

SEATTLE STUDY CLUB®

*The Art
of the
Smile*

2022-2023 HYGIENE CURRICULUM



COASTAL CAROLINA
DENTAL FORUM



September

Susan S. Wingrove, BS, RDH

Prevent, Protect, Preserve! Natural Teeth, Implants and Restorations

Lecture up to 1.5 hours / Periodontics, AGD Subject Code 490

It's a vital time for comprehensive care of our patients' natural teeth, implants, restorations and most importantly their overall health. As dental professionals, we have a new role to incorporate biofilm science into our prophylaxis and disease treatment protocols. We need to educate our patients about inflammation, oral systemic connection, and a biofilm-focused home care regimen. This course will present a new perspective on your prophylaxis, periodontal and peri-implant disease treatment protocols. Prevention for natural teeth, protection of implants, and preservation of restorations will be addressed.

Upon completion of this session, attendees should be able to:

- Understand clinical applications based on ACP guidelines for tooth- and implant-borne restoration patients and World Workshop AAP/EFP classification for periodontal and peri-implant conditions.
- Deploy new protocols, tools and products for natural teeth, implants and preservation of restorations.
- Understand why biofilm-focused home care is essential for oral and overall health.



A dynamic innovator, international speaker, researcher, writer, consultant, and RDH Award of Distinction recipient, Susan Wingrove specializes in sorting through the science to develop protocols for teeth, implants and disease treatment. She is an instrument co-designer of the Wingrove Titanium Implant Series, ACE probes, and Queen of Hearts instruments for PDT. Ms Wingrove is a board member for Oral-B Global Implant and Western Society of Periodontology. Her writing has been published on blogs, in white papers, and in both American and international journals on peri-implant therapy, regeneration and advanced instrumentation. Ms Wingrove also authored the textbook *Peri-Implant Therapy for the Dental Hygienist*. She resides in Missoula, Mont., and enjoys fly fishing, hiking and snowshoeing.

November

Leanne L. Burns, PT, MPT

Body Positioning and Ergonomics for the Dental Hygienist

Lecture up to 5 hours / Self-Improvement, AGD Subject Code 770

After five years treating acute orthopedic injuries, providing injury prevention training to recruits, and managing stress fractures in the military (US Army), Leanne began working in the civilian sector in outpatient orthopedics. She brought education programs for injury prevention and management, ergonomics, and osteoporosis to her local community. Leanne teaches a behavioral-based Back School and Neck-Arm School.

Leanne treats a wide variety of clients including general orthopedic patients, TMJ dysfunctions, osteoporosis, and BPPV. Her clinical passion is in evaluation/treatment of the sacroiliac joint and hip region. A close second is post-operative conditions of the knee and shoulder. She is highly skilled with years of experience in the application of manual therapy techniques including spinal manipulation, strain and counterstrain, and the Hesch method for treating lumbopelvic-hip dysfunctions.

Upon completion of this session, attendees should be able to:

- Identify faulty postures that affect efficiency, fatigue and pain in the workplace (and at home).
- Exhibit a knowledge of general ergonomics and ways to adapt your work station.
- Understand basic anatomical principles to control muscular fatigue and add 10% more energy to your day—become an “industrial athlete.”
- Use readily available tools to dilute the effects of imperfect postures.



Leanne L. Burns, PT, MPT has over 35 years' experience in Physical Therapy. She received her undergraduate degree in Biomechanics / Movement Science from Western Washington University where she was active in gait and sports analysis research. She then received her commission in the US Army to attend the US Army Baylor Physical Therapy Program where she graduated with a Master of Physical Therapy degree in 1986. Leanne has worked in Jacksonville since 1992; she became partner in The Physical Therapy Clinic, Inc. in 1994 (now Axis Physical Therapy), and then full owner in 1996. She served on the Jacksonville-Onslow Small Business Council for over 10 years leading the development of the Small Business Code of Ethics in 2002. She is passionate about healthcare enrichment and community

improvement in Onslow County. In 2006 she was named the Small Businessperson of the Year by the Jacksonville-Onslow Chamber of Commerce.

Leanne L. Burns is an employee of Axis Physical Therapy.

January

Catrice Opichka, RDH, MS

Help Me I'm Drowning! Tackling Dental Hygiene Burnout

Lecture up to 1.5 hours / Practice Management and Human Relations, AGD Subject Code 550

Dentistry is a unique, fast paced and often stressful profession that can lead to both physical and emotional exhaustion. An estimated 84 percent of dental professionals have reported feeling burnout. It is also suggested that these burnout rates will continue to increase for several reasons, including staff shortages and impacts of the ongoing pandemic. This has resulted in an increase in chronic stress and has led to a large number of dental hygienists choosing to step away from the profession they once loved. We'll discuss how to recharge our professional batteries and provide suggestions on self-care tools that will improve our mental health during times of professional stress. We will uncover ways we can help combat dental workforce shortages and work better as a team during these staffing challenges. Finally, we will uncover top ten recommendations for reigniting our passion for dentistry and the patient care we provide.

Upon completion of this session, attendees should be able to:

- Recognize common work stressors and apply the skills needed to prevent burnout.
- Evaluate effective self-care tools and decide which tools work best for our individual needs.
- Identify 10 different ways to step out of the operator to reignite our excitement and passion for patient care.



