



Maryland

Dental Hygienists' Association

Newsletter

Winter 2020

President's Pen

Happy Spring in January!

Allow me to introduce myself. My name is Dr. Joy D. Void-Holmes, and I am your current Maryland Dental Hygienists' Association President. It has certainly been a busy few months as President and I am looking forward to leading some of the exciting changes we have in store for our members.

Speaking of change, I want to use this newsletter to share with you my message I delivered to the board upon my acceptance as President for MDHA. With this message, there are three key areas I would like us, both as individuals and as an organization, to focus on in the coming months: Diversity of Culture, Diversity of Thought, Diversity of Action

First, I want us to focus on cultural diversity. As a country, we are more culturally and racially diverse than ever before, and there is no excuse for why our organization should not reflect that reality at every level. I challenge each of you to examine what you are doing to increase diversity in your component. Diversity is not just skin-deep. Consider not just the race or ethnicity of your component members, but their backgrounds, experiences and perspectives. As leaders and members of MDHA, it is your responsibility to help create an organization that represents the rich, diverse, unique world in which we live so we are better able to attract new members as they enter our profession.

Did you know the ADHA did not allow people of color to become members until the 1960s? I'm willing to bet most of you know someone that was alive during that time. That era was truly not that long ago, no matter how we may try to conceive of it as a far-off time. That being said, it is time for us at the state and component level to reach out to those who don't look, think or experience the world like us and encourage them

to become members of our professional organization and welcome them with open arms without any prejudice, bias or preconceived notions.

Second, I want us to consciously embrace diversity of thought. In any professional organization, members are called to think together, not alike. Diversity of thought goes beyond the affirmation of equality—simply recognizing differences and responding to them. It means realizing the full potential of people, and in turn the organization, by acknowledging and appreciating the potential promise of each person's unique perspective and different way of thinking

Instead of asking members to think the same, encourage lively debate and discussion around problems and proposed solutions. By acknowledging our individual ideas, perspectives and lives, we gain an enhanced capacity for problem-solving and creative thinking.

Finally, I urge you to engage in diversity of action. Membership is down at a time when we need support to push our legislative and to continue to build awareness of our role as a health care profession that should be fully autonomous. We must turn to the creative problem-solving skills of our entire organization to brainstorm ways to increase our membership and enact positive change across the board.

I want to challenge you to think of what we can do to change. It would be irresponsible of me as your leader to not empower you to search for ways we can change how we operate and serve our members. I'm reminded of a quote by Ashley Rice which, while directly about women, can apply to anyone regardless of race, age, orientation or gender:

There are women who make things better simply by showing up. There are women who make things happen. There are women who make their way. There are women who make a difference. And women who make us smile. There are women of wit and wisdom - who through strength and courage - make it through. There are women who change the world everyday WOMEN LIKE YOU."

Two of my former students framed that quote for me a few years ago. When I find myself feeling overwhelmed or underappreciated, I recall these words. I hope it reminds you of what it helps me remember: I am capable of affecting change. And so are you.



Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH
MDHA President 2019 - 2020
Diversity of Culture, Diversity of Thought, Diversity of Action

Spring Scientific Session: March 27-28, 2020



We're looking forward to SPRING! How about you?

**Join us at the 2020 MDHA Spring Scientific Session!
Registration is OPEN!**

Click to register:
[2020 MDHA Spring Session Registration](#)

CE

2020 Session Highlights:

- NEW Location: **College Park Marriott Hotel & Conference Center**
- **Course on Infection Control!**
- Great Speakers!
 - Michelle Singley, EdM, RDH
 - Dr. Roy Shelburne
 - Dr. Joy Void-Holmes, BSDH, MHSc, RDH, AADH
 - India Chance
 - Patti DiGangi
 - Claire Jeong

Membership Update

Some of you may be wondering why you have been receiving renewal notices for your ADHA membership as early as December 2019. Did you know that ADHA changed their renewal cycle and they no longer have summer and winter cycle dues? With that being said

IT'S TIME TO RENEW YOUR MEMBERSHIP



There are over 3000 registered dental hygienists in the state of Maryland, yet we only have 568 active members in the association. As you will read below in our legislative update, Maryland has been BUSY! In order for us to continue to see success with our legislative initiatives, we need your support. Any bill that passes will benefit all 3000 Maryland hygienists.

Let's show the rest of the ADHA our strength in numbers! Not only should we ALL belong to the association serving our industry, but, by doing so, you might even win some prizes. Check this out.

ADHA We will be giving away 4 pairs of Apple Airpods and anyone who renews

by February 14th will be entered to win. This will include anyone who has renewed through the entire cycle. Below is a list of current ADHA recruitment offers:

- * **All renewals by Feb. 14th will be entered in drawing for Apple AirPods.**
- * **ADHA is offering new members 20% off national dues if they join by February 29th using promo code "FB20"**
- * **ADHA is extending the 20% offer to recent graduates joining as a professional member but they need to give ADHA a call at 312-440-8900 in order to receive the discount.**



Legislative Update



The 2020 legislative session has begun!

