

President's Message

Dear Esteemed Colleagues,

There is positive news to report regarding the Public Health Dental Hygienist Bill. The Bill has passed out of the House and is heading to the Senate, and from there, if passed, will go to Governor Kaine for signature. After this Bill has been signed, the regulatory process will begin where the VDHA, in conjunction with other committee members, will determine how the dental hygienist will practice while being employed by the Virginia Department of Health. Stay tuned as we report the outcome of this Bill!

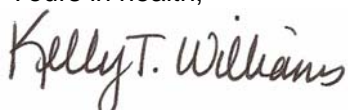
I would like to address an issue that is on all of our minds in the Commonwealth: *Dental Hygiene Jobs in Virginia*. VDHA has been working with the Board of Dentistry (BOD), Virginia Department of Health and the Virginia Dental Association (VDA) to address employment issues for dental professionals in the Commonwealth. VDHA and VDA recommended to the Virginia Department of Health to survey all dental professionals in Virginia to determine where everyone practices and determine a TRUE distribution of dentists and dental hygienists. We hear you loud and clear that it is difficult for many of you to find jobs. This survey will allow us to move forward without pause to solve the problem. Additionally, I recently gave testimony to the BOD that VDHA supports an unlimited number of hygienists in the dental practice. The BOD will discuss revising the current restriction, but the number has not been determined. Our leadership attends EACH of these committee and board meetings on your behalf. We hope that by lifting/revising this restriction, that more employment opportunities throughout the Commonwealth will become available.

Last month I spoke with VDA's Executive Board regarding the Advanced Dental Hygiene Practitioner (ADHP), which is a concept that the VDHA supports. The objective of the presentation was to convey the benefit of an expanded function hygienist and discuss the positive impact that could be made on the communities they would serve. We also discussed the benefits to the public if the dental hygienist were to have more direct access to the population vs. general supervision. VDHA feels that by educating all interested parties on the benefits of this version of mid-level provider, that together we can determine the best solution to under-accessed areas. For additional information regarding the ADHP, visit www.adha.org

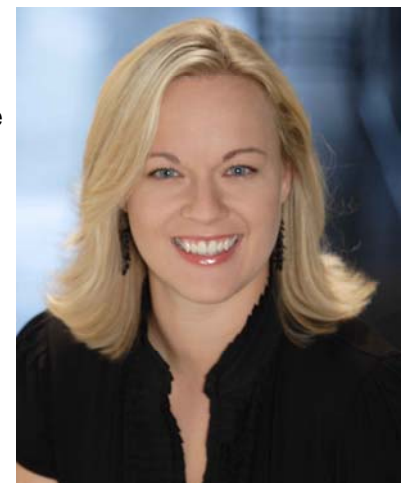
There is also wonderful news to report that on February 5, the House of Representatives approved, and President Obama has signed, the reauthorization of the Children's Health Insurance Program that includes eight dental provisions! One of the main points effecting dental hygiene is the provision for a Dental access and mid-level study: Governmental Accountability Office study that examines: (A) access to dental services by children in underserved areas; (B) children's access to oral health care, including preventive and restorative services under Medicaid and CHIP, including (i) the extent to which dental providers are willing to treat children eligible for such programs; (ii) information on such children's access to networks of care, including such networks that serve special needs children; and (iii) geographic availability of oral health care, including preventive and restorative services, under such programs; and (C) the feasibility and appropriateness of using qualified mid-level dental health providers, in coordination with dentists, to improve access for children to oral health services and public health overall.

I hope that the information I provided allows you to see the progress that is possible as we work together as an association and with other organizations. If we can answer additional questions, please contact us. Thank you for your dedication to dental hygiene. Your voice. VDHA.

