PRESIDENT’S MESSAGE . . .

Nationally and here in Montana, the dental hygiene profession is undergoing metamorphosis! Environmental drivers are demanding change in the way we practice. These demands lead us to consider our state policies and discover how they affect our clinical practice. Which begs us to ask…“What is my role going to be in this metamorphosis?”

Some environmental drivers to consider here in Montana are Medicaid expansion, a growing elderly population and access to care in rural communities. I believe, dental hygienists play a critical role in providing increased access to oral health care professionally and in a cost-effective manner.

Some state policy updates that would allow increased in access to oral health include: the ability to work in all Montana schools without restrictions, implementation of tele-dentistry statutes, and expansion of our scope of practice; to include prescription authority, placement of temporary fillings and Advanced Dental Therapy.

As your president one of my favorite things to do is listen to you! Lately, I’ve had many requests to move MDHA forward in our Scope of Practice. This requires change in state policy. To answer that request, this is what your MDHA Board of Trustees (BOT) is doing for you! The BOT voted unanimously to send a letter to the Montana Board of Dentistry (BOD) Dental Hygiene Committee to request a rule change which would allow Limited Access Permit (LAP) hygienists to provide oral health care in all Montana schools (PreK-12th Grade) without restrictions. This letter will be reviewed by the BOD Dental Hygiene Committee on June 3rd, one week before the general BOD meeting on June 12th. Read the text of the letter at the bottom of this page. BOT members need to know that hygienists, dentists, and invested stakeholders across the state support our proposed rule changes. We will let you know in E-Blasts when we need you to submit letters of support to the BOD. If you have not been receiving our E-Blasts please contact Debbie Porter at montanadha@msn.com or 406-256-7384.

My question to all of you is, “What is your role going to be in regard to this metamorphosis?”

- First, be a professional member of MDHA. Membership numbers matter a lot in the eyes of the lawmakers. If we can say MDHA speaks for the majority of all licensed hygienists in the state, that is impressive. Take advantage of all ADHA and MDHA offers you. If you DO NOT KNOW how to access your Dental Hygiene Journal, ADHA and MDHA Members Only site, LAP guidance and more; reach out and contact your Component Trustee, Debbie Porter, or myself! Be in the KNOW!
- Second, I hope you consider taking an active role in your association. Whether in a small way; being a member and writing a letter of support when needed or in a larger way, by serving on the MDHA Board of Trustees. We appreciate all levels of involvement!
- Third, let your voice be heard. Participate in our next MDHA Mega Issue Discussion during Annual Session in Missoula, September 17-19!

My kids and I were hobby butterfly farmers when we lived in Minnesota. We experienced the metamorphosis from egg stage, to chrysalis, to butterfly. Sometimes a glitch would occur as the kids and I worked on our skills of raising butterflies. However, over time, with persistence, increased knowledge and passion we improved our butterfly birth rates.

I challenge each of you to experience the Dental Hygiene metamorphosis that is going on right now. Together with persistence, increased knowledge and passion we can create change to improve oral health care in Montana!

Thank you for Your Membership, Your Voice, and Your Passion!

Lorie Becker RDH, MS, LAP
MDHA President

Dear Montana Board of Dentistry:

I am writing on behalf of the Montana Dental Hygienists’ Association (MDHA) with a request pertaining to limited access permit (LAP) dental hygienists practicing in public health settings. Specifically, we request a rule addition to allow LAP licensed dental hygienists to provide preventive dental hygiene services in all Montana schools without the prior authorization of the Board of Dentistry (“the board”).

Section 37.4.405 requires a dental hygienist practicing under public health supervision to first obtain a LAP and enables the board to identify additional public health facilities and programs beyond those specified. Per Section 24.138.509, several individual schools have already been designated accordingly and, to our knowledge, no requests have been declined.

Current practice requires a LAP dental hygienist to write a letter to the board requesting a specific school in which they would like to provide services. By designating all Montana schools as public health facilities or programs, the board would eliminate a burdensome administrative barrier to providing oral health services in high need settings.

The MDHA believes the process of requesting individual schools on a case-by-case basis is both unnecessary and time consuming for all parties involved and encumbers the progression of providing care. The MDHA requests a timely review of this matter, and we look forward to a positive response. Thank you for your consideration.