Our MDHA legislative committee started strategically planning last August to prepare for an earlier start this session. Since last Fall members of the committee have been active in a variety of ways. Myself and Deb Cartee have attended political fundraisers to gain support for our agenda, create a presence with legislators and

groups not familiar with our organization and reach out to show support for those we maintain a working relationship with. In response to the kind invitations, we have also attended component meetings to provide legislative updates and answer questions. We thank you all for your generous PAC fundraising efforts at these meetings and your kindness in allowing our student members free admission to your continuing education courses. Our student members are our future and they deserve our support and encouragement.

Continuing our work with our lobbying firm, Harris, Jones and Malone, LLC., they arrange weekly conference calls and provide weekly spreadsheets tracking the bills we as professionals would be interested in supporting or

opposing. Most recently, on behalf of MDHA and MDAC, our President Dr. Joy Void Holmes, provided testimony in support of HB15 - Student Health - Certificate of Health. Not only giving testimony in support of legislation that mandates children are cared for, but she included her dental hygiene students in her advocacy efforts, leading by example.

HB15 - Requiring, beginning in the 2022-2023 school year, each student enrolled in a public elementary or secondary school in the State to submit a certificate of dental health to the school on a schedule established by the Department; and requiring the State Department of Education, in consultation with the Maryland Department of Health, to adopt certain regulations and to develop and disseminate a standard form for a certificate of dental health to county boards of education and certain parents and guardians.

Our immediate past president, Jennifer Suminski coordinated a meeting with the Maryland Pharmacists Association to discuss our prescriptive authority bill, address their concerns and ask for their support.

Jennifer and I, along with our lobbyist met with the Maryland Department of Health to explore the option of dental hygienists becoming Medicaid reimbursed providers. This process is proving to be a difficult one, but we will press on and provide updates as they come.

A concern for the oral systemic link and diabetes has been a passion for many in our organization. This is a disease that hits home for me personally and our immediate past President, past legislative Chair and dedicated committee member, Jennifer Suminski, provides continuing education on the subject. The need for understanding and screening for this disease is crucial. After communicating directly with Dental Hygiene Committee members, they took a request to the entire board for a vote and effective December 2019, the Maryland State Board of Dental Examiners added "Glucose Monitoring" to our procedure list. This allows a dental hygienist, who works in an office with a CLIA waiver to perform blood glucose testing under the general supervision of a dentist. The goal is to screen patients at risk and refer them to their primary care doctor or endocrinologist for formal diagnosis and maintain a superior level of inter professional care for our citizens.

****Glucose Monitoring: May be performed by a dental hygienist in a private dental office under the general supervision of a dentist once the dental hygienist has been properly trained. Results must be provided to the supervising dentist who must make the final diagnosis.*"

CLIA WAIVER - Preliminary Requirements for Glucose Monitoring by Dental Hygienists A Maryland State Compliance Application and a Clinical Laboratory Improvement Amendments (CLIA) Application for Certification must first be submitted to the Maryland Office of Health Care Quality by the owner/director of the dental office, and approved before testing is performed by either a dentist or a dental hygienist. There is a fee associated with the CLIA application. Waived testing, such as glucose monitoring by glucometer, is testing that employs specific test methods designated under the CLIA of the Food and Drug Administration as "Waived." Sites performing only waived testing must have a CLIA certificate of waiver and follow the manufacturer's instructions; other CLIA requirements do not apply to these testing

sites. Access the applications by visiting www.health.maryland.gov/ohcq>Programs>Laboratories>Licensure> where you will see the subcategory "Initial Laboratory License."

In December committee members attended the MSDA annual round table meeting. There were multiple groups in attendance including MDHA, MSDA, MDAC, UMD School of Dentistry, representatives from the orthodontic association and the Dental Assistant Association. There was open discussion regarding legislative agendas and potential for a CDHC program.

Following up at the January MSDA meeting, we attended a continuing education course given by Jane Grover, ADA Director of the Council on Advocacy for Access and Prevention. The course included information on the CDHC program and functions of a CDHC in public health. A CDHC is a Community Dental Health Coordinator. THE CDHC is a patient care manager that coordinates "case management, navigation, oral health duration and promotion, motivational interviewing, and community mapping among other things." This is an educational program suitable for a dental staff member with clinical experience, a licensed assistant or dental hygienist, as their understanding of dental procedures is necessary to assist in guiding patients where they can seek treatment and facilitating patient understanding of the recommended care.

In addition we learned that there is a narrow window of time to apply to be a Maryland State Healthcare worker before they change the requirements. many of you may have received the email with the grandfathered application attached. I encourage you to look it over and those interested in working outside of the traditional operator, consider applying for this public health certification.

Last but not least, our bill this year, HB0749 Health Occupations - Dental Hygienists - Authority to Prescribe and Administer Medications.

