



## Monterey Bay Dental Hygienists' Association Newsletter

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FALL 2009

### MBDHA BOARD MEETING is OCT. 20

The next board meeting is October 20th at Patricia Anderson's home at 6:30.



Everyone is invited to attend!  
**We need your input. We need your energy. We need your ideas.**  
Please Please Please come. We need YOU.  
Call or email for information and directions.

[Patricia Anderson](#) : 684-0952

### MBDHA CALENDAR

October 2009

Oct 17: BLS for Health Care Professionals is available via Cabrillo Extension. The course will be held from 9-1 and will provide CE units.  
Oct 30: Lunch & Learn CDHA President @ Cabrillo.

November 2009

December 2009

January 2010



New CE course scheduled on Jan. 23, 2010 with Michelle Hurlbutt titled, "New Age Patient Care: Natural Products and Oral Health." This CE course will be held at Green Valley Grill in Watsonville and will include a continental breakfast.

[Download Flyer Here!](#)

### HEALTH MESSAGE from CDHA: H1N1

GLENDALE, Calif. (Oct. 6, 2009) - In keeping with the global effort to limit the spread of the Swine Flu, the California Dental Hygienists' Association (CDHA) issued a list today of simple ways patients and oral health professionals can prevent catching and spreading the disease.

"It's critical that the public sees the link between oral health and flu prevention because the H1N1 virus spreads through the respiratory system and mouth," said CDHA president, Daphne Von Essen. "The primary infection control goal is to prevent transmission of disease - that begins with the mouth."

Most people may not realize how important it is to avoid sharing toothbrushes or allowing them to have contact with one another in the bathroom, she said.

"This is especially true if a family member contracts the flu," said Von Essen. "We recommend people throw out their old toothbrushes and get new ones if they are either sick or getting over the flu."

A second important reminder is to observe proper respiratory hygiene/cough etiquette. The Centers for Disease Control is recommending people cough directly into a tissue, shirtsleeve or elbow rather than by covering their mouths with their hands. Always wash hands afterwards and frequently throughout the day.

For dental hygienists, assistants and dentists, the CDHA recommends the following infection control measures during patient assessment:

- Patients with an acute respiratory illness should be sent home or placed in a single-patient room with the door kept closed.
- Offer a disposable surgical mask to persons who are coughing or provide tissues and a no-touch receptacle for disposal of used tissues.
- The ill person should wear a surgical mask when outside of the patient room.
- Dental Healthcare Personnel assessing a patient with influenza like illness should wear disposable surgical facemask, non-sterile gloves, gown, and eye protection (e.g., goggles) to prevent direct skin and conjunctival exposure.
- Check the following web site on a regular basis as recommendations may change as additional information becomes available:  
[http://www.cdc.gov/swineflu/guidelines\\_infection\\_control.htm](http://www.cdc.gov/swineflu/guidelines_infection_control.htm)
- Patient and dental healthcare workers should perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic hand wash) before and after having contact with respiratory secretions and contaminated objects/materials.
- Routine cleaning and disinfection strategies used during influenza seasons can be applied to the environmental management of swine influenza. More information can be found at  
[http://www.cdc.gov/ncidod/dhqp/gl\\_environmentinfection.html](http://www.cdc.gov/ncidod/dhqp/gl_environmentinfection.html).

"This is a serious flu but with proper steps and education, dental healthcare professionals and their patients can help prevent the spread of H1N1," said Von Essen. For more information, visit [www.cdha.org](http://www.cdha.org).

## COMMUNITY HEALTH REPORT

### [Kathy Siqueiros, RDH](#)

Dientes does not have enough patients at this time for "Give Kids a Smile Day" so our volunteer services will not be needed in October; however, they would like us to keep them in mind for February. The contact person is Karen Wolters (831) 464-5418 [karen@dientes.org](mailto:karen@dientes.org). Kathy needs to mentor a person for this position as well.

## STUDENT MEMBER REPORT

### By Cheryl Lemon, RDH, BS and Barbara Uitsch, RDH

Student Member Faculty Adviser and Student Member Chair

Friday, October 30th, is the tentative date for CDHA President visit/SADHA Lunch and Learn. We are waiting for final confirmation from Daphne.

Cabrillo Class of 2011 has elected officers:

President---Laura Arioto

Vice President---Liz Couch

Treasurer---Amy Ash

Secretary---Gina Berryman

SADHA---Amy Ash & Taran Grewal

Class of 2011 SADHA membership registration is in process.

Melissa Olivares has contacted new graduates who have received their CA RDH licenses, reminding them to convert their membership.

## MBDHA NEWS

- 1) Mary Jo Cardinale is in the process of developing a new Website for MBDHA. Stay tuned.
- 2) Patricia is working on a new MBDHA Banner.

## CDHA CONTACT INFORMATION

### The California Dental Hygienists' Association is now on Facebook!

CDHA has expanded their presence to include a page on the popular social networking site, Facebook. CDHA will post upcoming events of interest, favorite links, provide the opportunity to network with fellow colleagues and more!

Join CDHA on Face book at [www.Facebook.com](http://www.Facebook.com), locate CDHA's page by typing California Dental Hygienists' Association into the Facebook search engine - become a FAN today!

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## QUICK LINKS

[Monterey Bay Dental Hygienists' Association](#)  
[American Dental Hygienists' Association](#)  
[California Dental Hygienists' Association](#)  
[Committee on Dental Auxiliaries](#)

## ORASCOPTIC HEADLIGHT FOR SALE!

Orascoptic Zeon Discovery headlight for sale. The latest in technology and the brightest on the market. Has attachment for magnification lenses. I love it, but it doesn't work on my flip up magnifiers.

Contact Patricia Anderson @ [ridinrdh@sbcglobal.net](mailto:ridinrdh@sbcglobal.net) for more info

My Price: \$700  
List Price: \$1100



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### Have you moved recently?

In an effort to keep our records current if you have had any changes to your contact information please log on to our web site [www.mbdhs.org](http://www.mbdhs.org) and input your new information in the Members Section.



You must notify COMDA within 30 days of an address or name change to avoid a fine.



### Looking for employment?

The Monterey Bay Dental Hygienists' Society can provide you with a list of dentists who are looking for a hygienist. Your ADHA membership number will be needed.

Contact Melissa at 831-247-6804

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