Sincerely,

Lorie Becker, RDH, MS, LAP
President Montana Dental Hygienists’ Association
beckerlorie@gmail.com
A Message from the President-Elect . . .

Learn, Share, Lead

It has been a privilege to work with MDHA’s president, Lori Becker, this past year. Lori has been an inspirational leader who has encouraged me to begin my work with long-term care (LTC) facilities. I now work 2 days a week in LTC facilities using my Limited Access Permit (LAP) in Missoula and surrounding counties. Each LTC facility that I work at is managed differently, just like each dental office that we work in. However, there are a few aspects I have found that are the same at each facility. I have found the staff to be kind, caring, compassionate and hard working. I have also found a profound lack of preventative dental hygiene care for the young disabled and elderly residents. The staff members that are given the task of caring for each resident are seldom ever provided hands on training on proper dental care, including how to brush a resident’s teeth. Most staff members are also not aware of the relationship between a lack of daily oral care and health related medical problems, including aspiration pneumonia. I have recently began providing dental hygiene education in-services to new nursing assistants. Teaching them how to properly provide oral care, often to an unwilling resident, is challenging and can be a bit frustrating for them. I am encouraged as I have already had some positive feedback from staff that they are now utilizing the information and techniques I taught them in their work with residents.

As you can imagine the unique skills and experiences of a dental hygienist is a great asset in these facilities. I dream that one day every LTC facility contracts with an LAP trained dental hygienist to provide the needed staff training and direct patient services that their residents deserve. I believe a dental hygienist needs to be part of the professional health care team at these facilities along with the nurses, social workers and therapists already working there. I look forward to the possibility of improving dental care for everyone in our communities, not just the ones that can access the traditional dental office. I believe, as dental hygienists we are in a unique position to make an important contribution to the health of our communities. Let’s foster collaboration and build spirited teams of health care providers all working toward the same goal of a healthier individual. We should be an integral part of each health care team providing dental health knowledge, support and leadership. Leadership starts with a burning passion within us and is then passed on to others. I know there are many of you that are as passionate about educating the public on the importance of oral health as I am. Join me and be a leader with the Montana Dental Hygienists’ Association. Like the African proverb says; “If you want to go fast, go alone, if you want to go far, go together.”

Come and join MDHA and share in the successes that are happening in our state. Be a leader and share your knowledge and unique skills with the citizens of Montana. As a powerful group of individuals we will support and inspire each other to reach our full potential.

Contact me for positions available on the MDHA Board.

Heidi Halvorsen , RDH, BSDH, LAP
MDHA President Elect
ADHA/MDHA Membership
REACHING OUT TO ALL GRADUATES!

Now is the time to change your student membership to Professional Membership with ADHA! Professional Membership enables ADHA to bring you the resources to expand your professional potential and further your success! ADHA (the American Dental Hygienists’ Association) is the largest national organization representing the professional interest of dental hygienists. This means that ADHA is working to promote and protect YOUR profession. You will have access to great benefits and the opportunity to have your voice heard!

Key features of being a member:
- You are a professional member of your local component and state entity – MDHA!!
- You automatically receive a discount towards required continuing education.
- You receive a subscription to the Journal of Dental Hygiene and Access magazines to help you make evidence-based decisions and keep you informed of the latest technology related to Dental Hygiene.
- You are eligible to receive discounts on professional and personal services nationwide.
- You have the opportunity to hold office in MDHA or serve on the Board of Trustees and House of Delegates with ADHA.

BECOME A PROFESSIONAL MEMBER BY UPDATING ADHA WITH YOUR LICENSE NUMBER, IT’S THAT EASY!

If you are a current Student Member, transitioning to the Professional Membership is FREE!

Transitioning Membership: Visit ADHA’s website at www.adha.org. Select the Member Login button at the top of the page or “Graduates: Transition Now” in the center column. Enter Login and Password information, and follow the remaining prompts. You may also contact ADHA at 312-440-8900 and press 1 for Membership or email: Student.Relations@adha.net. When your membership is up for renewal the following year, you will receive information on how to continue your membership and payment options at that time.

