



Virginia

Dental Hygienists' Association

# 69<sup>th</sup> Spring Scientific Session of the Virginia Dental Hygienists' Association

## Course Descriptions & Speaker Bios



### Jamie Sacksteder, Deputy Executive Director

FRIDAY, APRIL 29 - 8:30 to 9:30 a.m.

#### **“Updates from the Board of Dentistry” (1 CE Credit)**

This brief overview will include:

- Recent national finding on oral health
- Findings from Virginia's Dental Hygienist Workforce: 2020 report
- Updates on statutes, regulations and guidance documents including the annual CE requirement
- Changes in licensing requirements

with the Administrative Process Act. Prior to joining the Virginia Board of Dentistry she worked as the Associate Director of Licensing for the Department of Behavioral Health and Developmental Services (DBHDS). While at this agency she was instrumental with policy development, discipline process of licensees, legislation, and served as a subject matter expert regarding regulations.

**BIO:** Jamie Sacksteder, joined the Virginia Board of Dentistry in 2019 as Deputy Executive Director. In her role, she oversees the complete discipline process of licensees, writes regulations, and ensures compliance



## Nancy Miller, RDH

FRIDAY, APRIL 29 - 10 a.m. to 1 p.m.

### “POWER OFF BIOFILM!” (3 CE credits)

While air polishers have been around for 3 decades, their use was generally restricted to supragingival stain removal. Like ultrasonics with micro tips, their use with finer size powder particles is evolving into the next treatment modality for preventative and periodontal therapy. What do you need to know about this latest technological application? How can you incorporate it into your clinical routine? How can they be used around implants? We now have Perio Classifications for Implants and so how can we use Airflow in practice?

While micro ultrasonics are now considered standard of care in periodontal therapy, what else are you using them for? What technological advances have there been since you were in school or your last CE Course? Is there really a difference between piezoelectric technology and magnetostrictive units? Are there any new inserts on the market? Is there any superior way to adapt ultrasonic instruments to the type of patient in your chair?

#### Learning Objectives:

- Biofilm's role in inflammatory disease/problems of inadequate removal
- Air polishing subgingivally using glycine/erythritol powders
- Air polishing practical hints and tips
- Implant maintenance and peri-mucositis treatment

following AAP codes

- Contrasts in piezoelectric/magnetostrictive technologies
- Latest in ultrasonic units and inserts
- Use both technologies on healthy not just perio patients
- Ergonomics and Aerosol control

**BIO:** Nancy Miller is a practicing Dental Hygienist with over 40 years of clinical experience, 15 in a periodontal practice. She currently practices 1 day weekly with a general dentist in Green Bay, Wisconsin.

In 1992 Nancy began her own consulting and lecture business, ultraconcepts. She presents lectures and hands-on courses on topics such as ultrasonic instrumentation, air polishing for biofilm removal, ergonomics, assisted hygiene, and the business side of dental hygiene. She also contracts to do onsite clinical coaching in your own practice setting.

She is also a Dental Practice Management Coach with Jameson Management since 1998. She specializes in clinical department coordination with the business team and corporate relationships.

*This course was generously funded by educational grants from the Hu-Friedy Group.*



## Ryan D. Rutar, RDH, MAM, BS, BA

FRIDAY, APRIL 29 - 2:15 to 5:15 p.m.

### “Making space for enhancing cultural sensitivity for LGBTQ+ patients and Anxiety Through the Roof” (3 CE credits)

The dental office is no stranger to feelings of vulnerability and anxiousness, but what if you were to add on unconscious bias and stigma to the place where you need to seek treatment? There is a higher chance that you wouldn't seek treatment! This is what we hope to learn about with treating the LGBTQ community and why they are considered a vulnerable population. With our current culture of division, it's more important than ever for dental professionals to use their platform filled with opportunities to foster relationships and build trust with their patients so they get the best care possible.

Upon completion of this course, participants will:

- Identify familiar terms used by the LGBTQ+ community.
- Recognize your unconscious bias and increase your emotional intelligence.
- Identify affects in the mouth during gender confirmation.
- Modify strategies to enhance cultural competencies within your office.

Anxiety disorders are the most common mental illness in the United States, affecting over 40 million Americans

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every year. The dental office is no exception to experiencing anxiety in themselves and in their patients. By empowering dental professionals on their specific contributions they can make in the clinical practice, they can help support the many patients into accepting dental treatment without letting disease take over. It is more important than ever, with patients avoiding dental care, to develop dental professionals that know how to deal with the hidden anxiety disorders that face our practice every day.

Upon completion of this course, participants will:

- Recognize different parts of the brain responsible for anxiety behavior.
- Identify different medications and their effects to improve, complement, or interfere with anxiety.



## Kathryn Gilliam, BA, RDH, FAAOSH

SATURDAY, APRIL 30 - 9 a.m. to 12 p.m.

### “Breathless: Oral Signs of an Silent Epidemic” (3 CE credits)

Breathing is the most essential function of our bodies. Without oxygen, we cannot survive. Yet until recently, breathing was not considered a part of dentistry’s scope of practice. With new scientific discoveries we are learning about the critical role of the form and function of oral structures in sleep disordered breathing. In October 2017, the American Dental Association (ADA) released a policy statement addressing dentistry’s role in sleep-related disorders encouraging dental professionals to screen their patients for obstructive sleep apnea and upper airway resistance syndrome; advocates working with medical colleagues; and emphasizes the effectiveness of intraoral appliance therapy for treating patients with mild to moderate obstructive sleep apnea and CPAP-intolerant patients with severe obstructive sleep apnea. Screening for and treating sleep-related breathing disorders has become the newest focus of integrated dental practice. Breathe life into your patients with an airway centered practice.

