



**Virginia**  
DENTAL HYGIENISTS'  
ASSOCIATION

## Scientific Session Program

### Friday March 24

7:30 a.m. Registration and Continental Breakfast

8:30-9:30 a.m. **Updates from the Virginia Board of Dentistry** (1 CE)  
Jamie Sacksteder, Executive Director

Bio: Jamie has worked in Virginia state government for 11 years serving in a variety of executive and senior management positions in health and human service agencies. She has an extensive background in developing and implementing laws and regulations to protect the public as well as in conducting investigations and audits to address accountability in service delivery. As the Executive Director, she serves as the Board of Dentistry's spokesperson. She directs the licensing, regulatory, disciplinary, and business activities of the Board. During her tenure, Jamie has played a principle role in developing regulations and processes for:

- Initial licensure and licensure by credentials eliminating barriers
- Sedation permit (inspections and process for obtaining a permit)
- Restructuring regulations to eliminate barriers and unnecessary oversight

9:30 a.m.-9:45 a.m. **Exciting News from ADHA!**  
Dawn Ann Dean, ADHA President (video) , Sheri Moore, District III  
Director

9:45 a.m. - 10:30 a.m. **Interstate Licensure Compacts - What are They and Why Do We Need Them?**  
Matt Shafer or CSG staff (virtual)

Break

10:45 a.m.-12:45 p.m. **Remote Supervision, Public Health and Policy Change** (2 CE)  
Sarah E. Raskin, PhD, MPH

Bio: Dr. Sarah E. Raskin is an Assistant Professor at the L. Douglas Wilder School of Government and Public Affairs and Institute for Inclusion, Inquiry and Innovation (iCubed) Oral Health Core at Virginia Commonwealth University, with a faculty affiliation in the Department of Dental Public Health and Policy, VCU School of Dentistry. Cross-trained in medical anthropology and health

services research, Dr. Raskin conducts independent and interdisciplinary team-based scholarship to advance oral health equity through improved social policy and service delivery, with an emphasis on dental safety net workforce. Dr. Raskin is currently working on two books: an ethnography of dental safety net policy implementation in Virginia, and a social history of structural racism in organized dentistry.

12:45 p.m. - 1:45 p.m. Lunch

2:00 p.m. - 5:00 p.m. **Putting Out the Fire: The Hygienist's Role in Inflammatory Disease** (3 CE)  
Machell Hudson, RDH, FAAOSH

At some point (hopefully) all dentists and hygienists ask themselves, “Is this all there is... restoring tooth after tooth and prophy after prophy, after bloody prophy?!!” If you are fed up watching disease progress, falling into never-ending pockets, and encountering constant resistance from your patients, this course is for you. If your frontline detection of periodontal disease is a probe and radiographs, hygienists and doctors, yours is restoring one tooth at a time; this course will blow your mind! Finally, the technology hygienists deserve is affordable and easy to implement. Discover how lasers, salivary diagnostics and HbA1C can innovate your care. Feel confident educating patients by better understanding risk factors and oral and systemic connections by proven peer reviewed research. These modalities have proven to drive the importance of oral health with urgency in patient acceptance. This will help instill a greater value within our patients, empower our dental hygienists and all by utilizing evidenced based practices and a strong belief in our profession’s role within healthcare.

Bio: Machell Hudson, RDH, FAAOSH is the founder and CEO of Integrative Dental Coaching. She is a proud and passionate fellow and member of the prestigious board for The American Academy for Oral and Systemic Health. Her newest accolade is being invited to sit on the education committee for Women in DSO. Because of her love for patient care she continues to practice clinical hygiene while also speaking and consulting with an expertise in oral-systemic connections and protocol implementation. She is a graduate of the Bale/Doneen method preceptorship which is advanced training in arterial disease with a focus on heart attack, stroke and diabetes prevention, Kois trained in periodontal health and a health coach. Machell cherishes time with her family and friends and a big part of her heart is spent volunteering for Unbound advocating and speaking on Human Trafficking Awareness.