ADHA/MDHA has made it easy to pay for membership through a Quarterly Payment Plan (QPP). The dues average $54.25 each quarter. Any existing member or non-member may join the quarterly payment plan at any time by contacting ADHA Membership Services at: (312) 440-8900 and pressing 1. You may also pay for your membership by:
- Completing an application and mail it with a check or credit card information to ADHA. Please make check payable to ADHA. Mailing Address: 444 N Michigan Ave, Suite 3400, Chicago, IL 60611  http://www.adha.org/downloads/ADHA_member_application.pdf
- Log into your ADHA membership account to pay your annual dues.
- Telephone ADHA at: (312) 440-8900 to pay by credit card.
- Use the renewal slip in your “Dues” mailing.

FOR CURRENT MEMBERS: Please help us by making sure your membership information is accurate and current, (addresses, phone numbers, e-mails) by contacting MDHA’s Communication Center at montanadha@msn.com or (406) 256-7384 to update your information.

Brittney Hendricks, RDH & Tracy Hull, RDH
Membership Co-Chairs
SPEND SOME TIME THIS SUMMER IN FLATHEAD WHILE GETTING PAID

The Montana Migrant & Seasonal Farmworker Council is looking for dental hygienists’ to work at the Flathead Lake Dental Mobile Unit starting around July 18th. The exact dates depend on the time of cherry picking. The Migrant Dental Mobile is 4 years old and has 2 dental chairs. The mobile unit is lovely to work in and the Flathead area is a spectacular place to be in July. The Migrant Council pays each dental hygienist $26/hour. It is possible that they might have a house provided to stay at but you will need to provide your own food. The day starts around 10:00 am and lasts till 5-7 pm depending on the need for services.

The average yearly income of these families is under $10,000, and most have no insurance. Some come from other states in the hopes of finding work picking cherries, while others have lived here all their lives. Most of the adults speak Spanish with the younger children interpreting for them.

I worked two days on the mobile unit the last couple of years and it is extremely rewarding. The ultrasonic unit was great and the staff was very helpful. The Migrant workers were very very appreciative of our services.

I would encourage anyone who wants a cultural dental experience to sign up with Vicki Thuesen, NP (v.thuesen@mtmigrantcouncil.org, cell: 406-531-9050). They are always in need of dental hygienists’ and dentists.

Adios,
Heidi Halverson, RDH  406-550-4482  hlhmontana@aol.com

A Snapshot of WIC’s Oral Health

This has been a very busy three months! In January, an oral health survey was sent via E-mail with a link to Survey Monkey™ to 26 WIC clinics across the state of Montana. The objective of the survey was to assess oral health education practices and identify needs in oral health counseling and available resources. One competent professional authority or registered dietician per clinic was invited to take the survey. The survey results were valuable in planning oral health education at the WIC annual conference April 7th, 2015. Some of the key findings included:

- Just under 80% of respondents had no prior training in dental health/oral health counseling.
- Mother to child transmission of bacteria through sharing behaviors (cups, silverware, etc.) rated low (11%) as an important discussion topic to evaluate WIC clients’ oral health status and need for a dental referral. Oral hygiene habits and dental pain/problems ranked the highest.
- Available oral health resource needs were identified:
  - Over 30% did not identify having oral/dental health pamphlets or materials for distribution
  - Over 80% did not identify having a resource sheet or website for dental related questions from their clients
  - Under half of the respondents directed their clients to online resources for health information

On April 7th Tonette Hollingsworth, the Oral Health Program Coordinator for the Department of Health and Human Services, and myself provided oral health training at the WIC annual conference. Caries risk factors, protective factors and visual assessment were the emphasis of Tonette's presentation, which was especially effective in demonstrating the infectious, cariogenic, and virulent, properties of the bacteria that causes dental decay. I provided a summary of the WIC survey results and links to many available oral health resources based on the identified needs.

If you missed the Limited Access Permit (LAP) meeting at MDHA Spring CE. Tonette provided a prerecorded presentation on current Montana oral health data that provided very valuable information that illustrates the continued oral health needs in our state.

We encourage everyone to apply for a LAP and get involved in public oral health activities including school screenings, sealant programs, and collaborating to create oral health programs that can be applied to a variety of health care settings. Hygienists’ across the state are beginning to work with their local WIC clinics! These hygienists are pioneers that will move our profession forward and help create access to oral health education and care.