Catrice Opichka's energetic and captivating approach to dental programming blends her clinical experience and evidence-based research with a spunky delivery. The result: an entertaining learning experience with relevant examples that can instantly be applied. She has been active in the field of dentistry for three decades, practicing as a registered dental hygienist for the last 25 years. Ms Opichka is the owner of Pure Education and through her lectures tackles challenging topics like the effects of addiction in dentistry and the risks associated with the Human Papilloma Virus. Ms Opichka holds a bachelor's degree in psychology with a concentration in addiction and a master's degree in management and leadership. Ms Opichka is the owner of Island View Dental Care, a direct access, mobile hygiene practice serving individuals

in long-term care facilities. She also volunteers at Seattle's Union Gospel Mission Dental Clinic, working with dental patients in their drug and alcohol recovery program.

Catrice Opichka does not have any current or past affiliations to disclose.

April

Katrina M. Sanders, RDH, BSDH, MEd, RF
and Mia L. Geisinger, DDS, MS

Putting the Why in RiskY: Utilizing Risk Assessment to Deliver Precision Oral Healthcare

Lecture up to 1.5 hours / Multidisciplinary Topics, AGD Subject Code 149

When dental healthcare providers approach patient care with standardized treatment based on a protocol, it is assumed all patients are average and will normally respond to treatment similarly. This *science* of dentistry has created a one-size-fits-all approach to consider aligning treatment modalities with evidence-based dentistry. The *art* of dentistry, however, clarifies there is great variation in patient disease presentations and subsequent response to therapy. Precision oral healthcare is a multifaceted, data-driven approach to oral healthcare that uses unique and individual characteristics to stratify patients based on risk for myriad oral and systemic diseases. In order to deliver patient-centered oral care, we must first accurately assess underlying risk factors for common diseases and problems. This course seeks to deliver an overview for tangible risk assessments that can be implemented in the dental office and how such risk assessments can inform crafting individualized treatment plans for the treatment, maintenance and prevention of oral diseases and conditions.

Upon completion of this session, attendees should be able to:

- Discover the paradigm shift from the utilization of universal protocols in patient care to precise, individualized approaches to disease prevention and treatment.
- Integrate the art and science of dentistry to evolve past insurance-driven dentistry into a patient-centric precision dentistry model.



Katrina Sanders is a practicing periodontal dental hygienist with a passion for wine, teeth, philanthropic work and elevating the health, wellness and vitality of the community. Her lectures incorporate a caring, comedic and supportive style. With wine glass in hand, she delivers a no-nonsense approach to challenging the dental hygiene profession while providing educational opportunities for the general public to better understand the importance of oral health.



Dr Mia L. Geisinger is a professor and director of advanced education at the University of Alabama at Birmingham School of Dentistry. She received her bachelor's from Duke University, her DDS from Columbia University School of Dental Medicine, and her master's and certificate in periodontology and implantology from the University of Texas Health Science Center at San Antonio.

*Katrina Sanders and Dr Mia Geisinger received honorarium from Procter and Gamble.
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The Fine Print

Registration

These are virtual and live lecture, demo, and peer discussion programs suitable for all dentists, dental students, and business professionals regardless of prior experience who are members of this study club.

Register by contacting Kayla Anderson.
Email: ambassador@carolinadsc.com
Phone: 910.545.0106

Please call with any cancellations at least 72 hours before the meeting.

Disclaimer

Some information or presentations may include controversial materials or commercial references. Seattle Study Club cautions all course participants that there is potential risk to using limited knowledge when incorporating new techniques and procedures into their practices, especially when the continuing education program has not provided them with supervised clinical experience in the techniques or procedures to ensure that they have attained competence.

Substitutions

This brochure represents the speakers/programs established at the time of publication; however, speaker cancellations occasionally occur for reasons beyond our control. In the event of such an occurrence, speaker/program substitutions may be made without prior notice.

Electronic/Virtual Education

Participant feedback and interchange with instructors will be facilitated through e-mail and live Q&A for all sessions hosted by Seattle Study Club. For recorded sessions, directors will facilitate group discussion with club members.

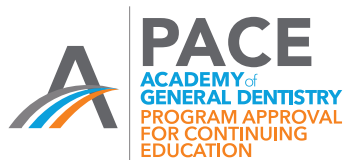
Code of Conduct

We are committed to ensuring a safe and respectful meeting environment that is free of harassment, bullying, or offensive comments and/or behavior toward others. We expect all participants whether attending live or virtual sessions to abide by this Code of Conduct policy on all online platforms, or in venues at a meeting, including ancillary events and official and unofficial social gatherings.

- Exercise consideration and respect in your speech and actions.
- Refrain from demeaning, discriminatory, or harassing behavior and speech.

Up to 9.5 Available

Of which 4.5 hours will be submitted by Seattle Study Club Inc. This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program Approval for Continuing Education (AGD PACE) through the joint program provider approval of Seattle Study Club Inc (Nationally Approved) and Coastal Carolina Dental Forum. Seattle Study Club Inc is approved for awarding FAGD/MAGD credit. The current term of Seattle Study Club Inc approval extends from 10/1/2021 to 9/30/2027. Provider ID# 300136



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