Please contact her at [machell@integrativedentalcoaching.com](mailto:machell@integrativedentalcoaching.com)

5:30 p.m.- 7:30 p.m. 70's for the 70th - Celebrating Scientific Session's 70th Anniversary  
VDHA Foundation Reception/Exhibit Hall/Fundraiser

## Saturday March 25

8:00 a.m. Registration and Breakfast

9:00 a.m.-Noon **You And Your Patient's Brain...What You Can Be Doing Now** (3 CE)  
Angie Stone, BS, RDH

The brain is the most complex organ in the body. It controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates the body. Without an adequately functioning brain people become a shell of a human. Environment lifestyle choices and genetics are directly correlated with brain health. What is not being taught is how making choices and taking action can assist with the maintenance of brain function, as well as increase quality of life, health span and longevity. As the medical professional who likely sees and spends the greatest amount of time with patients, dental hygienists are perfectly positioned to share this information. In fact, hygienists have an obligation to provide information regarding the causation relationship poor oral health has to brain health. By sharing the concepts learned in this course with patients, family and friends and the practicing brain maintenance themselves, hygienists can have a profound effect on the reduction of the number of people who suffer from cognitive decline. It's possible.

Noon - 1:45 p.m. Lunch with exhibitors

2:00 p.m. - 5:00 p.m. **Prevention is Profitable/ Clinical Excellence for the Mobile Healthcare Provider** (3 CE)  
Alicia Murria, RDH, MS

Too often, clinical dental hygienists have a limited view of their role as inflammatory disease prevention specialists. While this is a baseline for training and primary treatment, patient care goes well beyond. This fun and interactive course is designed to empower and reinvigorate dental professionals with concepts and practices of teaching the oral-systemic link they can implement immediately. They will leave with the ability to leverage their mid-level health care provider role, embrace an important extension of their professional influence, and add life-saving value to each patient they see. After this course, the attendee will know that prevention can be profitable.

The use of clinical practice guidelines (CPGs) creates consistency and predictability in patient treatment settings as well as promotes overall health. While CPGs are widely known among healthcare professionals, do your patients know what to expect in a mobile dental setting? This course defines CPGs and calibrates professionals working in any patient care setting. What barriers do mobile healthcare professionals face as they attempt to mobilize quality care and implement CPGs? Understanding these barriers can have a positive impact on patient treatment recommendations and the overall process of care. Achieving clinical excellence reaches far beyond private practice, inadvertently connecting to mobile dentistry. Calibrating providers is the first step in the public understanding the integral role of the dental hygienist.

Bio: Quality care enthusiast, Alicia Murria, RDH, MS is an inflammation prevention specialist and one of RDH Magazine's 2022 top influencers! She is passionate about quality care and is a key opinion leader for dental hygiene education, public health, technology, and implementing clinical practice guidelines. In addition to actively practicing as a traveling clinician, she travels the world serving dental practices as a technology implementation strategist, productivity coach, and public speaker. Alicia's research and studies have been grounded in emotional intelligence, communication strategies, and implementing digital scanning technology within the hygiene department. If you need support in calibration, communication, or technology integration, connect with Alicia by visiting her website, [www.aliciamurria.com](http://www.aliciamurria.com)

5:30p.m.-7:30 p.m. VDHA Executive Board Meeting

### **Sunday March 26**

7:30 a.m. Registration and Continental Breakfast

8:30 a.m.- 11:30 a.m. **Tie it All Together - Recognizing the Root Cause of Breathing and Myofunctional Disorders** (3 CE)  
Cheryl Shafer, RDH BS COM

Gain confidence when screening for Airway, Breathing and Myofunctional disorders for your loved ones and in your dental practice. Do you have any patients or family members that snore or breathe through their mouth and you would like tools to recognize dysfunction, restore function and refer to the collaborative airway team? As oral health specialists we are in the best position to help patients find solutions for their goals to breathe better, sleep better and feel better. In this course you will gain an understanding of what red flags to look for and tools for documentation. Lead the patient to tell you what their main concerns are with breathing, airway, and oral function to help them in ways that will have them talking about what an impact you have had in their health and wellness.

Bio: Cheryl Shafer, RDH, BS, COM, is a Certified Orofacial Myologist, founder of Facial Function, National Speaker, educator, and mentor. Transitioning from clinical dental hygiene with over 30 years of experience she has rediscovered her passion and purpose in oral health field specializing in Myofunctional Therapy, for the past 7 years, focusing on recognizing the root causes of orofacial myofunctional disorder and working with a collaborative team of dental and medical providers. She has helped others restore healthy nasal breathing, eliminate oral dysfunctions, and identifying functional impacts from tethered oral tissues.

With a broad perspective in dentistry, health education and orofacial myofunctional disorders she brings her insight to life by sharing her experiences of being a mother of Rick who struggled with the letter R and numerous myofunctional disorders and a wife listening to her husband snore, gasp for air, and grind his teeth as he struggled to breathe and sleep.