Yours in health,



Kelly Tanner Williams, RDH, MSDH
President, Virginia Dental Hygienists' Association
president@vdha.net



2008-09 VDHA Officers Councils and Committee Chairs

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CALENDAR UPDATE February 2009

VDHA Annual Session:

April 2-5, 2009 Newport News, VA
 April 15-18 2010 Richmond, VA
 April 7-10, 2011 Roanoke, VA

Executive Board Meetings:

April 2, 2009 Newport News (Pre-Annual Session 6-10pm)
 April 5, 2009 Newport News (Post Session-after 3rd HOD)
 July 18-19, 2009 Charlottesville, Holiday Inn University (6-9pm & 8am-1pm)
 October 17-18, 2009 Charlottesville (6-9pm & 8am-1pm)
 January 9-10, 2010 Charlottesville (6-9pm & 8am-1pm)
 April 15, 2010 Richmond (Pre-Annual Session 6-10)
 April 18, 2010 Richmond (Post-Annual Session-after 3rd HOD)

Legislative Meeting:

July 18, 2009 Charlottesville (10am-1pm)
 October 17, 2009 Charlottesville (10am-1pm)
 January 9, 2010 Charlottesville (10am-1pm)
 January 22, 2010 Richmond Rally Day (proposed)
 January 29, 2010 Richmond Rally Day (snow date)

Administrative Council Meeting:

July 18, 2009 Charlottesville (2-5pm)
 October 17, 2009 Charlottesville (2-5pm)
 January 9, 2010 Charlottesville (2-5pm)
 July 17, 2010 Charlottesville (2-5pm)

Annual Session Planning Meeting:

July 18, 2009 Charlottesville (6-9pm)

Member Services Meeting:

July 18, 2009 Charlottesville (2-5pm)

Curet Deadline: One week following Executive Board Meetings

April 15, 2009, July 25, 2009, October 25, 2009, January 18, 2009

VDHA Leadership Workshop:

October 16, 2009 Charlottesville (9am-4pm)

VDHA Foundation:

July 17, 2009 Charlottesville, Holiday Inn University (4:00pm)

ADHA Annual Session:

June 17-23, 2009 Washington, DC Omni Shoreham Hotel
 June 23-29, 2010 Las Vegas, NV Fountainebleau Resort

District III Meeting:

June 17, 2009 Washington, DC Omni Shoreham Hotel

ADHA Center for Lifelong Learning:

June 17-20, 2009 Omni Shoreham Hotel, Washington, DC

Institute for Oral Health:

May 30, 2009 Deadline for donations

Unleashing Your Potential Weekend

November 14-16, 2009 Chicago, IL

VDA Annual Meeting:

June 19-22, 2009 Williamsburg, Williamsburg Lodge

ADA and ADAA Annual Session

Sept. 30-Oct. 4, 2009 Honolulu, HI

Virginia Board of Dentistry-Regular Board Meetings for 2009:

March 13, June 12, September 11, December 4

Next Deadline for
submitting articles
and/or letters to the
editor:
April 15, 2009
onegooderdh@aol.com

VDHA Rally Day 2009- another success!

WOW! This year's VDHA Rally Day was donned with beautiful weather. Dental hygiene students and faculty from Northern Virginia Community College, Germanna Community College, Virginia Western Community College, Old Dominion University, Virginia Commonwealth University and Central Virginia Community College attended to learn about the legislative process. Along with the impressive dental hygiene program participants, VDHA members from across Virginia attended the program as well. All in all, a total of 150 took part in representing our profession!

Our Legislative Counsel provided information on the day's events and what students could expect during the day. Students delivered oral health bags to their respective legislator along with information supporting the Governor's efforts to access public schools through the Virginia Department of Health. Some students were able to speak to their Senator or Delegate face-to-face, while others were able to speak with the all important Legislative Aids. Students from Germanna Community College were able to meet directly with House Speaker Bill Howell! Floor introductions were made in each of the legislative chambers recognizing the students and dental hygienists present: On the Senate side by Senators Phillip Puckett and Frank Wagner, and in the House by Delegate "Bud" Phillips. The morning included a tour of the Capitol with tour guides sharing the historic importance in this beautiful building. Next year's date is January 22 with the snow date of January 29. Mark your calendars and syllabi! We look forward to seeing you there!

