Continuing Education Courses

Course #1  Friday, May 2\textsuperscript{nd}, 9:00 AM – 12:00 PM

Utilizing your Expanded Practice Permit: A Panel Presentation by Capitol Dental EPDH’s
Successfully utilizing your expanded practice permit (EPP) is paramount to meeting the needs of the underserved and having an effective practice. While this can be a difficult and frustrating experience, there are proven ways to remove barriers to reimbursement, practice and patient care. This course will demonstrate successful models of EPDH utilization by Capitol Dental. A panel of EPDH’s will describe their role with Capitol as they expand access to the most needy and vulnerable populations. Working in WIC, Head Start, schools and satellite locations, our EPDH’s have the satisfaction of practicing at the top of their scope of practice, reaching disadvantaged populations, and getting paid for it! Topics will include description of practice settings, best practices in population based dental prevention, and strategies for removing barriers to utilizing the EPDH.

Panel Presentation will include Linda Mann, Zora Santiago, Karen Phillips, and Kristin Kintz. All panel members are registered dental hygienists with an expanded practice permit in Oregon, and each holds a baccalaureate degree. Linda Mann received her dental hygiene education at the University of Colorado. Both Zora Santiago and Karen Phillips received their dental hygiene education at Portland Community College. Kristin Kintz received her dental hygiene education at Pacific University.

Course #2  Friday, May 2\textsuperscript{nd}, 9:00 AM – 12:00 PM

Savvy Entrepreneur in New Market: How to Create your Niche
The course will discuss the challenges of starting up a new business in assisted living facilities and adult group homes. What are the roadblocks you need to be aware of? What will keep your business going? Learn how to make the transition from a private dental practice to an independent dental hygiene practice. Gain insight in providing special clients with the special treatment they deserve to have a healthy mouth. Interaction with participants is encouraged.

Marie McElderry RDH, BSDH received her BS degree in dental hygiene business administration from the University of Washington, and has been a licensed dental hygienist in Washington State since 1999. Marie founded Oral Health Care LLC, an independent dental hygiene practice in 2007. Marie has provided thousands of clients with preventive care in alternative settings from nursing homes, long term care facilities, adult family homes, private homes, senior centers, and schools. In 2010, Marie assisted the Tacoma-Pierce County Health Department in the launch of their Oral Health Program. Since 2005, Marie has been an affiliate faculty member for the dental hygiene program at Columbia Basin Community College.
Course #3      Friday, May 2\textsuperscript{nd}, 1:30 PM – 4:30 PM

Dental Hygiene Care for Special Needs Patients
People with developmental special needs, like Down syndrome and cerebral palsy, and acquired limitations like dementia and multiple sclerosis, require treatment planning and care that is “out of the box” of a dental hygienist’s usual protocols. It requires highly individualized and sometimes playful approaches to achieving the goals of oral health and functional stability. It also involves the education and cooperation of the entire health care team, with the dental hygienist as the oral health care expert. This course will help dental hygienists to understand and build confidence in providing the special care needed by their special patients.

Anita Rodriguez, RDH, BSDH graduated in 1969 from Southern Illinois University and from the University of Washington with her baccalaureate degree in 2005. In 1999, Anita began her community dental hygiene practice focused on elders and adults with special needs, and in 2005 established Kindred Associates, PLLC. In 2007, Anita piloted one of the first senior center dental hygiene programs in the nation. She is a consultant and trainer to dental hygienists in Washington and other states, and holds training classes twice a year. Anita co-founded the Alliance of Dental Hygiene Practitioners – an organization that mentors and supports hygienists with independent community practices. She has presented at local, state and national levels on special needs dental care and options for community dental hygiene practice. Anita is recognized as a state and national leader in the advancement of her profession, and a champion for improving access to oral health care for underserved and forgotten populations.