Sarah Leichner, RDH, BS, CHES
Montana Public Health Chair

MDHA 2015-2016 Calendar

<table>
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<th>Event</th>
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<tr>
<td>June 3, 2015</td>
<td>DH Committee BOD Meeting, Helena</td>
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<td>June 12, 2015</td>
<td>Board of Dentistry Meeting, Helena</td>
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<td>June 12 - 14, 2015</td>
<td>WREB Exam, Great Falls</td>
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<td>June 20 - 22, 2015</td>
<td>ADHA Annual Session, Nashville, TN</td>
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<tr>
<td>September 17-19, 2015</td>
<td>MDHA Annual Session, Missoula</td>
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<td>September 25, 2015</td>
<td>Board of Dentistry Meeting, Helena</td>
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<tr>
<td>October 16-18, 2015</td>
<td>MDHA BOT Retreat</td>
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<td>December 11, 2015</td>
<td>Board of Dentistry Meeting, Helena</td>
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<td>January 2016</td>
<td>MDHA BOT Meeting, Helena</td>
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<td>February</td>
<td>Children’s’ Dental Health Month</td>
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<td>March 18, 2016</td>
<td>Board of Dentistry Meeting, Helena</td>
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<tr>
<td>April 1, 2016</td>
<td>Spring CE, Fairmont Hot Springs, MT</td>
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<td>April 2, 2016</td>
<td>LAP Workshop</td>
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CONGRATULATIONS
Suzie Rogge, RDH

Suzie was chosen from a list of ADHA members in Montana to receive a free XP technology no sharpen instrument from American Eagle Instruments. American Eagle Instruments supports all dental hygienists’ but wants to recognize dental hygienists’ who support their outstanding professional association. ADHA’s mission is to advance the art and science of dental hygiene, and to promote the highest standards of education and practice in the profession.

To learn more about American Eagle’s patented no sharpen XP Technology go to their website: www.am-eagle.com

Thank you Suzie for supporting your association and thank you American Eagle Instruments for supporting dental hygienists in Montana!

SPEAKERS and TOPICS

Thursday
Carol Jahn, RDH, MS – Love it, Don’t Leave it. Having a Happy, Healthy, Career

Friday

Saturday
Tom Viola R.Ph., C.C.P. – Chamber of Medication Secrets – What your patients don’t know or aren’t telling you about what’s in their medicine cabinet.

Thank you Crystal Spring, RDH for a great event! We really learned a lot from Eva’s story.

“How do I Sign in on the MDHA Members Only page?”

User name: is your ADHA membership number.
Password: is the first 3 letters of your last name, the your ADHA number again with no space between.

You may change those once you are in the system. This is where you will find the MDHA Directory. This is a complete list of all hygienists living/practicing in Montana.

2015 MDHA Spring CE & LAP Workshop

Thank you Crystal Spring, RDH for a great event! We really learned a lot from Eva’s story.

Next year we will be back at Fairmont
April 1 & 2, 2016
What’s Happening in Montana?

Billings Happy Spring! The Billings Component is taking a break from CE meetings for the summer. We will start up with some meetings/events again in the fall. We had a nice time touring Dr. Brewer’s new Pedo/Ortho office in Billings. We also greatly appreciated Dr. Amy Fuller providing us with Implant and Periodontal education a few times this year. (Great snacks and wine too) Please, don’t hesitate to email me ideas of topics or events you would like to do as a component. I’m always up for suggestions for volunteer activities, social events or good speakers!

I want to remind everyone that Annual Session 2016 will be held in Billings. We want to make this a fun and educational meeting. If you are able to help with this meeting in any way, please do so. It takes time to put these meetings on every year to provide us with our necessary continuing education. So, let’s join together in our component and make a great meeting!!

Have a great Summer and Thanks for what you all do for our Profession!

Suzie Rogge, RDH BS suzie@smtp.com Billings Component Trustee

Bozeman In January local hygienists volunteered services at Bozeman Project Homeless Connect. We hosted and participated in a Red Cross Blood Drive and Cardiology CE in February. In March we had a speaker on Kinesiology and a CE on Bladder Health was offered in association with Adult ED in April.