Lesa Crane
VDHA Legislative Committee Chair





Northern Virginia Community College



Wytheville Community College



Virginia Commonwealth University

Rally Day 2009



Old Dominion University

Germanna Community College



Central Virginia Community College



**VDHA Student Column
My-Phuong Pham**



Where do you call home?

Annandale, Virginia

Where do you attend school?

Northern Virginia Community College – Medical Education Campus

What is your current SADHA position?

Vice President

Why did you choose dental hygiene school?

Despite my undergraduate degree in international affairs, I've always leaned towards a career in a medical field because of the opportunity to work with and help patients.

Who do you consider your mentor?

I consider both my teachers and my classmates my mentors. Each professor that I have had at the NVCC Dental Hygiene Program has contributed to the molding of who I am as a dental hygiene student. As for my classmates, they push me to become better.

What have you enjoyed most about the dental hygiene program so far?

I have truly enjoyed the clinical hours where I get to create both professional and personal relationships with my patients as well as the camaraderie and friendships I have made in the program.

The book that's had the most significant impact on your life?

The Giver by Lois Lowry.

The biggest change you've seen in yourself since you started the program?

I think I've matured and been able to focus on the more important things in life.

If you weren't a dental hygiene student, what would you be doing?

Most likely traveling or volunteering abroad.

Three words that would best describe you.

Tough question. I'd say humble, loyal, and open-minded.

ADHA is coming to Washington DC for our 86th Annual Meeting.
Mark your calendar now for June 17-23, 2009

As co-hosts for this year's meeting, we are responsible to provide the following: hospitality table greeters, hospitality greeters and directional guides, product presentation and attendee bag assemblers, volunteer office manager, speaker-ready room manager, speaker hosts and room monitors.

Volunteers will receive an official T-shirt that you will wear when you perform your assignments. All volunteers must be members of the ADHA and registered attendees of the meeting. Registration is now open at the ADHA website and there is a special early bird discount of \$99 (\$85 for students) for on-line registration through Feb. 18, 2009. Please visit: www.adha.org/annualsession

Please contact me with your available dates and times if you are interested in volunteering. I will need your name, address, email address, home and cell phone numbers and T- shirt size.

Even if you don't want to volunteer, you will want to attend this exciting meeting. Session Highlights include: Two Motivational Speakers; Six Educational Tracks; Hands-On Interactive Courses, including the following topics: Ultrasonics, Soft Tissue Lesions, Fitness and Wellness, Coding Errors, Local Anesthesia, Diabetes Management, Ergonomics; New Product Presentation; 15 Lunch & Learn Tables; Table Clinics and Poster Sessions.

Thanks very much and I look forward to hearing from you!

Cathy Berard, RDH, BSDH
ADHA Committee on Annual Session member
cberard1@msn.com



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Valentine's Day, National Dental Health Month, followed by spring's arrival, are just a few sparkling events that pleasantly remind us of the good life we, as Americans, celebrate. These events also present opportunities for us to demonstrate our philanthropy and appreciation of others. Your tax deductible, monetary donation to the scholarship fund of the ADHA Institute for Oral Health (IOH) is not only needed to support our current and future professional colleagues, but also to secure the future of our profession. The Institute has made giving an easy process, as one can transact their donation via a "monthly pledge" or a lump sum using either the US mail or electronic transmission. Please indicate the individual(s)' name you are celebrating so it will be published in IOH's Annual Honor Roll report, and direct your gift to "scholarship". What a nice surprise gift for your friends, family, employer, etc. to see their name published among the many being honored! Finer details of the great attributes of your IOH can be obtained by contacting your VDHA Component Trustee to obtain IOH materials, visiting www.adha.org/institute or contacting Virginia's IOH Liaison, Marge Green, RDH, MS @ 757-898-7739 or mgreenrdh@gmail.com (in Subject line state: IOH).

