children from the time of initial tooth eruption to approximately 3 years of age. A program of short OH lessons for the parents accompanied the fluoride varnish applications every 3 months. Incentives such as sippy cups, drinking glasses, toothbrushes, teething rings, bibs etc.... were offered at each visit. The project passed through ethics at the U of Manitoba as well as the WRHA. The project was very successful and so it was decided to switch to daycares to reach more children. In 2008, the Daycare Fluoride Varnish Program was introduced. Linda and her colleague, Ms. Pattie Moore, developed, implemented, and applied fluoride varnish and reported on the findings. They started with daycares that fed the highest needs schools in these 2 areas of the city. Linda's colleague retired quite a few years ago and now she is the only dental hygienist working on this program. She visits 34 daycares every 3 months and applies fluoride varnish to children from infancy to school age to decrease the number of children suffering from ECC. Last year, she applied fluoride varnish to over 1150 children. She leaves a toothbrush for the child as well as an oral health message for parents/caregivers after each visit. She can often be found sitting on tiny chairs or even working on her knees to reach her tiny friends. She often says that the visits to the daycares are her favourite part of the day and she prides herself on gaining their confidence throughout her visits. She genuinely loves visiting with the children and hearing the funny things they have to say to her. She trusts the daycare staff to guide her through her visits and has come to know them very well throughout the years. Linda has been a mentor to dental hygiene students for 5 years now and is pleased

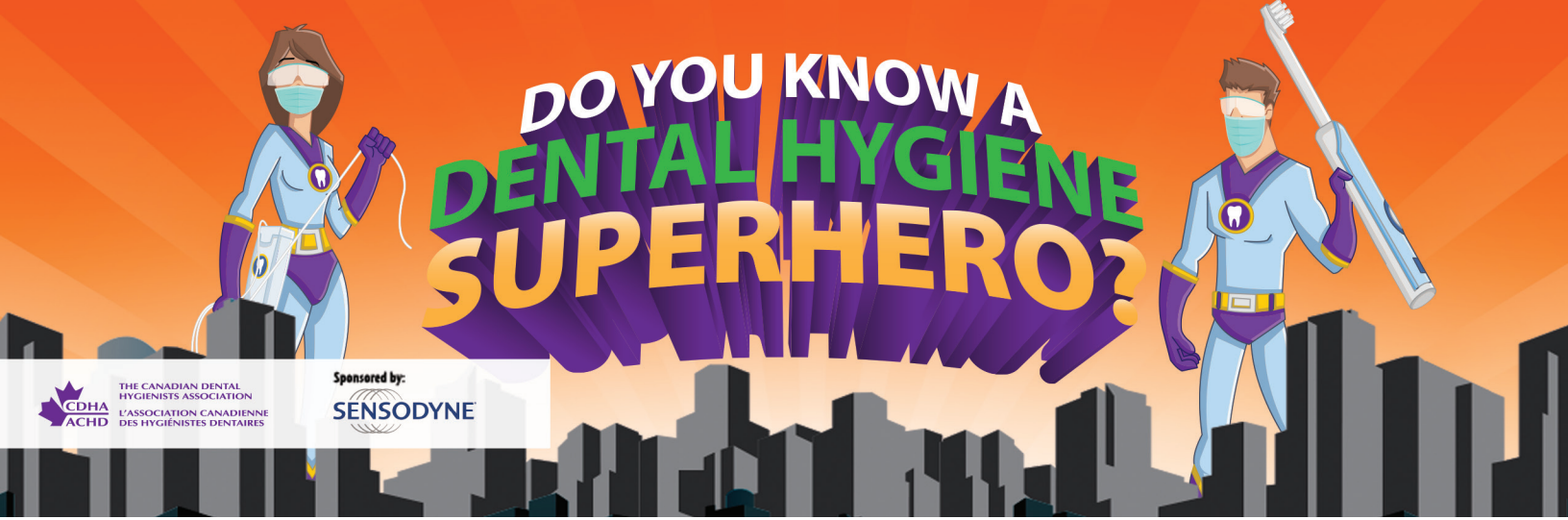


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that she also has the 3rd year dental hygiene students participating in an externship in which they accompany her on her community visits. She enjoys showing these eager students another side of dental hygiene aside from the clinical setting. Linda works in the SMILEplus Machray Dental Clinic on Mondays and devotes the rest of her week to community outreach. I hope you will consider this nomination because I believe she makes a difference for at risk youth in our community and it's always uplifting to see pearly whites where there might otherwise be extractions or crowns. Thank you.



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