Course Objectives:

- Identify various types of sleep-disordered breathing.
- Describe effective screening process for identifying sleep-disordered breathing.
- Appraise the risks of undiagnosed and untreated sleep-disordered breathing.
- Recognize the signs and symptoms for sleep-disordered breathing in children and adults.
- Distinguish the treatment options available for sleep-disordered breathing.

- Apply strategies to enhance yourself, treatment, and comfort of the patient.

**BIO:** Ryan is the CEO and Co-Founder of Pearly White Prevention, LLC. He consults in dental offices to help empower the dentist/hygiene relationship and coaches hygienists that want to advance the way they deliver care.

He has a dual role in private practice. He works as a clinical hygienist and streamlines hygiene as the dental hygiene manager.

Ryan empowers hygienists' to create the change they want to see and how they can contribute to their practice and themselves.

**BIO:** Kathryn Gilliam, BA, RDH, FAAOSH, is an advocate for incorporating the latest scientific research on the multiple oral – systemic links into practical clinical protocols.

Kathryn's interest in the medical side of dentistry led her to twice graduating from the prestigious Bale Doneen Preceptorship for Cardiovascular Disease Prevention, and in 2018, she earned a fellowship of the American Academy for Oral Systemic Health.

Kathryn has been on the front lines of early detection of head and neck cancer throughout her career and serves on the Dental Hygiene Advisory Board of the Oral Cancer Foundation and as the Director of Education for Oral Cancer Cause.

Kathryn is a faculty member and dental hygiene specialty coach for the Productive Dentist Academy. She is a national speaker, published author, and consultant. After 30 years as a dental hygienist, Kathryn still loves and is passionate about her career and she feels her purpose is to love her patients back to health.

*This course was generously funded by educational grants from Crest Oral B.*





## Amber Lovatos, RDH, BSDH, MAADH

SATURDAY, APRIL 30 - 1:15 to 4:15 p.m.

### “Dental Hygienists-Superheroes of Dentistry: Empowering Hygienists to Provide Care in General and Public Health Dentistry” (3 CE credits)

As dental hygienists, we are wired with the desire to make an impact in our community, but often do not know where to begin. This course will provide the learner with strategies to empower dental hygienists to provide the best care to their patients both in general practice and public health settings. We will investigate the future of dentistry and how Texas tele-dentistry legislation House Bill 2056 will impact dental hygienists. As well as barriers facing the community and providers seeking to make an impact in tele-dentistry and mobile hygiene. The dental hygienist will also receive a refresher on basic instrumentations and innovative instruments to assist the dental hygienist to provide optimal care.

**BIO:** Amber is a 2013 graduate of The University of Texas School of Dentistry at Houston. Amber is the Clinical Director of Dental Services at TOMAGWA HealthCare Ministries, a non-profit medical and dental clinic. She is also an adjunct assistant professor at The University of Texas School of Dentistry at Houston, Key Opinion Leader for Crest Oral-B and NSK, Government Affairs consultant for Mouthwatch, and speaker. Amber speaks on teledentistry, abuse, public health, special needs, and human trafficking. She has presented numerous times, both

nationally and regionally, including at the American Dental Hygienists' Association, American Association of Orthodontics, and American Academy of Orofacial Pain. She is also the co-founder of Dental Hygiene Spark, a social media platform dedicated to empowering dental hygienists. Amber is the recipient of numerous awards including the American Dental Education Association's Crest Oral-B Scholarship for Dental Hygienists' Pursuing Academic Careers, ADEA Sigma Phi Alpha Scholarship, ADHA Irene Woodall Graduate Scholarship, and ADHA Mars Wrigley Community Outreach Grant. Amber values leadership and organized dentistry. She is a member of American Dental Hygienists' Association, American Dental Education Association, Texas Oral Health Coalition, Houston Equality Dental Network, and Hispanic Dental Association. Amber has served on all levels of the ADHA's tripartite. In her free time Amber enjoys spending time with her husband and two teenage boys.

*This course was generously funded by educational grants from NSK, Elevate and Mouthwatch.*



## Amanda Hill, BSDH, RDH

SUNDAY, MAY 1 - 8:30 to 11:30 a.m.

### “Curiosity Revived the Cat: Digging into the most important trait for patient communication and career fulfillment” (3 CE credits)

We are born curious but at some point, along the way, we learn that curiosity gets us in trouble. We stop asking why, put our heads down, and focus on “getting it done.” In that space, we start to lose connection with our profession, our patients, our team, and ourselves. We fall into victim mode and forget what we are all about. This course will explore skills to deal with stress, how to communicate in difficult situations, motivational interviewing, and more. We will travel down the five pathways to get curious about and how to tap into our power to ignite our patients, practice, profession, and us! Discovering that curiosity actually revived that cat!

Learning Objectives:

- Identify actionable steps to elevate your career in dentistry
- Evaluate and enhance communication skills
- Investigate the power of “Why” and the patient experience
- Discuss ways to complete the stress cycle

**BIO:** Amanda likes to describe her career in dental hygiene as an adventure. Growing up in and then marrying into the military she has had the opportunity to

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experience life and dentistry all over the world. Amanda had the good fortune to begin her dental career in an office where excellence was the norm. She had the chance to be stretched and challenged while traveling for courses and learning the latest in clinical care and patient communication. Thus developing a love for learning. Through her adventures around the world, she became obsessed with finding ways to continue

her education and stay current and in connection with the dental industry. Amanda practices part-time and is an industry educator and consultant. She is a speaker, award-winning author, and host of the Your Dental Top 5 podcast. A member of the advisory board for RDH magazine, Dentistry IQ, and OSAP's Infection Control In Practice Editorial Review Board, Amanda strives to make topics in dentistry accurate, accessible, and fun!

*This course was generously funded by educational grants from Young Innovations.*

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