We have all heard: "Philanthropy, like charity, must begin at home...". As professionals, we know that our home is ADHA and it is through our 501 (c) (3) foundation of the IOH, that we secure our profession and collectively celebrate.

Thank you for your gift!

Gratefully,
Marge Green, RDH, MS
VDHA Liaison to IOH

**Gratitude to our Donors
Supporting IOH
and Virginia's Goal of \$9351.00
July 1, 2008 – January 30, 2009**

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***Here We Go Again! It's time for annual session again!
2009 will prove to be a knock out!***

We will be presenting such a varied program that everyone will have something they like. Friday morning brings "When You Write It-Be Sure It's Right". Record keeping is integral to providing optimal care. The ADHA has recently updated the "Standard of Clinical Dental Hygiene Practice Process of Care". Dental hygiene records must document a detailed chronology of patient care and treatment that serves to enable a third party and other dental professionals to quickly read and understand the treatment history. We will learn how to carefully document and maintain patients' records. Oral anatomy and pathology slides are used for reviewing descriptive terminology. Our speaker is Marilyn Cortell, RDH, MS, FAADH.

Our *Professional Issues Forum* will tell us what's happening now. We'll talk about usage of local anesthesia and changes in the Board of Dentistry regulations regarding the Dental Assistant I and II. We will discuss the Standard of Clinical Practice as well as the RDH, Advanced Dental Hygiene Practitioner, and the Public Health Hygienist and how we can improve access to care. We will have a panel of experts to answer questions and facilitate discussions. This forum is provided by the VDHA Foundation with funds from the Alice Hinchcliffe Williams Continuing Education Fund. Margaret Lappan Green, RDH, MS, Cathy Berard BSDH, and Hilton Graham will moderate.

Saturday will have "Senior Moments." Ever wonder what you went into a room for? The truth is that the number of Americans turning 65 will jump from 6,000 to 10,000 per day in 2033. This program will prepare you to act now as age-related ailments will occur within the appointment. Discovering how to maintain a health oral environment by overcoming the challenges due to medications, nutrition, and behavior will increase your patient relationship 30-fold. You will be able to be a creative scheduler and retain your memory via 3 key secrets.

Our speaker will be Anastasia Turchetta, RDH. Anastasia will present "Know Pain, No Gain" in the afternoon. Many of our patients are enduring some degree of pain or discomfort before, during or after a dental appointment. Dentin hypersensitivity and dental anxiety felt in our chair invites despair. Previously set misconceptions propose a challenge in creating a level of comfort for our patients.

Recognize that the pain of your patient directs you into knowing how to gain optimum results via product awareness or spa treatment. This team centered course introduces pain-free solutions applying your own experiences, thus exchanging despair to improved patient care.

We will also host Dr. Richard Nagelberg in a return visit to Virginia. His course is "Periodontal Medicine: Medical Manifestations of Periodontal Disease." This presentation will discuss the details of periodontal disease development and immune-inflammatory response. Descriptions of the inflammatory mediators are provided. Additional topics include: risk assessment, the relationship between diabetes and periodontal disease, glycemic control and diabetic complications. This course will include a discussion on how to incorporate research findings into daily practice. This is slightly different than the usual periodontal disease course. The emphasis is on diabetes.

The last Saturday course will feature "Conquer the Overwhelm: Incorporate Science and Technology Seamlessly Into Everyday Patient Care." This is a great course for student hygienists! Would you like to conquer the feeling of being overwhelmed by time management constraints during patient care? This program will assist the dental hygienist: 1) in assessing individual patient needs and concerns by applying the current standard of care and using specific careening protocols, technologies and high impact language to motivate patients to take action and 2) Identifying opportunities for restorative and periodontal care as well as product integration. You will receive tips, techniques and verbal skills to enhance the results of patient care and increase your acceptance. This course will be presented by Elizabeth Lundry, RDH.