Rebecca Anderson, RDH, LAP
Erica Gerard, RDH
Bozeman Component Co-Trustees

Butte Our next Butte Component meeting will be May 28th at 7:00pm. The meeting will be at Dr. Walters office, 25 Discovery Drive, Butte MT. Please RSVP to amberjohnson2543@hotmail.com

We also have a class coming up on June 13th. Robin Cox will be presenting on Advanced Periodontics. Due to the hands on portion of this class it is capped at 14 participants and is full. Thank you everyone that signed up and Dr. Walters for sponsoring this full day of free CE!

Thanks to everyone who is getting involved in our component.

Jo Persons, RDH jopersons@gmail.com
Amber Johnson, RDH amberjohnson2543@hotmail.com

Helena The Helena Component has had a fun and educational year. In November, we were lucky enough help out with Special Olympics here in Helena. Thank you Crystal Spring for all the hard work you do for Special Olympics! We had our annual Christmas ornament gift exchange party in December and also collected and donated oral health aids for Montana Supporting Soldiers throughout the year. In February, our component visited several classrooms and preschools for Children’s Dental Health Month. At our latest component meeting, Rachael Jobes, DPT showed us several physical therapy exercises for our backs and necks and 1 CE was offered to those who attended.

For all you Helena area hygienists, be checking you emails for details on upcoming meetings and events! If you are new to the area or not receiving our emails please contact us.

Amy Eikomstead, RDH aeikomstead@gmail.com
Cara Reck, RDH cara.reck@gmail.com
MDHA Helena Co-Trustees

Kalispell Alisha Moberley, RDH moberley_a@hotmail.com
MDHA Kalispell Trustee

Missoula Happy Spring from the Missoula Component! Since our last newsletter we started out the year with several hygienists participating in Missoula’s Annual Project Homeless Connect, offering dental screenings, cleanings and oral hygiene instruction to those in need. In February a 1 credit CE was given by a local chiropractor, Dr. Josh Marston, who discussed workstation ergonomics and exercises titled “Keep Fit While You Sit”. Then, for February’s National Children’s Dental Month, Give Kids a Smile Day was hosted at several local offices where local hygienists’ helped provide dental screenings and care for children. Local meetings continue for planning an exciting Annual Session in Missoula, September 17-19, 2015!

Continue to watch for e-mails on upcoming events. If there are any questions, comments or ideas, please feel free to contact us by email or phone. We look forward to seeing you all soon!

Jenny Hawthorne, RDH jmms6181@hotmail.com 406.533.8575
Jolynn Orth, RDH jolynnorth@yahoo.com 406.207.1916
MDHA Missoula Co-Trustees

Glendive If you are in the Glendive area and are interested in getting together with other hygienists for CE and/social events please contact Erin Kuehn, RDH pekuehn@midrivers.com

S Madison Congratulations to the Great Falls College-MSU Class of 2015. Amber Taylor, graduating Senior student, was awarded the MDHA Membership Award, recognizing her involvement in her professional association. MDHA provides her first year of ADHA/MDHA Membership. Cassie Woosley, was the recipient of the Lorrie Merrick Scholarship. Congratulations and stay involved!
LIMITED ACCESS PERMIT NEWS

I believe most of you are familiar with the term LAP (Limited Access Permit) hygienists. MDHA is dedicated to supporting hygienists who choose to utilize the LAP, to that end MDHA has added a LAP liaison to the state board. Likewise, the board has offered networking session during Annual Session, provide LAP links on the MDHA web site, and LAP training during spring CE. In my opinion, networking is the most advantageous means for a LAP practice to develop and grow. Each meeting I attend there are new suggestions on how to provide services to facilities, solidifying that this is a dynamic process, different for each person. Advice to those thinking about this option, take baby steps (one at a time) and before you know it you have a LAP program. Plan to attend all LAP training when ever offered and network with trail blazers.

I have been visiting with a hygienists from Butte who is ready to step into the LAP world soon. Susan Kavon, from Plentywood went, in 4 short weeks, from "I'm not sure if this will work" to "I have seen 9 patients, and have more on the list". See her story on this page to the right. It is a bold step to branch out, but we are seeing more hygienists taking the challenge of autonomous practice.