Course #4      Friday, May 2\textsuperscript{nd}, 1:30 PM – 4:30 PM

Double Down:  The Coach Approach: Communicate to Motivate through Brief Motivational Interviewing
A famous quote says the definition of insanity is, "doing the same thing over and over expecting different results." How many of you have felt like you do the same thing over and over for patients hoping for different results? This course will introduce dental professionals to the process known as Brief Motivational Interviewing (MI). MI empowers professionals to coach patients to change from ‘within’ themselves. This workshop is highly interactive, allowing participants to explore and practice the concepts of Brief Motivational Interviewing. Coaching, active listening, and open ended questions will be utilized as ways to elicit change with your patients. Attending this workshop will empower the dental professional to coach their patients to achieve long term oral health. This course is sponsored by Philips Oral Healthcare.

Eat, Drink and Be Wary: You Are What You Eat
Americans are truly becoming what they eat and the statistical changes and long-term outcomes are moving in an unhealthy direction. The fact is the American diet is FAR from giving anyone the Recommended Daily Allowance (RDA) of nutrients. Getting back to the basics of consuming whole foods is the key to balancing our general and oral health through nutrition.
In our medication savvy society, many people believe that supplements will make up for our nutritional deficiencies. Herbal supplements promise everything from slowing the progression of Alzheimer disease, to reducing blood pressure and even reducing cholesterol. But how do they affect our oral health? As dental professionals we have the opportunity to educate, advocate and encourage patients to implement healthy lifestyles relative to nutrition and oral health. By combing Brief Motivational Interviewing with nutritional counseling we can positively impact our patient's general and oral health. This course is sponsored by Philips Oral Healthcare.

Lisa Copeland, RDH is a Professional Education Manager in the Northwest for Philips Oral Healthcare, founder of Lisa Copeland Communication and a clinical dental hygienist. Lisa is a graduate of Broome Community College, NY with twenty-seven years of clinical practice experience. She began her career in the Center for Osseointegration in Washington DC, which specialized in dental implants and prosthetics. She is an active member of the ICOI and ADIA, two organizations dedicated world class education pertaining to dental implants. As an international speaker and educational consultant for over twenty years, Lisa has presented a wide range of topics to audiences throughout the world. After working in Singapore for five years, Lisa relocated to Washington State where she currently resides. Her passions in life include triathlons, cycling, swimming, snowboarding, and travel.
Just Say “Yes” – A Guide to Building a Successful Dental Hygiene Practice

So how do you actually build a business around the oral health care needs in your own community AND earn an income that will support you and your family? This course will open your eyes to the unlimited business potential in your own communities, give you the “big picture” overview of the many facets of operating a successful practice, and guide the first steps of your journey towards being an independent dental hygiene practitioner. Once the basics are demystified, dental hygienists experience an empowering sense of freedom and creativity to put passion into a plan and then into action.

Anita Rodriguez, RDH, BSDH graduated in 1969 from Southern Illinois University and from the University of Washington with her baccalaureate degree in 2005. In 1999, Anita began her community dental hygiene practice focused on elders and adults with special needs, and in 2005 established Kindred Associates, PLLC. In 2007, Anita piloted one of the first senior center dental hygiene programs in the nation. She is a consultant and trainer to dental hygienists in Washington and other states, and holds training classes twice a year. Anita co-founded the Alliance of Dental Hygiene Practitioners - an organization that mentors and supports hygienists with independent community practices. She has presented at local, state and national levels on special needs dental care and options for community dental hygiene practice. Anita is recognized as a state and national leader in the advancement of her profession, and a champion for improving access to oral health care for underserved and forgotten populations.