Sunday morning will be "What's New in Caries Management" presented by VHDA member Michele Darby, BSDH, MS. This course will focus on dental caries as an infectious disease, vertical and horizontal disease transmission, the caries balance between risk factors and protective factors, fluorides and advances in stannous fluorides, dental sealants, xylitol, chlorhexidine, amorphous calcium phosphate and casein phosphopeptide-amorphous calcium phosphate. The hygienist will be able to develop evidence-based dental caries management.

FYI-There are refrigerators and microwaves in the rooms, so bring food if you wish. Breakfast on Friday and Sunday is on your own.

Karen Avey, RDH, MSDH
Annual Session Planning Chair



Component 10 Northwest Virginia

Our component numbers are small but we have a large range from Winchester all the way to Harrisonburg. We meet the third Thursday of every month at the Springhouse Tavern in Woodstock, which is almost a half-way point for everyone. We have a very active group of members who attend our meetings and this month we welcomed Ellen Austin-Prillaman, the President-elect for Virginia Dental Hygienists' Association to speak to us on legislation and current events on the state level. We enjoy keeping in contact with the dental hygiene students at Lord Fairfax and include them in a lot of our activities.

We welcome any hygienists in the area who would like to join us at the next meeting!

Respectfully submitted,
Pam Kitner, RDH
NWVDHA Trustee

Legislative Update

Currently the General Assembly is up and running as the Commonwealth faces severe budget shortfalls. Despite this shortfall, bills are moving quickly through the process with our legislators focusing on the budget. House Bill (HB) 2180 and Senate Bill (SB) 1202 are moving through the legislative process smoothly. Currently the House version is headed to the Senate side and the Senate version is expected to go to the House the first week in February.

The Board of Dentistry has not reported out regulations regarding the DAII as of this writing, but VDHA will inform members of the progress as it become known. We will continue our vigilance in all areas of the regulatory and legislative process in keeping members informed with the help of our legislative consultants Hilton Graham and Cal Whitehead.

Respectfully submitted,
Lesa Crane
VDHA Legislative Chair

OUR MISSION

The mission of the Virginia Dental Hygienists' Association is to promote total health and advance the art and science of dental hygiene

OUR VISION

Oral health professionals promoting total health

MARKETPLACE 2009 VDHA

**If you are interested in selling items at VDHA Annual Session
please complete this form**

Application for a table plus \$35.00 payable to VDHA must be mailed to:
Cheryl Todd 1024 Rivermont Terrace, Lynchburg, VA 24503
and received by the deadline of March 15, 2009.

Sales will be allowed ONLY during the lunch break on Saturday April 4, 2009 from 12 noon –2 PM.

Name of Contact Person _____

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JUNE 17-23, 2009

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at adha's 86th Annual Session

www.adha.org

★SESSION HIGHLIGHTS

- ★ Two FREE Motivational Plenary Sessions
- ★ Six Educational Tracks
- ★ Hands-on, Interactive Courses
- ★ Course Topics will SUPPORT you in being your BEST:
 - ★ Ultrasonics
 - ★ Soft Tissue Lesions
 - ★ Fitness & Wellness
 - ★ Coding Errors, and More!
 - ★ Local Anesthesia
 - ★ Diabetes Management
 - ★ Ergonomics
- ★ New Product Presentation
- ★ 15 Lunch & Learn Tables
- ★ Table Clinics & Poster Sessions

★NETWORKING

★EXHIBITS

★MARKETPLACE

★LOBBY DAY



Omni Shoreham Hotel – Washington, DC

June 17-20: Center for Lifelong Learning

June 19-20: EXHIBITS XXVIII

June 21-23: 86th Annual Session Business Meeting

Visit www.adha.org for additional information and registration