On a larger stage, we have a goal to inform the public, legislators, and partnership groups about what LAP hygiene means. A pamphlet has been distributed to legislators in January 2015 during "Lobby Day". The pamphlet explained what hygiene services can be offered under the LAP law. The Ombudsman group, who advocated for residents in nursing homes, have given LAP hygiene their endorsement which will be noted in the pamphlet. Collaboration such as this help to strengthen LAP hygiene.

If you are interested in shadowing an active LAP hygienists send an email to MDHA. We will connect you with someone who is close (wit in a few hours) to you. Shadowing is very effective approach to understanding what is involved.

Kim Dunlap, RDH, BS, LAP

 Bachelor Degree Completion

Montana State University Billings (MSUB) is pleased to offer the Bachelor of Applied Science with a Thematic Concentration in Dental Hygiene this Fall 2015. Dental Hygienists who have completed a Bachelor of Applied Science in Dental Hygiene from institutions accredited by the Commission on Dental Accreditation of the American Dental Association are eligible for this program. The program is 100% online and offered in both a part-time and full-time course load structure.

Students receive direct advising assistance throughout the entirety of the degree and have opportunities to complete courses in Health Administration, Business and Communication studies to supplement the five upper-division Dental Hygiene courses. Students who are interested in learning more should contact Maddie Felts, New Student Specialist with MSUB at (406) 657-1741. Personalized assistance will be provided to students to expedite the process of applying to MSUB and getting registered for courses. This is the only program of its kind being offered in Montana right now, so don’t miss out on this continuing education opportunity!  

RURAL MONTANA BENEFITS FROM LAP HYGIENISTS

I worked in private practice for Dr. Tom Lidahl for 31 years. He sold the practice in 2011 and one year later I was without a job. Obtaining my Limited Access Permit had always been on my radar, but I had not pursued it because I was as busy as I wanted to be with my job at Sheridan Dental Clinic in Plentywood. At the 2013 MDHA Annual Session, I began networking with other hygienists who were embarking on LAP career moves and I quickly realized that I wanted to do the same. In the spring of 2014, I attended the LAP workshop at Fairmont offered by MDHA. I was very inspired to roll up my sleeves and get going on this great opportunity to serve a population that seems to have so many limitations to hygiene services. One thing that really stood out in my mind, as I was driving the long road home to Plentywood, was when Heidi Halvorson spoke to us about her experience of getting started with her own business in Missoula. She did not mince words, she admitted that it was hard because there were many steps to take in order to get the necessary paperwork in place, but the one thing she stressed was “every single one of you in this room can do this!”. Those words rang in my head over and over and I was determined to become an LAP hygienist.

Within a few months, after obtaining the additional CE’s that I needed, I applied for my license and was beyond thrilled when an email came with my new license listing my LAP endorsement. What a thrill that was! I think bells and whistles were going off in my head, and I couldn’t stop smiling!

Over the summer, I began looking into equipment, supplies and so many things that would be needed to get started in this new adventure. Finally, I wrote letters of introduction to nursing homes and other facilities in a three county area of NE Montana. It wasn’t long before the first nursing home contacted me to begin seeing patients.

My business is called Dental Pro on the Go and I have been providing services in Culbertson and Plentywood at three facilities. Before long, I hope to also begin in several other locations. I am so thrilled to be able to reconnect with many of the people who were my patients in private practice over the years, and they are genuinely happy to see me, too. There is a need to dovetail hygiene services with the WIC program, so I am working on a plan to implement dental care for children who receive WIC benefits.

I feel privileged to have a great support group with other LAP hygienists across Montana; without them, I am sure I would be floundering around trying to figure out what to do next. I can’t thank them enough! This is an exciting time for MDHA, and I am very proud to have been a member for over 35 years! I encourage other hygienists to “drink the kool-aid”, obtain your LAP and share your hygiene skills with people in non-traditional settings who desperately need dental care.

Susan Kavon, RDH, LAP
The mission of the Montana Dental Hygienists’ Association is to advance the art and science of dental hygiene by improving the public’s total health through: ensuring access to quality oral health care, awareness of cost effective benefits of prevention, promotion of the highest standards of dental hygiene education, licensure, practice and research; and provide representation, promotion, and preservation of the interests of dental hygienists.