HB0749 - Authorizing a dental hygienist who complies with certain provisions of the Act to prescribe certain types of prescription or over-the-counter fluoride preparations, topical antimicrobial oral rinses, and up to a 600 mg dose of ibuprofen every 6 hours for 3 days; prohibiting a dental hygienist from prescribing certain drugs; authorizing a dental hygienist who complies with certain provisions of the Act to administer medication under a certain standing order and if the dental hygienist includes certain information in the patient's record; etc.

I encourage all of you to take the time to read over the bill and reach out to your legislators asking for their support. We will provide updates as to bill hearings when they are scheduled and the results that follow.

We are grateful to have Delegate Nic Kipke to sponsor our bill once again this year! And much thanks to our co-sponsors Delegates Bagnall, Cullison, Kelly and Krebs. These individuals have been champions for public health and supportive of groups who help their communities.

This year, thanks to the communication and efforts of Dr. Charles Doring, our committee has worked with the MSDA on the language of our bill. They've provided suggestions, recommended edits and helpful additions to our HB0749. We are pleased to have the support of the MSDA throughout this process and hope

to continue to work together in upcoming sessions. These bills and related details can be viewed on the Maryland General Assembly website: <http://mgaleg.maryland.gov/mgawebsite>.

Our MDHA legislative committee members are working to move our profession forward and we are hopeful for a successful legislative session. I extend my thanks to all MDHA members for your appreciation and words of encouragement.

Sincerely,
Suzy Burgee, RDH, BS
MDHA Legislative Chair
sburgeerdhbs@gmail.com

Student Corner

It's Hygienic Competition - February 29, 2020 from 9:00am - 3pm at Howard Community College

Bertha Morgan Scholarship

Deadline to apply: February 29, 2020

Application: <http://www.mymdha.com/Bertha-Morgan-Scholarship-Application-2020.pdf>

Student Delegate to ADHA:

https://www.adha.org/resources-docs/7314_Student_Delegate_Application.pdf



MDHA Symbol of Excellence Award

The Maryland Dental Hygienists' Association is pleased to announce the open call for nominations for the Symbol of Excellence Award. The award was created to recognize those members who have provided exemplary service to MDHA and its components.

[Click Here for the Nomination Form](#)

ADHA IOH Fundraiser!

Help MDHA raise money for ADHA's Institute of Oral Health by purchasing one of the beautiful Rustic Cuff bracelets featured below. Shipping options are available!

[Click here to order your bracelet today!](#)



MDHA Well-being Committee

1-800-974-0068

mdhaweell-being.org



Managing Negativity

Many work environments have at least that one **NEGATIVE PERSON** whose only way of communicating is through a string of complaints. Relentless negativity tears away at our resiliency and ability to ignore the behavior. While we cannot change the way other people behave, we can change the way we react. Below are suggestions which may help you manage our own responses to negative communication and limit its impact.

Don't Take it Personally

Negative individuals tend to find something wrong in almost every situation. Being negative may also be one's main way to engage or connect with others. Negativity is sometimes correlated with self-esteem and inter-generational communication patterns. A person who chronically finds problems with other people may truly be unhappy with themselves and/or demonstrating the strong influences of familial communication.

"You" and "I"

Replace "you" statements with "I" statements. People feel attacked when their behavior is directly pointed out. Feeling attacked causes the person to become defensive and may create unnecessary conflict. For example, instead of "You always complain about working with her, and it gets old." try "I feel uncomfortable when people discuss their feelings about our co-workers with me."

Make it a Challenge

Try to say something like "We always seem to have something to talk about, but it is usually negative. Let's only talk about cheerful situations today." Beginning with a positive comment increases the probability your listener will be receptive. Giving feedback in this manner may also allow you to point out the negative tone of conversation of which the complainer maybe unaware.

Offer or Seek Assistance from Your AFA EAP

Allowing a person to bombard you with their negativity may actually reinforce that behavior. Everyone manages some negativity in their lives. It is important for your own mental health to limit the accumulation of others' issues. If someone is clearly struggling, remind her/him that the Maryland Dental Hygiene Well-Being Committee offers free and confidential assistance. Say something like "You know

it sounds like it might be helpful for you to give our Well-Being Committee a call. I think they might be a good listener and resource for you." Then, give them our toll free help-line (1-800-974-0068).

Remember, the Well-Being Committee is also available to you to help you maintain your resiliency in dealing with negativity. It also serves dental assistants.

Monthly support meetings:

Date and Time:

Meetings are held the second Monday of every month from 7:30pm - 8:30pm

Location:

Kahler Hall

5440 Old Tucker Row, Columbia MD 21044

We share thoughts and ideas with peers to help them work through difficult issues.

Important Dates

March 27-28, 2020 - MDHA Spring Session, Hyattsville, MD
June 12-14, 2020 - ADHA's Annual Conference, New Orleans
October 16-18, 2020 - MDHA Annual Session, Hunt Valley, MD
March 19-20, 2021 - MDHA Spring Session
October 22-24, 2021 - MDHA Annual Session