Legal Issues for Dental Hygienists as Small Business Owners

According to the Small Business Survey, nearly 60% of small businesses experienced significant legal issues within the past two years. Many small business owners choose not to hire a lawyer because they believed it would be less expensive to try to handle these legal issues on their own. Dental hygienists working in independent practice are not immune to these legal challenges. Learn about the most common legal issues that a dental hygienist may experience as a small business owner and how a pre-paid legal plan can provide you with access to legal services. DISCLAIMER: This course will include information about LegalShield, a company that provides access to legal services through a network of provider law firms to members of LegalShield through membership-based participation

Virginia Mattfeld, BSDH, EPDH is the owner of Healthy Smiles Hygiene, LLC, located in Portland, Oregon. She is an alumnus of the dental hygiene program at Portland Community College, and has served on their Advisory Committee since graduating in 2005. Shortly after starting her dental hygiene career, Virginia’s passion for public health inspired her to obtain her Expanded Practice Permit and eventually open her own dental practice. Healthy Smiles Hygiene, LLC provides affordable oral health care services for adults, children and seniors. She is currently pursuing a Master’s Degree at Forsyth School of Dental Hygiene.

Filling the Gap in Oral Health Care for Seniors: Senior Center Dental Hygiene Practices

Where do your senior patients go for their regular dental care after they retire? Without dental insurance, most of them DON’T! In 2007, Washington dental hygienists piloted a new venue in community dental hygiene practices - a first in the nation - providing dental hygiene services in senior centers. Thousands of Washington seniors have received preventive dental hygiene care since 2007. With about 80 of these programs in operation throughout Washington State, these dental hygienists are indeed addressing a growing need in the “silver tsunami” of baby boomers now starting to retire.

Anita Rodriguez, RDH, BSDH graduated in 1969 from Southern Illinois University and from the University of Washington with her baccalaureate degree in 2005. In 1999, Anita began her community dental hygiene practice focused on elders and adults with special needs, and in 2005 established Kindred Associates, PLLC. In 2007, Anita piloted one of the first senior center dental hygiene programs in the nation. She is a consultant and trainer to dental hygienists in Washington and other states, and holds training classes twice a year. Anita co-founded the Alliance of Dental Hygiene Practitioners - an organization that mentors and supports hygienists with independent community practices. She has presented at local, state and national levels on special needs dental care and options for community dental hygiene practice. Anita is
recognized as a state and national leader in the advancement of her profession, and a champion for improving access to oral health care for underserved and forgotten populations.

Course #8    Saturday, May 3rd, 1:30 PM – 4:30 PM

EPDH Providers of Oral Health: Sustainable and Collaborative Workforce Models
ADHA has established seven roles for the dental hygienist. Oregon's Expanded Practice Permit allows dental hygienists the ability to practice within all those roles if they choose. Currently Lori is practicing within six of those seven roles, operating on all cylinders, and having the time of her life! Having attended OROHC, YCOHC, ODHA EPDH conferences, HIIP meetings, Moda conferences and CCO Oregon conferences, she now has something to share. This course will be interactive and will synthesize what she has learned throughout her years working in various clinical settings and workforce models as well as explore:

- transformational health care changes - comparing past models to present and looking to future
- Oregon's EPDH model - how to go about successfully getting collaborative agreements
- "get real" parts of the business - transparent sharing of information
- public health opportunities, examples of CCO's as well as FFS
- Current SB 3650 and 3407 and how they fit into the EPDH model of preventive care
- tips on working with challenging population groups - seniors, disabled and memory impaired

Lori Killen Aus, RDHEP, MA owns Oral Health for Life, LLC, a mobile oral health practice that offers therapy to those who find it difficult to access preventive care. Lori also works with ENDS, and volunteers as the clinical coordinator for the Love INC EPDH dental clinic in Newberg, Oregon. She practices two days a week in a private practice.

The Oregon Dental Hygienists' Association has been accepted by the Oregon Board of Dentistry as an approved provider for continuing education courses to meet the state requirement for obtaining an Expanded Practice Permit (EPP). Please note that continuing education courses that are used to apply for an Expanded Practice Permit must be related to clinical dental hygiene practice or public health.

The continuing education courses offered at this conference are not intended to be used to apply for this permit.